

**“A STUDY TO ASSESS THE EFFECTIVENESS OF  
STRUCTURED TEACHING PROGRAMME ON EARLY  
IDENTIFICATION AND PREVENTION OF MIGRAINE AMONG  
4<sup>TH</sup> YEAR NURSING STUDENTS, BENGALURU.”**

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**4<sup>th</sup> Year BSc Nursing (2020-2024)  
Research project submitted to  
Smt. Nagarathnamma College of Nursing, Bengaluru**



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**CERTIFICATE**

**THE IS TO CERTIFY THAT THE PROJECT WORK HAS BEEN  
SUCCESS FULLY CARRIFED OUT BY  
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**SUBMITTED AS A PARTIAL FULFILLMENT OF  
REQUIREMENTS FOR THE BACHELOR OF SCIENCE IN  
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RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES  
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## **DECLARATION BY CANDIDATES**

We hereby declare that this project entitled “**A Study to Evaluate the Effectiveness of Structured Teaching Program on Early Identification and Prevention of Migraine Among Nursing Students**” is a Bonafide group research done by Mr. Athul T D, Ms. Athira A P, Mrs. Merina Monachan, Ms. Merlin Binu of 4th year B. Sc Nursing as a partial fulfilment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of Mrs. P. Snehalatha Reddy, Associate professor of Medical Surgical Nursing, Smt. Nagarathnamma college of Nursing, Bengaluru.

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## **CERTIFICATE BY GUIDE**

This is to certify that the project entitled “**A Study To Evaluate The Effectiveness Of Structured Teaching Programme On Early Identification And Prevention Of Migraine Among Nursing Students.**” is a Bonafide group research done by Mr. Athul T D, Ms. Athira A P, Mrs. Merina Monachan, Ms. Merlin Binu of 4th year B. Sc. Nursing as a partial fulfilment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of Mrs. P. Snehalatha Reddy, Associate professor, Department of Medical Surgical Nursing, Smt. Nagarathnamma college of Nursing, Bengaluru.

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## **ENDORSEMENT BY THE PRINCIPAL / HEAD OF THE COLLEGE**

This is to certify that the project work entitled **“A Study to Evaluate the Effectiveness of Structured Teaching Programme on Early Identification and Prevention of Migraine Among Nursing Students.”** Is the Bonafide group research done by Mr. Athul T D, Ms. Athira A P, Mrs. Merina Monachan, Ms. Merlin Binu of 4<sup>th</sup> year BSc Nursing, as a partial fulfilment of the requirement under the guidance of <sup>Mr</sup>s. Devi Nanjappan, Principal, Smt. Nagarathnamma College of Nursing, Bengaluru.

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## **ACKNOWLEDGEMENT**

### **“Glory to the GOD Almighty”**

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Lastly, we would like to express our hearty thanks to all our mates who helped us to make this research possible.

## **ABSTRACT**

**Title- “A Study to Evaluate the Effectiveness of Structured Teaching Programme on Early Identification and Prevention of Migraine Among Nursing Students Bengaluru.”** The purpose of this study is to evaluate the efficacy of a structured educational program intended to inform people about the early detection and avoidance of migraines. The study aims to improve participants’ knowledge and abilities in identifying early migraine symptoms and taking preventive action by offering focused educational interventions. The study’s findings will contribute to the understanding of whether these educational initiatives can successfully lower the frequency and intensity of migraine attacks, benefiting the general health of those who are susceptible to migraines.

## **KEYWORDS:**

Migraine; Nursing Students; Structured Teaching Programme

## **AIM AND OBJECTIVES:**

1. To assess the level of knowledge on prevention of migraine among nursing students.
2. To evaluate the effectiveness of structured teaching programme regarding prevention of migraine among nursing students.
3. To find the association between pretest and posttest knowledge score regarding prevention of migraine among nursing students.

## **METHOD:**

In this descriptive study, 50 fourth-year nursing students were given closed-ended demographic questionnaires to evaluate their current circumstances. Additionally, using a purposive sample technique, a self-administered knowledge questionnaire was used to gather information on sleep hygiene and quality among the 50 fourth-year students. Each nursing student received a set of instruments directly, which was used to gather data. Quasi-experimental statistics was then used to analyze the data and explain the findings.

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