Title: Effectiveness of education of Orem self-care program on headache indices in Migraineur

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Abstract:

Background: Migraine headache is a common chronic disease, debilitating and costly because it causes disability in the affairs of life, the negative effect on mood and sleep so it can an affected the quality of life of people. This study aims to determine the effect of education of Orem self care programs on headache indices patients whose suffers migraine.

Methods: In this controlled clinical trial, 83 patients with migraine who were referred to the neurology clinic of one of Tehran’s hospitals in year 2010, chosen. Patients were divided into two groups by random allocation: 43 of patients in experimental group and 40 patients in control group. Data collection instrument were demographic questionnaire, indices of migraine headache questionnaire and Orem cognition form, self care checklist and form of headache diary. Education of self care program were held as four 30-45 minutes training sessions based on their self care needs for experimental group. Headache indices including migraine attack frequency, intensity and duration of attacks were evaluated by indices of migraine headache questionnaire before and after three months of self care program. Finally, headache indices were compared in two groups. Data were analyzed by SPSS 15 and descriptive statistics, Mann-Whitney and Wilcoxon tests.

Results: Average frequency, intensity and duration of headache attacks of experimental group showed a significant decrease after intervention, compared to the control group (p<0.05).

Conclusion: education of Orem self care program reduces migraine headache indices in patients suffering from migraine.

Keywords: Migraine Headache, Education, Orem Self Care Model, Headache Index

Presentation: Poster