



## Rowan University, Disability Resources

### Faculty Fact Sheet- Migraine

*Definition: A recurrent throbbing headache that typically affects one side of the head and is often accompanied by nausea and disturbed vision.*

#### **Typical Symptoms:**

- Constipation
- Mood changes, from depression to euphoria
- Food cravings
- Neck stiffness
- Increased thirst and urination
- Frequent yawning

#### **Typical Occurrence/Attack:**

- Pain on one side or both sides of the head
- Pain that feels throbbing or pulsing
- Sensitivity to light, sounds, and sometimes smells and touch
- Nausea and vomiting
- Blurred vision
- Lightheadedness, sometimes followed by fainting

#### **Classroom Behaviors:**

Students may:

- Be distant or unfocused
- Have trouble concentrating
- Seem stressed or panicked
- Be unable to hold proper conversations

(Please note: This behavior is situational and may be different for every student)

#### **Strategies:**

1. Allow student to leave class when necessary
2. Allow student to have food or drink when necessary
3. Discuss certain accommodations with student
4. Make sure student is aware that they will not be penalized for these extra accommodations
5. Do not draw unnecessary attention to the student
6. Understand the needs of the individual student.

Fact Sheet developed by Montclair State University /Disability Resources Center

Contact: John Woodruff - Disability Resources, ext. 4234 /woodruff@rowan.edu