Population Assessment
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Population

- Five women, 16 years and older, who suffer from two or more headaches a week.
- Location: Church
Goal

- The overall goal of this assessment will be to identify women who suffer from frequent headaches (2 or more headaches per week) and further educate these women about headaches.
Objectives

- The objectives for this assessment are to educate the population on
  - Identification of headache type.
  - Identification of triggers for headache
  - Ways to seek relief from headache
  - Identification of Red Flags in headaches
Headache Type

- Migraine Headache
- Tension Headache
- Cluster Headache
- Primary Headache
- Secondary Headache
Headache Triggers

- Stress
- Weather
- Strong Scents
- Food Intake
- Alcohol
- Caffeine
Headache Triggers

- Skipping Meals
- Hair Accessories
- Exercise
- Poor Posture
- Smoking
- Hormonal Changes
Relief from Headache

- Pharmaceutical Treatment
- Non-pharmaceutical Treatment
Red Flag Warnings with Headaches

- Complaint of “the worst headache in my life”
- Headache that gets worse over time
- Onset of headaches in persons older than 40
- Sudden severe headaches
- Headache associated with fever, stiff neck or rash
- Headache that starts after a head injury
- Headache with unusual symptoms such as passing out, visual disturbances, or problems walking or talking
Survey Tool

- Beth Israel Deaconess Medical Center questionnaire for headaches
- Headache Questionnaire
Health Disparities of Targeted Population

- Gender
- Genetics
- Socioeconomic status
  - Education
  - Income
  - Occupation
Factors Affecting Overall Health of Targeted Population

- Stress
- Caffeine intake
- Caffeine cessation
- Lack of sleep
- Lack of understanding
Strategies for Health Promotion

- Headache prevention
- Understanding triggers
- Lifestyle
- Medication
- Headache journal
Conclusion

- Headache Types
- Headache Triggers
- Relief from Headaches
- Red Flag Warnings with Headaches
References