



## SHORT-STAY SCHOLARSHIP REPORT FORM - 2018

Please complete this form giving details of your IHS Scholarship.

### Personal details

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### Scholarship

Dates of scholarship	20.08-30.09.2018
Institution name	Headache Center, Pediatric Hospital "Bambino Gesù"
Mentor name	Prof. Massimiliano Valeriani

### Comments

<p>Short summary of overall experience, including attendance at your chosen congress</p> <p>I would like to begin this report by expressing my gratitude to the International Headache Society for Short-Stay Scholarship Programme which gave me an opportunity to visit one of the best European hospitals – <i>Pediatric Hospital "Bambino Gesù", Rome, Italy</i>. Ospedale Pediatrico Bambino Gesù (Baby Jesus Paediatric Hospital), which was founded in 1869, is now part of the network of the National Healthcare System in the city of Rome on extraterritorial area administered by the Holy See. In 1985 it was officially recognized as a research hospital, thus being included among the most important national comprehensive hospitals and becoming one of the three children's research hospitals in Italy. The <i>Headache Center, Pediatric Hospital "Bambino Gesù"</i> is one of the best pediatric headache centers, due to both the professionalism of all the team members, and the employment of the best techniques of headache investigation and management.</p> <p>During the 6 weeks spent in Headache Center I had the great opportunity to work with an enthusiastic and dedicated team. My entire appreciation goes to <i>Prof. Massimiliano Valeriani</i>, one of the best world experts in the field of Pediatric Neurology, whom I thank for the warm welcome and for making me feel like a valued member of his team. I thank him also for all the scientific discussions about headache and other neurological disorders, from which I've learned a lot. I had the opportunity to clarify my previous questions concerning my doubts on particular clinical cases and their management</p>
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practices, as well as to review the diagnostic and therapeutic guidelines for headaches in children and adolescents.

I observed more than 15 children and adolescents with headache a day in the Headache Center near the Basilica of Saint Paul Outside the Walls. The environment in this Center was great and the working conditions allowed the specialists to do their best for the patients in low stress atmosphere. It was also a very pleasant surprise to observe the good cooperation with other medical specialties, the professionalism of the headache care teams and the enthusiasm and respect they have for each other. *Dr. Michela Ferilli* has been a great mentor during these weeks. We had a lot of pleasant and insightful discussions about headache diagnosis, treatment and prevention. *Dr. Samuela Tarantino* showed me the main results of her psychological research activity and we had long talks about recent and ongoing trials and their implication in the real-world daily clinical practice. *Dr. Laura Papetti* did her best to involve me in the clinical decision-making: this was very stimulating and gave me the opportunity to identify my strong and – above all – weak points. All this, put together, helped me a lot not only to get a structured overview of headache care and research, but also to focus on my personal aspirations and how to achieve them.

Besides, every day we had a Morning Meeting in the main building of Pediatric Hospital “Bambino Gesù” near Vatican City, where all neurological patients were discussed. *Professor Massimiliano Valeriani* was taking me to every morning round. Very detailed and interestingly, he told me information about challenging cases.

I had a great time attending the international conferences: The 17th Biennial Migraine Trust International Symposium (Hilton London Metropole, London, UK), The 17th World Congress on Pain (Boston, Massachusetts, USA) and The 12th European Headache Federation Congress (Palazzo dei Congressi, Florence, Italy). These totally fascinating meetings were extremely well organized, with excessive symposiums, special lectures and sessions, advanced educational teaching courses, workshops, multiple clinical and preclinical sessions targeting on migraine biomarkers, emerging therapies, neuromodulation, interesting poster presentations etc. I had chance to present my work in poster topics “The efficacy of “non-pharmacological” interventions in adolescents with episodic and chronic tension-type headache” and “Prevalence and risk factors of tension-type headache among adolescents in Kharkiv city (Ukraine)”. Taking part in these scientific events was very useful and inspiring for me because I could discuss my research with experts in the same field, establish future collaborations and make new friends from all over the world. Besides, I had an opportunity to get in touch with Italian culture by visiting various museums and exhibitions.

How will the experience help you in the future?

I went home with an amazing impression of the Short-Stay-Scholarship-Visit - a lot of ideas to implement in my current research and clinical practice, a lot of ideas for future research, new research contacts and again a clear vision how I want to proceed with my career. I would like to thank *Prof. Massimiliano Valeriani*, *Dr. Michela Ferilli*, *Dr. Samuela Tarantino*, *Dr. Laura Papetti* and their whole team for the cordial welcome,

kindness, attention and concern. I'll keep on a communication with Italian colleagues. I would like to thank the IHS for giving me this brilliant experience. Finally, my heartfelt thank you goes to *Carol Taylor* for her help with organizational questions. I would strongly recommend this course in this excellent Headache Center to everyone. It is truly a fortunate opportunity to upgrade clinical knowledge and skills, to find new networking opportunities and to meet the culture of other countries.

Please include 3–5 photos/images of your stay



With *Dr. Michela Ferilli* in *Headache Center, Pediatric Hospital “Bambino Gesù”*



London



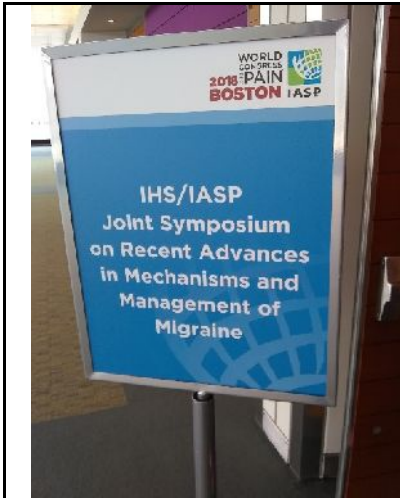
With *Dr. Laura Papetti*, *Dr. Michela Ferilli*, **Prof. Massimiliano Valeriani** and *Dr. Giorgia Sforza* in The 12th European Headache Federation Congress (Palazzo dei Congressi, Florence, Italy)



Rome



Napoli



Boston



With Dr. Vladimir Romanenko (Kyiv, Ukraine) and Dr. Vladimirs Gromakovskis (Riga, Latvia) at the IASP Reception (Community Rowing Boathouse on Charles River, Boston)





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### Personal details

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### Scholarship

Dates of scholarship	6-10 September 2018, London, UK (17 <sup>th</sup> Biennial Migraine Trust International Symposium) 17 September-31 October 2018, Barcelona, Spain (Short stay)
Institution name	Vall d'Hebron University Hospital
Mentor name	Dr. Patricia Pozo Rosich, MD PhD

### Comments

<p>Short summary of overall experience, including attendance at your chosen congress</p> <p>I want to first of all, to thank the IHS for promoting these education initiatives and training programs, for giving me the opportunity to live one of the best experiences of my life on a personal and academic level in training as a neurologist.</p> <p>The MTIS in London for me was exciting, to meet each of the largest worldwide representatives and leaders in the subject of headache. Being in the same place with people like Dr. Goadsby, Dr. Doddick, Dr. Silberstein among many others, revives within me the passion for neurology and headache. Listening to the talks of high quality and excellent level was a privilege.</p> <p>On the other hand, and not least, is the short stay at Vall d'Hebron Hospital with Dr. Pozo, whom I deeply admire and is my role model to follow, is a great person and excellent neurologist, leader in the world in the subject of headache and undoubtedly researcher that I am sure in the next few years will get big achievements.</p>
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How will the experience help you in the future?

I would like that this type of experience could be lived by many of my colleagues in the process of training as neurologists interested in the headache area, because it taught me that there is nothing impossible that can not be obtained with much persistence, study and passion.

It also gave me the necessary impetus to come back to my country, Colombia, with a lot of knowledge, ideas and proposals to implement with our patients. I demonstrated to myself the capabilities I have, and what I could achieve for the benefit of others. It was a motivation to begin to investigate more in topics of headache and in beginning to show also our experience and needs.

We do not have as many resources as there are, I would like to have more tools to help patients, but I am sure that step by step, we will achieve it. And the most important thing is to continue studying and ensure good care for people.

Please include 3–5 photos/images of your stay





## **Headache Center, “Bambino Gesù” Pediatric Hospital, Rome, Italy**

**Mentor: Massimiliano Valeriani**

I am really thankful for International Headache Society and Professor Massimiliano Valeriani with his wonderful team granting me a chance to study further in clinical skills in the diagnosis and treatment of children with headache disorders in “Bambino Gesù” pediatric hospital, Rome, Italy. Bambino Gesù, the largest pediatric hospital and research center in Europe, has approximately 3,300 staff including physicians, researchers, nurses, clinical technicians and office employees. They treat and take care of a large number of patients: over 1.900.000 healthcare services are provided each year to children and adolescents from all over the world. My training was an exciting opportunity to nurture my professional growth at this esteemed organization.

During the training I participated in the regular meeting led by the head of the department with Professor Massimiliano Valeriani in the morning, where we visited patients.

I observed many children and adolescents with various types of headache in the Headache Center of Bambino Gesù hospital. Besides, I learnt new ways to approach them and also learnt how to make suitable treatment based on the characteristics of each patient, in other words, the offered drugs diagnostic and management standards of the headache disorders.

This experience helped me get to know how to interact with patients in different ways and taught me to be more secure in medical practices in my daily work. The training was not only an occasion to advance more in headache. But it was also for my individual development. This is one of the best events in my life.

Again I would like to thank Professor Massimiliano Valeriani, Dr Michela Ferilli, Dr Laura Papetti and their entire team for the aid and kindness. Finally, my deepest thank to Carol Taylor for assisting me in solving any troubles.

