

HEADACHE TRAINEE PROGRAMME REPORT FORM

Please complete this form giving details of your IHS Fellowship.

Personal details

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Traineeship

Dates of observership	12.08.19 – 30.10.19
Institution name	Danish Headache Centre, Copenhagen, Denmark
Mentor name	Professor Messoud Ashina
Title of study	

Details

Short summary of your stay (max 300 words)
<p>First of all, I would like to thank the International Headache Society for giving me this amazing opportunity to take the grant and develop myself in the right way as a clinician. I would like to denote my absolute appreciation to the Danish Headache Centre with its brilliant crew and all the people I had to interact with during my stay there for almost 3 months. This was one of the best academic and social experiences during my career development.</p> <p>I would like to mention two parts of my fellowship program at Danish Headache Center, the clinical and the scientific. In the first part of the fellowship I attended the rotations of the patient examinations together with the real professionals of their work – the clinical team of the Danish Headache Center, shared our experiences and discussed the twists of the newest approach to the patients with headache, some difficult clinical cases, also fulfilled the theoretical knowledge in headache treatment procedures, like Botox, GON block and etc. I have been witnessed how the specialized headache center should be regulated at all the levels and what an important role of the great team work takes place there. In the second part of the fellowship I got introduced to how the science is done at Danish Headache Center and my professional experience with the Danish Headache Center Scientific</p>

crew had a great impact on me and how I might see my future career and professional development. During my time there, I've been honored to become a part of the migraine team project and had a chance to work on the scientific paper, which is yet under development. Professor Messoud Ashina as a real master of his work, a team leader, mentor and colleague supported me at every point and shared his priceless experience which helped me to become a better clinician and person, to think further and deeper and dream big.

Short summary of any research undertaken (max 200 words)

During the fellowship I was assigned to the migraine group project and worked on a scientific paper – “the stereotypical image of a migraine patient according to mass media”. As the first scientific work, it was one of the most interesting and catchy experiences in my career, which was also challenging and helped me develop my mind in all the different aspects and fit into the team.

Also, with the greatest support of the IHS, professor Ashina and Ms. Carol Taylor I was privileged to attend the IHC 2019 that was held in Dublin, Ireland with the team of Danish Headache Center which turned into an unforgettable professional and social experience to me. I would like to express my sincere gratitude again for this.

I also attended the Annual Meeting of the Danish Headache Society, the 50th anniversary, that was held in Copenhagen.

Has the Traineeship met all your initial aims?

Visiting the Danish Headache Center has more than met all my initial aims professionally, as well as personally. The traineeship got me introduced to the professional aspects I haven't experienced before, hence refining my knowledge, clinical skills, mindset and starting to perceive things from different point views.

What, if any, problems did you encounter

Copenhagen appeared to be one of the expensive cities I have visited, as London and Oslo. Finding the accommodation takes the special steps which is not very convenient for the short stay. But, with the help of Professor Ashina and people I got in friends there, it turned to be much easier for me to adapt, that's why the provided grant covered all my expenses and I enjoyed the whole visit sincerely.

How will the Traineeship affect your future career?

This traineeship helped me a lot to grow as a professional and to start thinking wider about the possible opportunities for my further career development. Now, while leading the neurology department at one of the biggest hospitals in Tbilisi, also having the private practice at ambulatory service, I will try to develop the headache field more and share my entire experience in all the practical ways. Me and my mentor, professor Zaza Katsarava, who's biggest support I have at all the professional achievements, are already trying to develop the headache practice not only in Tbilisi, but in through the whole Georgia. I'm sure this international experience will play its role for the big plans and hope this won't be the last platform for gaining international experiences in the future.

At the end, I would like to once again express my sincere appreciation and gratitude to Professor Ashina and the whole Danish Headache Center team who took me as their close one from the very beginning and make me feel as a part of the big headache family.

I would like to specially thank to Carol Taylor for her kindness, professionalism and support at every step I was in need. I was so glad to finally got introduced with her in person while being in Dublin.

The International Headache Society, thank you for everything! And thank you for that emotional feeling I was having while updating my report and reminding the best international experience I had so far, by means of your help!

Please include five photos/images of your stay



Frederiksborg Castle, Copenhagen, Denmark



Copenhagen "Neuro Cup" Competition



The IHC 2019, Dublin



Attending the evening of an Italian wine tasting



The Danish Headache Center Team

Signature: Khatia Gvantseladze
Kh. Gvantseladze

Date: 27.11.2019