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:  Typical Occurrence/Attack:
-Constipation  • Pain on one side or both sides of the head
-Mood changes, from depression to euphoria  • Pain that feels throbbing or pulsing
-Food cravings  • Sensitivity to light, sounds, and sometimes smells and touch
-Neck stiffness  • Nausea and vomiting
-Increased thirst and urination  • Blurred vision
-Frequent yawning  • Lightheadedness, sometimes followed by fainting

Classroom Behaviors:

<table>
<thead>
<tr>
<th>Students may:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Be distant or unfocused</td>
</tr>
<tr>
<td>• Have trouble concentrating</td>
</tr>
<tr>
<td>• Seem stressed or panicked</td>
</tr>
<tr>
<td>• Be unable to hold proper conversations</td>
</tr>
</tbody>
</table>

(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