

Design Document for Headaches-Not Always in Your Head

Purpose	Increase employee productivity by decreasing time off from work due to headaches (employee will learn how to identify types of headaches, potential causes, and possible solutions)
Target Audience	Employees- new hires and existing
Training Time	30 minutes
Training Recommendation	<ol style="list-style-type: none"> 1. A Virtual Instructor-Led Training (VILT) <ul style="list-style-type: none"> ❖ Intro ❖ Types of headaches ❖ Migraines ❖ What can you do? ❖ Think about it ❖ Migraine and Manipulation ❖ Conclusion 2. Infographics (course aids) <ul style="list-style-type: none"> ❖ Types of Headaches infographic ❖ Headache pressure point relief guide
Deliverables	<ol style="list-style-type: none"> 1.Design document 2. A Virtual Instructor-Led Training (VILT) developed in Articulate Rise 360 <ul style="list-style-type: none"> ❖ 7 sections. ❖ Interactive scenario introduction and engagement piece. ❖ 3 knowledge checks ❖ Interactive process ❖ Discussion wrap-up assessment. 4. Infographics (course aids) <ul style="list-style-type: none"> ❖ Types of Headaches infographic ❖ Headache pressure point relief guide
Learning Objectives	By the end of this training, participants will be able to recognize a benign type of headache versus a serious headache. Participants will be able to identify a few options to decrease and manage headache pain and frequency.
Training Outline	<ol style="list-style-type: none"> 1. <u>Intro</u> Scenario-Nora is getting headaches <ul style="list-style-type: none"> ❖ If you get a headache, do you know what kind of headache it is? ❖ Do you know what you can do to help your headaches? Scene end Now that we have reflected a little about headaches, let's get to learning! 2. <u>Types of headaches</u> Common benign headache syndromes

- ❖ Types
- ❖ Visual of headache types
- 3. What else can cause headaches

The bad headaches

- ❖ Types

Knowledge check-drag and drop matching to identify the kind of headaches

4. Migraines

Migraine criteria

- ❖ Components
- ❖ Headache with at least two of the following
- ❖ One of the following
- ❖ Must have had at least 5 similar headaches in the past

Migraine general information

- ❖ Prevalence
- ❖ Age onset
- ❖ Improves with age
- ❖ Runs in families
- ❖ Different in older individuals

Migraine impact

- ❖ Statistics

Per headache treatment

- ❖ Medication side effects
- ❖ Analgesic rebound

Knowledge check-2 multiple choice questions

5. What can you do?

Find headache triggers

- ❖ Items
- ❖ Posture change
- ❖ Low impact exercise
- ❖ Avoid teeth clenching

Headache pressure points demonstration

- ❖ 5 step sequence with learner participation

6. Think about it

Headache considerations and a call to action

7. Migraine and Manipulation

Another solution for headaches

- ❖ Efficacy
- ❖ 4-week study

8. Conclusion

Course wrap up

- ❖ Final knowledge check question- multiple select
- ❖ Wrap up discussion question: What have you learned that you can do to help headaches?

Evaluation Plan	<p>At the end of the course, the learner will have the chance to discuss what they can do to help headaches.</p> <p>Two infographics (course aids) will be provided with the course and can be emailed out as reminders 2 weeks following the course to refresh learners of the information provided in the course.</p> <p>60 days after course completion, a brief survey will be sent to employees asking if they are more comfortable with identifying their headaches and managing them.</p> <p>4 months after course completion, organization needs to analyze trends to see if employees are missing less time from work due to headaches and if productivity of employees missing time has increased.</p>
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