

Kathmandu Headache Course 2019 Report

Date of Course: July 20, 2019
Nepal

Location: Hotel Ambassador, Lazimpat, Kathmandu,

Names of Course Directors: Prof. Timothy Steiner/ Prof. Derya Uluduuz/ Dr. Rajeev Ojha

Local Speakers: Dr. Ajay Risal / Dr. Bikram Prasad Gajurel

Faculty (Only those sponsored by IHS): Prof. Timothy Steiner/ Prof. Derya Uluduuz

Description of course:

Visiting professor program of International headache society has been a great support for the countries where there is lack of headache specialist. This program has been organized by the initiation of Nepalese Academy of Neurology (NAN). This course aimed to increase the knowledge and interest in Headache among neurologists and physicians working in Nepal.

Kathmandu headache course, 2019 has been credited by Nepal Medical Council with 6 credit score. Preconference meeting was held 1 day ahead on 2019, July 19. There were 41 attendees including the speakers; 12 neurologists, 4 physicians, 1 neurology resident, 21 medicine residents and 3 MBBS medical students. On July 20, program started with the welcome speech by Prof. Krishna Kumar Oli, president of NAN. Then, introduction of speakers was given by Dr Krishna Dhungana, joint secretary of NAN. Prof. Timothy Steiner started morning session with introduction of global headache burden and followed by headache classification and headache management, both prophylactic and abortive. He also introduced the powerpoint slide with information regarding membership of International Headache Society and its website address for more details. Prof Derya Uluduuz presented topics on headache in children and adolescents, Trigeminal autonomic neuralgias and red flags of headache. She discussed different interesting cases and was interactive throughout the lecture period. Dr Ajay Risal who has worked in the community-based headache study in Nepal, presented details regarding headache prevalence of Nepal and obstacles of headache management in Nepal. Also, another presentation on psychiatric comorbidities and headache was very useful discussion for all the neurologist and physicians. Dr Bikram Prasad Gajurel, a neurologist from Tribhuvan University Teaching Hospital, nicely presented on headache in pregnancy focusing on migraine treatment. In the end, we had an interesting case of episodic headache patient, who himself attended the program, was an important and interactive portion of the program.

Visiting professor program not only provided us the knowledge in the field of headache diagnosis and management, but also guided us to initiate multicenter or community-based headache study in Nepal. We hope to organize similar programs in the future and finally, would like to thank IHS for this opportunity.

- **Nepalese Academy of Neurology**
www.nan.com.np



Group Picture at the end of the program: Guest Speakers, NAN members and delegates



Questions and Answers session: Prof DB Shah, neurologist from Nepal with Prof. Steiner



Delegates: From Left to Right: Dr Luna Bajracharya (Pediatrician), Dr Derya Uluduuz (Headache Specialist), Dr Rajeev Ojha (Neurologist), Dr Timothy Steiner (Headache Specialist), Dr Reema Rajbhandari (Neurologist), Dr Krishna Dhungana (Neurologist), Dr Ajay Risal (Psychiatrist)

PROGRAM TITLE: Kathmandu Headache Teaching Course 2019

**Speakers: Dr Timothy Steiner, Dr Derya Uluduz
Dr Ajay Risal, Dr Bikram Prasad Gajurel
Date: 2019, July 20 Saturday, Time: 9:00am-18:00pm
Venue: Hotel Ambassador, Lazimpat**

Day 1: Morning Session

Time

Titles

**09.00-09.30 Headache: Second highest cause of disability worldwide (Steiner)
(an account of headache in the Global Burden of Disease studies)**

**09.30-10.00 The burden of headache in Nepal (Risal)
(data from the population-based study in Nepal)**

**10.00-10.30 Headache classification: ICHD-3 (Steiner)
(including migraine subtypes)**

10.30-11.00 Coffee break

**11.00-11.30 Headache in children and adolescents (Uluduz)
(based on recent population-based studies, and emphasizing undifferentiated headache)**

**11.30-12.15 Migraine management (Steiner)
(including guidelines for acute and preventative management of episodic and chronic types, with
mention of CGRP antibodies and Botox)**

12.15-12.45 Discussion (Q & A)

12.45-13.15 Lunch break

Afternoon Session

**13.15-14.00 Trigeminal autonomic cephalalgias (Uluduz)
(epidemiology, presentation and management)**

14.00-14.30 Psychiatric comorbidities and Headache (Risal)

14.30-15.00 Coffee break

**15.00-15.30 Red flags in the headache history and examination (Uluduz)
(including headache in the emergency room)**

**15.30-16.00 Headache in Pregnancy (gajurel)
(focusing on Migraine)**

16.00-18.00 Interactive case discussions (Ojha/Uluduz)