



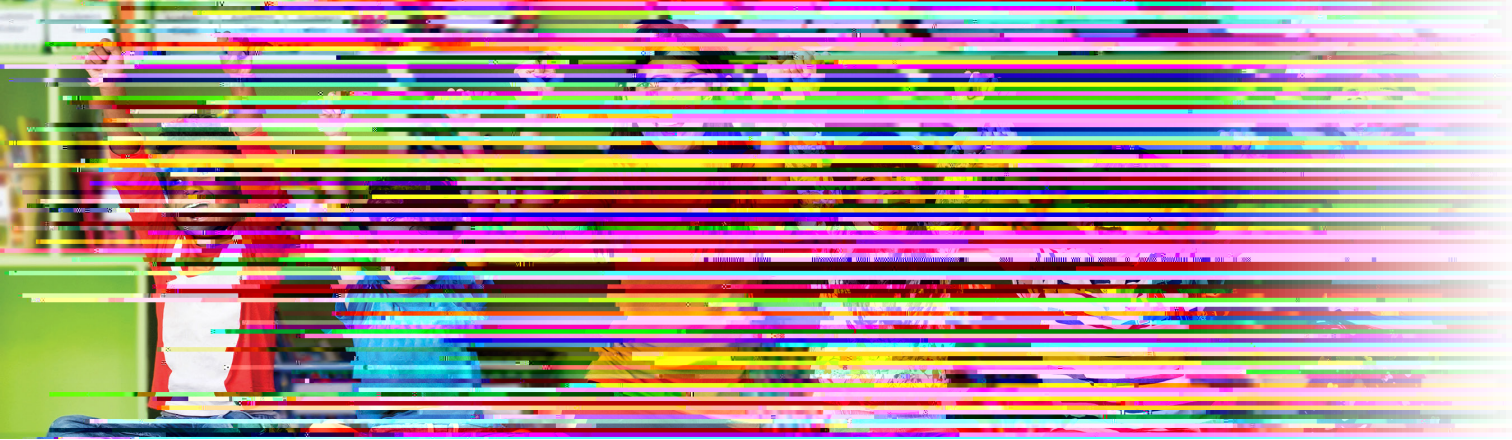
**Migraine** is a disabling and chronic disease characterized by



## Excess Costs of Migraine in the Workplace

Employers bear the burden of employees' migraine-related healthcare, disability, and lost productivity costs. The magnitude of some of these costs is presented in the

# About Metro Nashville Public Schools



## The MNPS Virtual Migraine Education Program

The major elements of the migraine program implemented at MNPS are summarized below.

### Program Videos

The foundation of the program were four individual intranet-based videos on essential migraine topics as identified in the image to the right. These 10- to 12-minute videos were presented by physician and PhD migraine experts and could be viewed at any time by program participants. At certain points in the videos, viewers could download handouts on the material being discussed via hyperlinks.



### Program Webinars

The program also featured two live webinars (also recorded for on-demand viewing) with a headache specialist/neurologist who discussed the educational videos and provided additional migraine information based on his migraine practice experience. Both webinars also provided opportunities for participants to ask their migraine questions of the headache specialist/neurologist.

## Decrease in Migraine Frequency and Severity<sup>10</sup>

Per the chart to the right, program participants reported significant decreases in the frequency of migraine attacks, days worked with migraine, and frequency of severe migraine attacks.

The researchers commented that *“These results show promising impacts associated with the migraine education program.”*

## Medication Use<sup>10</sup>

People with migraine often use a “toolbox” of over-the-counter medications as well as prescription medications that abort or prevent migraine attacks.

Rxs for acute treatment of migraine attacks: **35.4%** of program participants used these types of drugs pre-program. Post-program, this p0.941 0..es p0.941 0..eine es in the fdght, 1 Tf(35.4%)Tj1 -1.3w (40.5 1 Tf( of pr)1 pre-P Post-o Post-s p0.941 0..es p0.941 0..eine es in thd(Thet74 ofTj/u6eiRxs for )18.1 bprogr5ent 00 0 ..eiP Po0



## Takeaways

1. Because migraine is often under-recognized, under-diagnosed, and under-treated, it imposes a large economic burden on employers.
2. It is important for employers to address migraine because it may be a Top 5 or higher workforce prevalent condition. 18.7% (U.S.)