

# All about migraine

A toolkit to help you support better migraine care for your constituents

## This toolkit will provide you with:

1. Key statistics and information about migraine
2. How you can support constituents who have migraine
  - a. Casework
  - b. Encouraging local health leaders to review and plan services to meet needs
3. How you can be a migraine-friendly employer
4. Suggested ways to help raise awareness and show your support for all those living with migraine

The Migraine Trust is dedicated to helping people impacted by migraine, an often-misunderstood condition affecting one in seven people. We are the only UK migraine charity providing information and support, campaigning for awareness and change, and funding and promoting research. This toolkit is designed to empower parliamentarians to support constituents living with migraine and to campaign for change.

## 1. Key statistics and background of migraine

### What is migraine?

Migraine is much more than a headache. Migraine is a severe and painful long-term brain condition. If someone has migraine they will have migraine attacks, which can be a whole-body experience.

Common symptoms of an attack can include: head pain; problems with sight such as seeing flashing lights; being very sensitive to light, sounds and smells; fatigue; and feeling sick and being sick. However, different people get different symptoms. When someone has a migraine attack, they may not be able to function normally. Migraine attacks usually last for between four hours and three days. Most people don't have any symptoms in between migraine attacks.



### Who gets migraine?

- Around one in seven people get migraine – 450,000 in Wales and 10 million in the UK. This is greater than the number of people living with diabetes, asthma, and epilepsy combined.<sup>1</sup>
- Migraine is the third most common disease in the world.
- 10% of school age children in the UK are affected, along with 28% of adolescents.
- People can be affected by migraine at any age.
- Migraine is more common in women than in men – lifetime prevalence has been reported as 33% in women and 13% in men. This is likely a result of hormonal factors, genetic differences and potential under-reporting among men.

One in seven people in the UK live with migraine.

That's around 8,400 people in every Welsh Parliament constituency and 67,000 in every electoral region.<sup>1</sup>

## What impact does it have?

- UK-wide, migraine accounts for an estimated 43 million lost workdays per year<sup>ii</sup> and 16,500 emergency healthcare admissions for headaches and migraine attacks.<sup>iii</sup>
- Migraine is the most common neurological reason for consulting a GP, accounting for 2.5 million appointments or around 4.4% of all consultations in primary care every year.
- The most recent estimates of the healthcare and productivity costs to the UK economy placed the impact at up to £10 billion per year.<sup>iv</sup>
- People living with migraine commonly have other long-term mental and physical health conditions, meaning that they may have an even greater burden of ill health to cope with.
- For many people, the severity and frequency of their migraine attacks impacts their ability to work, socialise and care for dependents, and has a serious impact on their mental health.



## How can migraine be treated?

Migraine treatment usually includes acute treatment such as painkillers, anti-sickness medication and specially-designed triptans to stop or shorten an attack, but people experiencing more than four attacks a month can ask their GPs about daily preventative treatment. GPs can support most people with migraine to manage their condition with, for example, migraine diaries, or refer them onto further treatments including Botox and Greater Occipital Nerve (GON) block injections.

If three previous treatments have failed, patients can then also be prescribed a new type of preventative drug called calcitonin gene-related peptide monoclonal antibodies (CGRP mAbs) - the first specifically developed for migraine. Several of these drugs are now available on the NHS, having been approved by NICE in England and Wales and by the Scottish Medicines Consortium (SMC).

However, CGRP mAbs are only currently prescribed by headache specialists and some consultant neurologists, so patients must exhaust other treatment options first. At The Migraine Trust we hear from many patients who struggle to get access to these drugs even after having gone through all this and our research report, **Dismissed for too long**, highlighted patchy access across the country.

## 2. How to support constituents affected by migraine

With one in seven living the condition, you may be contacted by constituents who are concerned about the care they are receiving for migraine, in particular if they are having problems receiving a correct diagnosis or accessing treatments that they are eligible for.

We hear from many people who are eligible for NICE-approved CGRP treatments but are having problems accessing them. This is despite the Minister for Health and Social Services reiterating that two CGRP drugs, Erenumab and Fremanezumab, have been available in Wales through the New Treatment Fund since 2020.<sup>v</sup> We also hear from people who are waiting many months to see a specialist.

A 2021 survey by The Migraine Trust found over half (**52%**) of respondents who had experienced a migraine attack in the past had not been diagnosed with migraine by a doctor.

A 2019 community survey by The Migraine Trust found only about a third of people were diagnosed on their first visit – this fell to **20%** of respondents from Black, Asian and minority ethnic backgrounds.

**29%** had to see a health professional at least five times before they received a correct diagnosis, including **41%** of Black, Asian and minority respondents.

Of those who had been diagnosed, half (**51%**) had waited more than a year for their diagnosis.

In response to Freedom of Information (FOI) requests we submitted in 2021, two of the seven Welsh Health Boards did not confirm eligible patients could access CGRP mAb treatments.

Findings from our report Dismissed for too long.<sup>vi</sup>

### Casework

If constituents contact your office or present at your surgeries about difficulties navigating their local health system and securing the diagnosis and treatment they need, you could write to the local GP surgery or the Local Health Board to investigate.

If constituents are facing issues with their employer due to their migraine, you can recommend our [Migraine: Help at Work toolkit](#) for advice.

Your staff can also call or refer constituents to The Migraine Trust's [Freephone Helpline](#) at 0808 802 0066. This is open 10am–2pm, Monday to Friday.

Outside of these hours you can leave a message and we will call you back within 48 hours (excluding weekends and bank holidays).

You can also contact your local health leaders to ensure that they are taking a strategic approach to understanding and meeting the needs of people with migraine in your area.

### **Encourage local health leaders to review and plan services to meet needs**

You can write to your Local Health Board to ask them how they ensure that they are working together to assess and meet migraine needs within the area.

If you would like a template letter from The Migraine Trust to do this, please email [campaigns@migrainetrust.org](mailto:campaigns@migrainetrust.org). You could also convene a roundtable with local health officials and people affected by migraine to discuss migraine care and support in your area.

We know that migraine care is uneven across the UK and within Wales. For example, through our FOI research we found:

- Only three of seven Local Health Boards confirmed they have a specialist headache clinic.
- Significant differences between areas about how many doctors and nurses were dedicated to headache and migraine care. This ranged from none to 4 FTE headache specialist doctors in different parts of the UK, averaging 1.1 in Wales.
- Even fewer FTE headache nurses were employed, with most health bodies reporting they did not employ any. The average across the nations was 0.2 per organisation in Wales and 0.7 in England, Scotland and Northern Ireland.
- Reported waiting times in Welsh Local Health Boards varied from 8 weeks in Abertawe Bro Morgannwg University Health Board to 42 weeks in part of Cwm Taf Health Board.
- Several boards report further disruption as a result of the COVID-19 pandemic, with appointments shifting to virtual and neurology consultants redeployed to provider cover on medical wards.

Showing your interest in optimal services locally by writing to your Local Health Board will help ensure services are reviewed and gaps addressed.

### 3. How to be a migraine-friendly employer

*"I have family members who are affected by migraine, as well as colleagues, and have seen what it can do to their lives. Working for better migraine care in our constituencies, regions and in Cardiff Bay itself will improve the lives of the 450,000 people in Wales who suffer from it."*

**Mark Isherwood MS**

*"I have seen members of my own family badly affected by migraine, and chances are everyone knows someone who is. We can play a role in highlighting how many people are affected and work to ensure effective treatments are accessible, that care pathways are clear and that the Senedd itself is a migraine-friendly place to work"*

**Mabon ap Gwynfor MS**

Migraine is most common among adults of working age. It can impact working life - migraine/chronic headache was found to be the second-most frequently identified cause of short-term absence for non-manual employees.

However, this impact can be significantly reduced if people with migraine are supported at work. People with migraine often need very little help from their employer, but this small amount of support can be decisive in enabling them to work effectively with migraine. By contrast, not receiving support from their employer or feeling stigmatised in the workplace can have very serious consequences for people with migraine.

Along with constituents, migraine may well affect members of your own staff. Statistically, it will almost certainly affect colleagues of yours in the chamber. As in so many other areas of public life, elected representatives have the opportunity to be standard-bearers in society for how we can best support those affected by migraine.

Steps you could take could include:

- Ensuring your staff feel they can tell you, and keep you updated with how their condition develops – this can seem like a daunting thing to do for them initially, especially since there is so much misunderstanding and stigma surrounding the condition.
- Making reasonable adjustments for staff with migraine following discussions with them.
- Sharing good practice with other elected officials' offices, both to learn from them and to promote what has worked in your office in terms of supporting staff.

The impact of migraine on employment is a huge issue for people with migraine and The Migraine Trust. We understand that even with a supportive employer and the above in place, difficulties at work because of migraine may still occur. This is why our **Migraine: Help at Work toolkit** has information, resources and tools to inform and support people to understand and exercise their rights at work.

## 4. Suggested ways to help raise awareness and show your support for all those living with migraine

You can help us to bust myths, reduce stigma, and help ensure people are correctly diagnosed. Here are some suggested social media posts:



I support @MigraineTrust's call for #bettermigrainecare for the 1 in 7 people affected. I will work with our local NHS to ensure people get the treatment they are entitled to, and I support making the Welsh Parliament a #migrainefriendly place to work. <https://bit.ly/3GuLhps>



I am supporting @The Migraine Trust's call for #bettermigrainecare. 1 in 7 people live with migraine and it severely impacts how they live and work, but research shows access to the care people are entitled to is patchy across the UK.

I will be working with local NHS leaders in [area] to ensure proper access to treatments for my constituents affected by migraine.

I also support making the Welsh Parliament a #migrainefriendly place to work, as an example of how we must all support people living with migraine and lift the stigma they face.

[migrainetrust.org/campaigns/better-migraine-care/](https://migrainetrust.org/campaigns/better-migraine-care/)

You can also support constituents affected by migraine by working with The Migraine Trust to write letters or submit parliamentary questions to relevant ministers, and by supporting Migraine Awareness Week in September.

If you have any questions about how to promote better migraine care or would like to work with us, contact our policy and public affairs team at [campaigns@migrainetrust.org](mailto:campaigns@migrainetrust.org).

If members of your staff or constituents would like direct advice on an issue with migraine, they can contact The Migraine Trust Helpline on 0808 802 0066 (Mon-Fri, 10am-2pm). Outside of these hours they can leave a message and we will call back within 48 hours (excluding weekends and bank holidays). People can also contact us 24/7 via our [online contact form](#) or email [info@migrainetrust.org](mailto:info@migrainetrust.org). We aim to respond to all online and email contacts within five working days.

<sup>i</sup> Approximate, based on national impact. The Migraine Trust. (2020). Who is living with migraine in the UK? Population rapid research review. Available from: <https://migrainetrust.org/wp-content/uploads/2021/08/State-of-the-Migraine-Nation-population-rapid-review.pdf>

<sup>ii</sup> The Work Foundation. (2018). Society's headache: The socioeconomic impact of migraine. Available from: <https://www.lancaster.ac.uk/media/lancaster-university/content-assets/documents/lums/work-foundation/SocietysHeadacheTheSocioeconomicImpactofmigraine.pdf>

<sup>iii</sup> NHS. (1 January 2020). 'Improved NHS migraine care to save thousands of hospital stays'. Available from: <https://www.england.nhs.uk/2020/01/improved-nhs-migraine-care/>

<sup>iv</sup> The Migraine Trust (2020) What is the impact of migraine in the UK? Rapid research review. Available from: <https://migrainetrust.org/wp-content/uploads/2021/08/State-of-the-Migraine-Nation-impact-rapid-review.pdf>

<sup>v</sup> WQ84235 (e) - tabled on 13/01/2022, answered by Minister for Health and Social Services on 24/01/2022. Available at: <https://record.assembly.wales/WrittenQuestion/84235>

<sup>vi</sup> The Migraine Trust (2021). Dismissed for too long: Recommendations to improve migraine care in the UK. Available from: [https://migrainetrust.org/wp-content/uploads/2021/09/Dismissed-for-too-long\\_Recommendations-to-improve-migraine-care-in-the-UK.pdf](https://migrainetrust.org/wp-content/uploads/2021/09/Dismissed-for-too-long_Recommendations-to-improve-migraine-care-in-the-UK.pdf)



## About The Migraine Trust

The Migraine Trust is dedicated to helping people affected by migraine. We are the only UK migraine charity providing information and support, campaigning for awareness and change, and funding and promoting research.

Visit our website to subscribe to email updates and news, access migraine information and to learn more about The Migraine Trust including our support services, research and events.

AbbVie provided The Migraine Trust with an educational grant to enable the charity to develop this toolkit. AbbVie has not had any influence in the development or content of the toolkit.

Elusen gofrestredig yng Nghymru a Lloegr (1081300) ac yn yr Alban (SC042911)

 [www.migrainetrust.org](http://www.migrainetrust.org)

 **0808 802 0066**

 **@MigraineTrust**

 **themigrainetrust**



PECYN CYMORTH I ASAU

# Pob dim am feigr yn

Gwell gofal meigr yn i'ch etholwyr

**Bydd y pecyn cymorth hwn yn darparu'r canlynol i chi:**

1. Gwybodaeth ac ystadegau allweddol am feigr yn
2. Sut y gallwch gynorthwyo etholwyr sydd â meigr yn
  - a. Gwaith achosion
  - b. Annog arweinwyr iechyd lleol i adolygu a chynllunio gwasanaethau i gwrdd ag anghenion
3. Sut y gallwch fod yn gyflogwr ystyriol o feigr yn
4. Awgrymiadau am ffyrdd i hybu ymwybyddiaeth a dangos eich cefnogaeth i bawb sy'n byw gyda meigr yn



the  
**migraine**  
trust

Mae'r Migraine Trust wedi ymrwymo i helpu pobl sy'n cael eu heffeithio gan feigrin, anhwylder sy'n cael ei gamddeall yn aml ac sy'n effeithio ar un ym mhob saith o bobl. Ni yw'r unig elusen meigrin yn y DU sy'n darparu gwybodaeth a chymorth, yn ymgyrchu i hybu ymwybyddiaeth a newid, ac yn cyllido a hyrwyddo ymchwil. Mae'r pecyn cymorth hwn wedi'i fwriadu i rymuso seneddwyr i gynorthwyo etholwyr sy'n byw gyda meigrin ac i ymgyrchu dros newid.

## 1. Ystadegau allweddol a gwybodaeth gefndir am feigrin

### Beth yw meigrin?

Mae meigrin yn rhywbeth mwy o lawer na chur pen/pen tost. Mae meigrin yn gyflwr iechyd tymor hir difrifol a phoenus. Os yw rhywun yn byw gyda meigrin, bydd yn cael pyliau o feigrin, a all fod yn brofiad sy'n effeithio ar y corff cyfan.

Rhai o'r symptomau cyffredin posibl wrth gael pwl o feigrin yw: cur pen/pen tost, problemau â'r golwg fel gweld goleuadau'n fflachio; bod yn sensitif iawn i olau, seiniau ac arogleuon; blinder; a themlo cyfog a chwydu. Fodd bynnag, bydd y symptomau'n amrywio rhwng pobl. Pan fydd rhywun yn cael pwl o feigrin, mae'n bosibl na fydd yn gallu gweithredu yn ei ffordd arferol. Gan amlaf bydd pyliau o feigrin yn para rhwng pedair awr a thri diwrnod. Ni fydd y rhan fwyaf o bobl yn cael unrhyw symptomau rhwng pyliau o feigrin.



### Pwy sy'n cael meigrin?

- Mae tua un ym mhob saith o bobl yn cael meigrin – 450,000 yng Nghymru a 10 miliwn yn y DU. Mae hyn yn fwy na'r nifer o bobl sy'n byw gyda diabetes, asthma, ac epilepsi gyda'i gilydd.<sup>1</sup>
- Meigrin yw'r clefyd trydydd mwyaf cyffredin yn y byd.
- Mae'n effeithio ar 10% o blant oedran ysgol yn y DU, ynghyd â 28% o'r glasod.
- Gall meigrin effeithio ar bobl o bob oed.
- Mae meigrin yn fwy cyffredin ymysg menywod nag ymysg dynion – mae 64% o fenywod wedi cael pwl o feigrin o'i gymharu â 41% o ddynion. Mae'n debygol bod hyn o ganlyniad i ffactorau hormonaidd, gwahaniaethau genetig a'r posibilrwydd bod llai o ddynion yn rhoi gwybod amdano ar gyfartaledd.

Mae un o bob saith o bobl yn y DU yn byw gyda meigrin.

Dyna oddeutu 8,400 o bobl ym mhob un o etholaethau Senedd Cymru a 67,000 ym mhob rhanbarth etholiadol.<sup>1</sup>

## Beth yw ei effaith?

- Ledled y DU, mae wedi'i amcangyfrif bod 43 miliwn o ddiwrnodau gwaith yn cael eu colli bob blwyddyn o ganlyniad i feigrin a bod 16,500 yn cael eu derbyn i ofal iechyd brys am eu bod yn dioddef cur pen/pen tost a phyliau o feigrin.<sup>iii</sup>
- Meigrin yw'r rheswm mwyaf cyffredin dros fynd at feddyg teulu oherwydd anhwylder niwrolegol, yn gyfrifol am 2.5 miliwn o apwyntiadau neu 4.4% o'r holl ymgynoriadau mewn gofal sylfaenol bob blwyddyn.
- Yr amcangyfrif diweddaraf o gostau'r effaith o ran gofal iechyd a chynhyrchiant i economi'r DU yw hyd at £10 biliwn y flwyddyn.<sup>iv</sup>
- Yn aml, mae pobl sy'n byw gyda meigrin yn rhai sydd ag anhwylderau iechyd corfforol a meddyliol hirdymor eraill, fel ei bod yn bosibl eu bod yn gorfod ymdopi â baich trymach byth o afiechyd.
- Yn achos nifer mawr o bobl, mae difrifoldeb ac amllder eu pyliau o feigrin yn effeithio ar eu gallu i weithio, cymdeithasu a gofalu am rai sy'n dibynnu arnynt, ac yn cael effaith ddifrifol ar eu hiechyd meddwl.



## Sut y gellir trin meigrin?

Fel arfer mae triniaeth am feigrin yn cynnwys triniaeth aciwt fel cyffuriau i ladd poen, meddyginiaeth gwrth-chwydu a meddyginiaethau triptan sydd wedi'u creu i atal neu fyrhau pyliau o salwch, ond mae pobl sy'n cael mwy na phedwar pwl y mis yn gallu holi eu meddyg teulu am driniaeth ataliol ddyddiol. Mae meddygon teulu yn gallu helpu'r rhan fwyaf o bobl sydd â meigrin i reoli eu cyflwr, er enghraifft, drwy gadw dyddiaduron meigrin, neu eu hatgyfeirio i gael triniaethau ychwanegol, yn cynnwys Botox a phigiadau i flocio'r Nerf Ocsipitol Fwyaf (GON).

Os bydd y tair triniaeth flaenorol wedi methu, gellir hefyd ragnodi math newydd o gyffur ataliol i gleifion o'r enw gwrthgyrff monoclonaid ar gyfer peptidau cysylltiedig â'r genyn calcitonin (CGRP mAbs) – y cyffur cyntaf i gael ei ddatblygu'n benodol i drin meigrin. Mae nifer o'r cyffuriau hyn ar gael nawr o dan y GIG, wedi iddynt gael eu cymeradwyo gan NICE yng Nghymru a Lloegr a chan Gonsortium Meddyginiaethau'r Alban (SMC).

Fodd bynnag, ar hyn o bryd, arbenigwyr ar gur pen a rhai niwrolegwyr ymgynghorol yw'r unig rai sy'n rhagnodi CGRP mAbs, felly rhaid i gleifion gymryd yr holl opsiynau triniaeth eraill yn gyntaf. Mae'r Migraine Trust yn clywed gan nifer mawr o gleifion sy'n ei chael yn anodd cael y cyffuriau hyn hyd yn oed ar ôl mynd drwy'r holl gamau hyn ac mae ein hadroddiad, [Dismissed for too long](#), wedi tynnu sylw at anghysondeb ledled y DU o ran y gallu i gael y cyffuriau hyn.

## 2. Sut i gynorthwyo etholwyr sy'n cael eu heffeithio gan feigrin

Mae'n bosibl y bydd etholwyr yn cysylltu â chi am eu bod yn pryderu am y gofal y maent yn ei gael ar gyfer meigrin, yn enwedig os ydynt yn profi problemau o ran cael diagnosis cywir neu dderbyn triniaethau y maent yn gymwys i'w cael.

Rydym yn clywed gan nifer mawr o bobl sy'n gymwys i gael triniaethau CGRP a gymeradwywyd gan NICE ond sy'n wynebu problemau wrth geisio eu cael. Mae hyn er gwaethaf y ffaith bod y Gweinidog Iechyd a Gwasanaethau Cymdeithasol wedi ailddatgan bod dau gyffur CGRP, Erenumab a Fremanezumab, wedi bod ar gael yng Nghymru drwy'r Gronfa Triniaethau Newydd er 2020.<sup>v</sup> Rydym hefyd yn clywed gan bobl sy'n aros am fisoedd lawer i weld arbenigwr.

Mewn arolwg yn 2021 gan y Migraine Trust cafwyd bod mwy na hanner (**52%**) yr ymatebwyr a gafodd bwl o feigrin yn y gorffennol heb gael diagnosis o feigrin gan feddyg.

Mewn arolwg o gymunedau yn 2019 gan y Migraine Trust cafwyd mai dim ond tua un ym mhob tri a gafodd ddiagnosis ar eu hymweliad cyntaf – ac roedd canran lai o **20%** ymhlith ymatebwyr o gefndiroedd Du, Asiaidd ac ethnig lleiafrifol.

Roedd **29%** wedi gorfod gweld gweithiwr iechyd proffesiynol o leiaf bum gwaith cyn cael diagnosis cywir, yn cynnwys **41%** o ymatebwyr Du, Asiaidd a Lleiafrifol.

O'r rheini a gafodd ddiagnosis, roedd eu hanner (**51%**) wedi aros mwy na blwyddyn am eu diagnosis.

Mewn ymateb i geisiadau Rhyddid Gwybodaeth a gyflwynwyd gennym yn 2021, roedd dau o blith saith Bwrdd Iechyd yng Nghymru heb gadarnhau bod cleifion cymwys yn gallu cael triniaethau CGRP mAb.

Canfyddiadau o'n hadroddiad Dismissed for too long.<sup>vi</sup>

### Gwaith achosion

Os bydd etholwyr yn cysylltu â'ch swyddfa neu'n dod i'ch cymorthfeydd ynghylch anawsterau wrth ddelio â'r system iechyd leol a sicrhau'r diagnosis a'r driniaeth sydd eu hangen arnynt, gallech ysgrifennu i'r feddygfa meddygon teulu lleol neu'r Bwrdd Iechyd Lleol i ymchwilio.

Os yw etholwyr yn wynebu problemau wrth ymwneud â'u cyflogwr oherwydd meigrin, gallwch argymhell eu bod yn darllen ein pecyn cymorth [Meigrin: Help yn y gwaith](#) i gael cyngor.

Bydd eich staff hefyd yn gallu galw neu atgyfeirio etholwyr i [Linell Gymorth am Ddim](#) y

Migraine Trust ar 0808 802 0066. Mae ar gael rhwng yr oriau 10am–2pm, o ddydd Llun i ddydd Gwener. Y tu allan i'r oriau hyn, gallwch adael neges a byddwn yn galw'n ôl o fewn 48 awr (heb gynnwys penwythnosau a gwyliau banc).

Gallwch hefyd gysylltu â'ch arweinwyr iechyd lleol i sicrhau eu bod yn mynd ati mewn ffordd strategol i ddeall a chwrdd ag anghenion pobl sydd â meigrin yn eich ardal.

### **Rhowch anogaeth i arweinwyr iechyd lleol i adolygu a chynllunio gwasanaethau i gwrdd ag anghenion.**

Gallwch ysgrifennu i'ch Bwrdd Iechyd Lleol i ofyn sut maen nhw'n sicrhau eu bod yn cydweithio i asesu a diwallu anghenion o ran meigrin o fewn yr ardal.

Os hoffech gael templed llythyr i wneud hyn, anfonwch e-bost i [campaigns@migrainetrust.org](mailto:campaigns@migrainetrust.org). Gallech hefyd alw cyfarfod bord gron â swyddogion iechyd lleol a phobl sy'n cael eu heffeithio gan feigrin i drafod gofal a chymorth meigrin yn eich ardal.

Rydym yn gwybod bod y ddarpariaeth o ofal meigrin yn anghyson ledled y DU ac o fewn Cymru. Er enghraifft, drwy ein hymchwil Rhyddid Gwybodaeth, cawsom wybod:

- Mai dim ond tri o blith saith o Fyrddau Iechyd Lleol a oedd wedi cadarnhau bod ganddynt glinig cur pen arbenigol.
- Bod gwahaniaethau sylweddol rhwng ardaloedd o ran nifer y meddygon a nyrsys penodedig ar gyfer gofal meigrin a chur pen. Roedd hyn yn amrywio rhwng dim a 4 o feddygon cur pen arbenigol cyfwerth ag amser llawn mewn gwahanol rannau o'r DU, gyda chyfartaledd o 1.1 yng Nghymru.
- Bod llai byth o nyrsys cur pen cyfwerth ag amser llawn yn cael eu cyflogi, a'r rhan fwyaf o'r cyrff iechyd yn dweud nad oeddent yn cyflogi dim un. Y cyfartaledd ar draws y gwledydd oedd 0.2 i bob sefydliad yng Nghymru a 0.7 yn Lloegr, yr Alban a Gogledd Iwerddon.
- Bod yr amseroedd aros a gofnodwyd yn y Byrddau Iechyd Lleol yng Nghymru yn amrywio rhwng 8 wythnos ym Mwrdd Iechyd Prifysgol Abertawe Bro Morgannwg a 42 wythnos mewn un rhan o ardal Bwrdd Iechyd Cwm Taf.
- Bod nifer o fyrddau wedi cofnodi tarfu ychwanegol o ganlyniad i'r pandemig COVID-19, a'r apwyntiadau'n dod yn rhai rhithiol a niwrolegwyr ymgynghorol yn cael eu hadleoli i ddarparu gofal ar wardiau meddygol.

Drwy ddangos eich diddordeb mewn gwella gwasanaethau lleol drwy ysgrifennu i'r Bwrdd Iechyd Lleol, byddwch yn helpu i sicrhau bod gwasanaethau'n cael eu hadolygu a bod sylw'n cael ei roi i unrhyw fylchau.

### 3. Sut i fod yn gyflogwr ystyriol o feigrin

*"Mae meigrin yn effeithio ar aelodau o fy nheulu a phobl rwy'n gweithio gyda nhw, ac rydw i wedi gweld beth y gall ei wneud i'w bywydau. Bydd gweithio dros ofal meigrin gwell yn ein hetholaethau, ein rhanbarthau ac ym Mae Caerdydd ei hun yn gwella bywydau'r 450,000 o bobl yng Nghymru sy'n dioddef ohono."*

**Mark Isherwood AS**

*"Rydw i wedi gweld aelodau o fy nheulu fy hun yn cael eu heffeithio'n ddrwg gan feigrin, ac mae'n debyg bod pawb yn adnabod rhywun sydd. Gallwn chwarae ein rhan drwy dynnu sylw at faint o bobl y mae meigrin yn effeithio arnyn nhw, a gweithio i sicrhau bod triniaethau effeithiol yn hygyrch, bod llwybrau gofal yn glir a bod y Senedd ei hun yn weithle sy'n ystyriol o feigrin"*

**Mabon ap Gwynfor AS**

Mae meigrin yn fwyaf cyffredin ymysg oedolion o oedran gweithio. Gall effeithio ar fywyd yn y gwaith – cafwyd mai meigrin/cur pen cronig yw'r achos ail fwyaf cyffredin a nodwyd ar gyfer absenoldeb tymor byr ymysg cyflogeion nad ydynt yn gweithio â llaw.

Fodd bynnag, gellir lleihau'r effaith hon yn sylweddol os bydd pobl sydd â meigrin yn cael cymorth yn y gwaith. Yn aml, ychydig iawn o help y bydd ei angen ar bobl sydd â meigrin gan eu cyflogwr, ond gall yr ychydig gymorth hwn fod yn dyngedfennol o ran eu galluogi i weithio'n effeithiol gyda meigrin. Mewn cyferbyniad â hynny, mae peidio â chael cymorth gan eu cyflogwr neu brofi stigma yn y gweithle yn gallu arwain at ganlyniadau difrifol iawn i bobl sydd â meigrin.

Yn ogystal ag etholwyr, mae'n ddigon posibl bod meigrin yn effeithio ar aelodau o'ch staff eich hun. Yn ôl yr ystadegau, mae bron yn sicr y bydd yn effeithio ar gyd-aelodau i chi yn y siambr. Yn yr un modd ag mewn nifer o feysydd eraill mewn bywyd cyhoeddus, mae cyfle gan gynrychiolwyr etholedig i arwain y ffordd mewn cymdeithas o ran y ffordd orau i ni gynorthwyo'r rheini sy'n cael eu heffeithio gan feigrin.

Rhai o'r camau y gallech eu cymryd yw:

- Sicrhau bod eich staff yn teimlo y gallant siarad â chi am eu cyflwr, a rhoi gwybod i chi am y ffordd y mae'n datblygu – gallent deimlo bod hyn yn beth anodd iawn i'w wneud ar y dechrau, yn enwedig am fod cymaint o gamddealltwriaeth a stigma ynghylch y cyflwr.
- Gwneud addasiadau rhesymol ar gyfer staff sydd â meigrin ar ôl trafod â nhw.
- Rhannu arferion da â swyddfeydd cynrychiolwyr etholedig eraill, er mwyn dysgu ganddyn nhw a hyrwyddo ffyrdd o gynorthwyo staff sydd wedi llwyddo yn eich swyddfa chi.

Mae effaith meigrin ar gyflogaeth yn fater sydd o bwys mawr i bobl sydd â meigrin ac i'r Migraine Trust. Rydym yn gwybod, hyd yn oed os yw'r cyflogwr yn gefnogol a bod y mesurau uchod wedi'u cymryd, fod anawsterau'n gallu codi yn y gwaith o ganlyniad i feigrin. Dyma pam mae ein pecyn cymorth **Meigrin: Help yn y gwaith** yn cynnwys gwybodaeth, adnoddau ac offer i roi cymorth a gwybodaeth i bobl er mwyn iddynt ddeall ac arfer eu hawliau yn y gwaith.

## 4. Awgrymiadau ar gyfer testun i'w gynnwys mewn cyfryngau cymdeithasol a chylchlythyrau er mwyn hybu ymwybyddiaeth a dangos eich cefnogaeth i bawb sy'n byw gyda meigrin

Gallwch ein helpu i gael gwared â chamsyniadau am feigrin, i leihau stigma, a helpu i sicrhau bod pobl yn cael diagnosis cywir. Dyma awgrymiadau ar gyfer negeseuon i'w rhoi ar gyfryngau cymdeithasol:



Rydw i'n cefnogi'r alwad gan y @MigraineTrust am gael #gwellgofalmeigrin i'r 1 ym mhob 7 o bobl sy'n cael eu heffeithio gan feigrin. Byddaf yn gweithio gyda'r GIG lleol i sicrhau bod pobl yn cael y driniaeth y mae ganddynt hawl i'w chael, ac rydw i o blaid gwneud Senedd Cymru yn weithle #ystyriolofeigrin.  
<https://bit.ly/3GuLhps>



Rydw i'n cefnogi'r alwad gan y @MigraineTrust am gael #gwellgofalmeigrin. Mae 1 ym mhob 7 o bobl yn byw gyda meigrin ac mae'n effeithio'n ddifrifol ar eu ffordd o fyw a gweithio, ond mae ymchwil yn dangos bod anghysondeb ar draws y DU o ran y mynediad at y gofal y mae gan bobl hawl i'w dderbyn. Byddaf yn gweithio gydag arweinwyr lleol y GIG yn [ardal] i sicrhau mynediad priodol at driniaethau i'm hetholwyr sy'n cael eu heffeithio gan feigrin.

Rydw i hefyd o blaid gwneud Senedd Cymru yn weithle #ystyriolofeigrin, fel esiampl o'r ffordd y dylai pawb gynorthwyo pobl sy'n byw gyda meigrin a chael gwared â'r stigma y maen nhw'n ei wynebu.

[migrainetrust.org/campaigns/better-migraine-care/](https://migrainetrust.org/campaigns/better-migraine-care/)

Os oes gennych unrhyw gwestiynau am ffyrdd i hyrwyddo gwell gofal meigrin neu os hoffech weithio gyda ni, cysylltwch â'n fîm polisi a materion cyhoeddus yn [campaigns@migrainetrust.org](mailto:campaigns@migrainetrust.org).

Os byddai'ch etholwyr neu aelodau o'ch staff yn hoffi cael cyngor yn uniongyrchol am broblemau sy'n ymwneud â meigrin, gallant gysylltu â Llinell Gymorth y Migraine Trust ar 0808 802 0066 (Llun-Gwener, 10am-2pm). Y tu allan i'r oriau hyn, gallant adael neges a byddwn yn galw'n ôl o fewn 48 awr (heb gynnwys penwythnosau a gwyliau banc). Gall pobl gysylltu â ni hefyd ar unrhyw adeg drwy ein **ffurflen gysylltu ar-lein** or email [info@migrainetrust.org](mailto:info@migrainetrust.org). Rydym yn ceisio ymateb i bob cysylltiad ar-lein ac ar e-bost o fewn pum diwrnod gwaith.

<sup>1</sup> Yn fras, wedi'i seilio ar yr effaith genedlaethol. The Migraine Trust. (2020). Who is living with migraine in the UK? Population rapid research review. Ar gael yn: <https://migrainetrust.org/wp-content/uploads/2021/08/State-of-the-Migraine-Nation-population-rapid-review.pdf>

<sup>2</sup> The Work Foundation. (2018). Society's headache: The socioeconomic impact of migraine. Ar gael yn: <https://www.lancaster.ac.uk/media/lancaster-university/content-assets/documents/lums/work-foundation/SocietysHeadacheTheSocioeconomicImpactofmigraine.pdf>

<sup>3</sup> GIG. (1 Ionawr 2020). 'Improved NHS migraine care to save thousands of hospital stays'. Ar gael yn: <https://www.england.nhs.uk/2020/01/improved-nhs-migraine-care/>

<sup>4</sup> The Migraine Trust (2020) What is the impact of migraine in the UK? Rapid research review. Ar gael yn: <https://migrainetrust.org/wp-content/uploads/2021/08/State-of-the-Migraine-Nation-impact-rapid-review.pdf>

<sup>5</sup> WQ84235 (e) – cyflwynwyd ar 13/01/2022, atebwyd gan y Gweinidog Iechyd a Gwasanaethau Cymdeithasol ar 24/01/2022. Ar gael yn: <https://record.assembly.wales/WrittenQuestion/84235>

<sup>6</sup> The Migraine Trust (2021). Dismissed for too long: Recommendations to improve migraine care in the UK. Ar gael yn: [https://migrainetrust.org/wp-content/uploads/2021/09/Dismissed-for-too-long\\_Recommendations-to-improve-migraine-care-in-the-UK.pdf](https://migrainetrust.org/wp-content/uploads/2021/09/Dismissed-for-too-long_Recommendations-to-improve-migraine-care-in-the-UK.pdf)

# the migraine trust

## Gwybodaeth am yr Ymddiriedolaeth Meigryn

Mae'r Ymddiriedolaeth Meigryn wedi ymrwymo i helpu pobl y mae meigryn yn effeithio arnyn nhw. Ni yw'r unig elusen meigryn yn y DU sy'n darparu gwybodaeth a chefnogaeth, yn ymgyrchu dros ymwybyddiaeth a newid, ac yn ariannu ac yn hyrwyddo ymchwil.

Ewch i'n gwefan i danysgrifio i gael diweddariadau e-bost a newyddion, i gael gafael ar wybodaeth am feigryn ac i ddysgu mwy am yr Ymddiriedolaeth Meigryn gan gynnwys ein gwasanaethau cymorth, ein hymchwil a'n digwyddiadau.

 [www.migrainetrust.org](http://www.migrainetrust.org)

 **0808 802 0066**

 **@MigraineTrust**

 **themigrainetrust**