

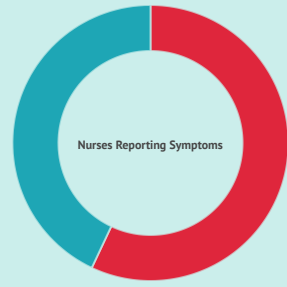
# Migraine and Nursing Performance

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## Overview

Migraine affects many nurses, causing significant job-related issues. This study focuses on understanding these impacts better.



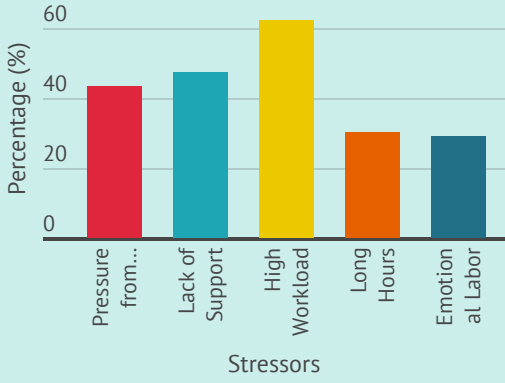
## Migraine Stats

57% of surveyed nurses reported migraine symptoms affecting their job performance.



## Common Symptoms

Included sleep disturbances and cognitive issues such as forgetfulness faced by many affected nurses.



## Stressors

Significant stressors include pressure from superiors and lack of coworker support affecting job efficiency.



## Common Coping

Various coping strategies like exercising and prayer were adopted by nurses to manage migraine symptoms.



## Adopted Methods

43.2% of nurses exercised very often, while 27.1% relied on prayer for coping with their condition.



## Coping Trends

Evaluation of coping strategies indicates a need for better support systems in workplaces.



## Conclusion

Migraine significantly affects nursing performance due to occupational stress. Addressing these gaps through support systems can enhance nurse well-being and healthcare delivery quality.