



SHORT-STAY SCHOLARSHIP REPORT FORM - 2019

Please complete this form giving details of your IHS Scholarship.

Personal details

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Scholarship

Dates of scholarship	29 th August 2019 to 24 th September 2019
Institution name	Tallaght Hospital, Dublin Ireland.
Mentor name	Dr Sean O'Dowd

Comments

<p>Short summary of overall experience, including attendance at your chosen congress</p> <p>“Céad míle fáilte”, literally ‘a hundred thousand welcomes’ was something oft-mentioned throughout my stay in Dublin and it aptly captures the hospitality of the IHC 2019. Barring the initial hiccups at the airport, my 4 weeks experience was a memorable one and something to be cherished. I had the privilege of attending iHEAD meeting, IHC 2019 and a short observership with Dr Sean O’Dowd and his team at Tallaght University Hospital, Dublin. The iHEAD was a true brainstorming session with presentation, debates and exciting ideas to keep one glued throughout the meeting. It was inspiring to interact closely with all the renowned experts and colleagues throughout the world. The IHC 2019 closely followed and I had an opportunity to present two posters from our institute. The deliberations, presentations and posters were of the highest order and it was an eye-opener to see the advances being made in the field of headache. The discussion and experiences regarding newer drugs and devices was unparalleled and I had the opportunity to experience few of</p>

them first hand in the exhibition area. There was lot of thought behind the topics and workshops and it was well-organised affair. There was a separate Junior Group event headed by Anders Hougaard and it was fun to relax, make friends and air your views.

I had a short observership with Dr Sean O'Dowd at Tallaght University Hospital which has a well-established Neurology Department and is a teaching institute. Dr Sean's team deals with different types of headaches and I had an opportunity to understand the indications of newer injectables and gain deeper insights into Medication overuse headaches. I also had an opportunity to audit the different types of referrals specially the ones related to headache made to TUH with Emmet Kelly (Clinical Nurse Manager). I am also grateful to Dr Petya Bogdanova-Mihaylova, Dr Richard Walsh and Dr Sinéad M Murphy for letting me attend their clinics. Overall the experience gave me a deeper insight about the cultural and various other aspects of headache and the patients. It has also helped me understand the array of therapeutic options available and how to tailor them for each patient.

How will the experience help you in the future?

I belong to a state which has population greater than that of Great Britain with a handful of neurologists. There are a huge number of patients suffering from various headaches affecting their lives. We have already streamlined our efforts in establishing the first "Headache Clinic" in the region and the experience will definitely give us the necessary impetus for research, proper diagnosis and management in our resource constrained setting. Headache definitely doesn't feature in the priority of many developing nations and in the absence of proper training in this field, these experiences are invaluable to attract newer talents. I certainly do hope that IHS increases the number of scholarship and many budding clinicians and researchers get timely direction and financial support to setup clinics under mentorship of a senior expert in the field.

I will like to keep in touch with Dr Sean O'Dowd and his able team and wish that others too get an opportunity to work with him. My report will definitely be incomplete without mentioning the ever helpful Ms. Carol Taylor, who has been incomparable with her timely mails, reminders and help.

A big "Thank You" to IHS for choosing me for the Short Stay Scholarship and for this memorable experience!!

Please include 3–5 photos/images of your stay





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Scholarship

Dates of scholarship	16.08.2019 to 30.09.2019
Institution name	Beaumont Hospital
Mentor name	Dr. Martin Ruttledge

Comments

<p>Short summary of overall experience, including attendance at IHC/iHEAD</p> <p>I would like to express my heartfelt gratitude to the International Headache Society (IHS) for providing me an opportunity to learn more on the advanced clinical and research aspects of headache through this short stay program. I had a wonderful time learning under Dr. Martin Ruttledge, Consultant Neurologist, Beaumont Hospital (OSPIDÉAL BEAUMONT), who is the Headache specialist in Ireland. The migraine team under Dr. Ruttledge is doing a great work in providing best treatments to the headache patients and hats off to their wonderful work.</p> <p>During my short-stay, I attended the Headache/Migraine clinic, journal club, the neuroradiology meeting and the weekly neuroscience conference organized by the Department of Neurology in Beaumont hospital. Since I am a basic science research student, it was a completely different experience for me and I was very glad that I get to know how the clinicians sort every single problem that bothers the patient. As a part of my short-stay programme, I attended the iHEAD (International Headache Academy) and International Headache Congress (IHC). iHEAD and IHC programmes were remarkable. I met many headache specialists like Dr. Goadsby, Dr. Dodick, Dr. Edvinsson, Dr. Ferrari, Dr. Pozo-Rosich, Dr. Terwindt etc. I was very glad that I get to meet and hear their amazing works in headache research. iHEAD was a wonderful platform for headache researchers to meet and share their knowledge with one another. IHC brought together the headache specialist from all around the world to inspire and motivate budding headache specialists. The sessions like presentation, debate and interactive workshops helped in understanding more about various types of headache and I appreciate the organizers for organizing great events that inspired many. I would also like to thank Carol Taylor for helping me with all the arrangements.</p>

Overall, this short-stay programme gave me an amazing opportunity to learn life and subject oriented values and many lovely moments to cherish forever. Ireland is a beautiful country with lovely people. I appreciate the IHS for their great work in encouraging headache research all around the world.

How will the experience help you in the future?

As a basic science research student (Ph.D., in Human genetics) I do not have many opportunities to look into the clinical characteristics of headache by directly interacting with the patients. This short-stay programme provided me the great opportunity to be as an observer in a headache clinic where I get to understand the major physical and psychological problems the headache patients face in their everyday life. This helped me in understanding headaches in a different perspective and motivated me to further explore on the molecular and genetic aspects of all headache types. In addition, with more knowledge gained on advanced treatment options for headache, I am inspired to look into the various other mechanisms that might be responsible headaches. I am looking forward to dig deep into it and with passion and dedication; I hope to find something new in the genetics and molecular aspect of headaches.

Please include 3–5 photos/images of your stay



With Dr. Goadsby at IHC





At Beaumont Hospital with Dr. Alina Buture and Ms. Esther Tomkins







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Personal details

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Scholarship

Dates of scholarship	26 th August / 13 th September 2019
Institution name	Mater Misericordiae University Hospital, Dublin
Mentor name	Dr Roisin Lonergan

Comments

<p>Short summary of overall experience, including attendance at IHC/iHEAD</p> <p>During my short-stay visit to Dublin, I had an opportunity to get an immediate insight in contemporary management of patients with headache. The most valuable experience of my stay was possibility to evaluate an effect of new therapeutic approaches, especially new anti CGRP migraine treatment options, which have not yet put into practice in my own country. Besides that, I consider as very important opportunity to compare management of headache, from awareness, through diagnosis, up to treatment, in two different countries with comparable population size, Serbia and Ireland, and two different health systems, each subdivided into national and private. I would like to thank to dr Roisin Lonergan and dr Martin Rutledge for welcoming me in Dublin and sharing with me their knowledge and experience.</p> <p>The attendance of iHEAD offered me comprehensive review of current trends in headache research, basic and clinical, as well as opportunity for networking and sharing an experience and ideas with colleagues with the same interest.</p> <p>How will the experience help you in the future?</p>
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I consider this visit very valuable for me and my country, since I deeply believe that the good step in finding the way of dealing with burden of headache in one developing country is to understand how it is solved in the country that is more developed. After this visit, with the impression that the new anti CGRP migraine treatment options could be useful tool in the fight against the headache, I will give my best in spreading my impression to other colleagues and finding the options for implementation of this treatment in Serbia. In the end, I would like to express my gratitude to International Headache Society for the scholarship awarded to me and this investment in myself, as a physician and as a person.



Signature:

Date: 25th September 2019.

[Handwritten Signature]
Dr. Ana Podgoran
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