

## 1<sup>st</sup> Turkish Paediatric Headache Winter School

Mersin, Turkey 1-3 March 2019

In partnership with the Turkish Neurology Association and the Turkish Association for Child and Adolescent Psychiatry, The International Headache Society's Child and Adolescent Standing Committee, took part in the organization and the delivery of a teaching course on childhood headache in Mersin, Turkey. The two-days course consisted of interactive workshops as well as the traditional lectures on diverse topics relevant to the management of headache in children and adolescents. The course was delivered by an experienced faculty from Turkey and abroad. Many of the Turkish faculty members are well known members of the IHS for their active research in headache.

Prof. Aynur Özge, Prof. Fevziye Toros, Prof. Füsün Erdoğan and Ishaq Abu-Arafeh from the IHS designed the course to meet the educational needs in childhood headache for trainees in paediatrics, paediatric neurology and child and adolescent psychiatry as well as established specialists. The course was attended by over 100 delegates from different clinical backgrounds and disciplines. Delegates travelled long distances from several parts of Turkey.

The teaching course was hosted at the splendid premises of the newly built Alzheimer Association Centre in Mersin. The contents of the course embraced the biopsychosocial model of headache in children with an equal input from headache specialists, paediatric neurologists and child psychiatrists. The overall message emphasized the holistic approach to assessment and management of headache disorders giving a comprehensive review of the non-pharmacological management, the medical treatment and psychological interventions.

On day 1, the focus of the programme was on problem solving through a series of clinical workshops delivered in 3 groups. Each group was led by faculty members including an IHS representative, a local neurologist and a local child psychiatrist. The aims and learning objectives of each workshop were agreed upon in advance by all teaching teams in order to deliver a consistent message and to fulfil the course objectives. The small groups allowed active participation of delegates and ensured useful discussion. The main focus of the workshops was on making appropriate classification and diagnosis of the headache disorders as well as making a plan of management strategy. Cases of primary and secondary headache were chosen to illustrate the complexity of history taking, differential diagnosis and management issues.

On Day 2, we were treated to an opening ceremony with live music delivered by the Viola Class of Mersin University Conservatoire. The young musicians showed talent and enthusiasm that enthralled the audience and set a wonderful scene for the rest of the day.

The scientific programme consisted of thematic blocks of lectures covering topics on epidemiology, pathophysiology, headache impact on child and family, medical and psychological management of headache and headache comorbidities. There was a total of 14 lectures (20-30 minutes each) given by IHS representatives (Ishaq Abu-Arafeh, Prab Praphakar and Vincenzo Guidetti) and local experts including Füsün Erdoğan, Hayrunnisa Bolay Belen, Burak Baykara, Fevziye Toros, Semih Ayta, Esme Ekizoğlu, Didem Öztöpe, Özlem Özcan, Aynur Özge. Instantaneous translation was professionally provided to and from English and Turkish and certificates of attendance were also issued.

Nevra Öksüz and Gülen Güler Aksu made a summing up of the day and Ishaq Abu-Arafeh gave a vote of thanks to the organizing committee, the Alzheimer Association for hosting the event and

particularly to Prof. Aynur Ozge for her extraordinary efforts to make the course so successful. A special commendation was given to all attendants for their active participation.









