

A Suggested School Policy for Troublesome Headache

1. The school recognises that troublesome headache is common and can have a significant impact upon the lives and functioning of those that suffer from it.
2. The aim of a school policy for troublesome headache is to recognise or identify students with a problem and reduce its impact on school attendance and performance.

The role of the school

- All staff should be aware of the school policy on troublesome headache, be aware of which children have headache and know what to do if they have an attack.
- Where relevant, sufferers will have a healthcare plan that identifies the level of support that is needed at school. This is drawn up in conjunction with the parents and where relevant, the school nurse. The healthcare plan should not be onerous but reflect the needs of the individual pupil. Ideally it will need regular review.
- Have a written policy on the administration of medicines at schools. (This can refer to a general policy or specific to headache).

The role of the teacher

- To take troublesome headache seriously. Students are not malingering but invariably have a significant problem.
- Being aware of children who have been diagnosed with migraine or troublesome headache.
- Being aware that students may feel embarrassed and feel reluctant to ask for help.
- Identifying any potential triggers that occur at school. For example, anxiety due to work expectations or bullying.
- Recognising that the student's performance is being affected by headache and identify the appropriate action. This may be allowing medication, allowing the student to rest in a quiet room or offering some flexibility around deadlines.
- Being able to signpost the student to headache support resources.
- Sharing your concerns with parents and possibly named school nurse.

The role of the school nurse

- Where available, the named qualified school nurse is the key point of contact for headache problems at school and will support staff with reference to an individual child's health plan.

- The school nurse will discuss any concerns with the parent of the student who is suspected of having problematic headache.
- Where relevant the school nurse will communicate with the general practitioner about the management of troublesome headache.

Headache healthcare plan record card

Name: _____ DOB: _____

Emergency Phone

Number: _____

Address: _____

How does your child's headache affect him/her?

How frequent is your child's troublesome headache

If you wish us to administer medication in school please sign the following statement

I agree to my child receiving _____ Signed: _____

 Parent/Carer

When they have troublesome headache
 the dose is:

Please delete as appropriate the following statement: Signed: _____
Parent/Carer

I am happy for him/her to carry this medication

Or

I would like this medication to be stored by the school and administered as required