



Topic

COVID in the Real World

Title &
OrganizationExecutive Director,
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Policy Forum

Speaker

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KEY TAKEAWAYS

- According to a survey by the Headache and Migraine Policy Forum (HMPF), 84% of people with migraine reported an increase in stress levels during the COVID pandemic, and 57% said their overall health declined.
- Additionally, 69% reported an increase in migraine attacks.
- Some 61% were hesitant to seek treatment for their migraine, with 74% reluctant to seek emergency care.
- The survey reported that 78% of people with migraine used telemedicine during the pandemic, a huge increase over the 22% who had used it prior to COVID.
- Although telemedicine is a convenient option for many people with migraine, some people are not comfortable with technology, and/or they prefer face-to-face contact with their providers.
- COVID caused somewhat of a “she-cession,” with 11 million women having lost their jobs, and 2.5 million choosing to leave to take care of family responsibilities at home.
- Financial hardships, denial of access to treatment, and increased anxiety and depression are just some of the stressors that came with COVID that have led to an increase in migraine attacks.

QUOTES

“For migraine patients, any morning waking up brings uncertainty. And so, what does that mean when you add a layer of anxiety of, ‘I might lose my job,’ or, ‘I don’t know if my kids are going to be able to homeschool,’ or, ‘Can I even leave my house?’ So those are all triggers and have caused instability for persons living with migraine disease.”

“I think if folks are feeling like they are wondering if it’s worth their time engaging: It absolutely is. Because this community is organized, it is mobilized, and we actually make some change.”



PRACTICAL STEPS

- In order to help retain and develop the workforce, employers need to be flexible and accommodating to their employees with migraine, especially women who have been forced to work from home to take care of their children.
- For resources on managing migraine at work, utilize the website migraineatwork.org.
- Consider getting involved in advocacy work, which could be writing letters to congress-people or getting involved on Capitol Hill.
- Follow HMPF on Facebook and Twitter. You can also send a message on the headachemigraineforum.org website to find out what advocacy opportunities best suit you and your abilities.
- Respond to migraine-related surveys.



TREATMENTS CITED

DHE
Triptan shots