



## **iHEAD 2014**

### **2nd International Headache Academy (iHead) 2014**

**Leiden, Netherlands**

#### **'How to become a next leader in headache science'**

Following the success of the initial International Headache Academies (iHEAD) in Copenhagen (2012) and USA (2014), the second European iHEAD was held in Leiden, the Netherlands, from 31 October – 2 November 2014.

iHEAD is designed to educate and motivate future headache specialists, and inspire a long-term commitment to headache medicine in young neurologists and research scientists through an educational programme focused on clinical and research aspects of the field.

Leiden welcomed 63 young delegates from 22 countries (mostly from central and eastern Europe, but also a few from Russia, India, Iran and Thailand) who have shown commitment to and great promise in the field of headache. The 2-day programme offered a mix of scientific topics and social skills; the scientific programme included an intensive overview of headache medicine, including genetic research and translational headache genetics, pathophysiology, translational headache research, measuring headache mechanisms, and neuromodulation. In addition there were practical workshops to develop skills in oral and poster presentation, case presentation, debating, working with media, and grant writing.

The meeting opened in the historic Academie Gebouw, one of the oldest buildings in Leiden where Leiden University was founded in 1575, and delegates were treated to a view of the 'Sweating Room' where examination students await their results and the walls are covered with signatures of past

students, including Winston Churchill, Albert Einstein, Nelson Mandela, and of course the Leiden iHEAD organisers.

The programme continued the high level of participant involvement and interaction which has proved successful in the previous iHEAD's. For each workshop selected delegates were assigned different tasks and there was a very 'hands-on' approach to the sessions which were mediated by the faculty members. Tasks assigned included:

- poster presentation – delegates were given just 3 minutes to provide an overview of their data and then offered critique of their poster and presentation skills, and general advice on how to create and present the perfect poster
- presentation of a research paper – over 5 minutes delegates gave an overview of their favourite research paper (clinical or scientific) from 2014 and their reasons for its importance, following which their presentation skills were reviewed and tips for improvement offered
- case presentation – presentation and discussion of interesting headache cases, which created lots of interaction and questions to and from the audience and suggested diagnoses
- GWAS workshops – delegates were tasked to design a study on 'Translating GWAS results to migraine mechanisms' and 'Epigenetic mechanisms in migraine' which they presented to a small group, received feedback, and then presented to all the delegates
- debating skills – how to win a debate, in which two teams each comprising three delegates fought to win over the audience to their opinion; to make it more interesting each team did not know whether they were 'pro' or 'con' the argument until the debate started
- media training – one of the highlights of the meeting facilitated by a media expert, highlighting the 'dos and don'ts' of working with the media; three courageous delegates participated in a talk-show type interview which was very much enjoyed by the audience.

All the workshops offered a unique and invaluable experience to 'try out' various skills in a very relaxed and friendly atmosphere.

Based on faculty and participant feedback the meeting was a tremendous success. IHS is very grateful to Michel Ferrari and his colleagues at Leiden University Medical Centre who organised the meeting, and gratefully acknowledges the generous support for iHEAD through an unrestricted educational grant from Allergan.



**Delegates:** Asli Akyol Gurses, Debie Alvares, Faisal Amin, Nanna Arngrim, Murugesan Arumugam, Christina Deligianni, Anand Diwan, Sajedeh Eftekhari, Else Eising, Esme Ekizoglu-Turgut, João Ferreira De Carvalho, Anne Francke Christensen, Ali Ghabeli Juibary, Elena Gross, Oxana Grosu, Vesselina Grozeva, Song Guo, Jakob Hansen, Jan Hoffmann, Evelien Hoogeveen, Anders Hougaard, Khatera Ibrahim, Tamuna Janelidze, Hulya Karatas Kursun, Nazia Karsan, Dennis Kies, Roselin Klever, Nina Latysheva, Mariana Leitao Marques, Kristiina Lepik, Doris Lieba-Samal, Srdjan Ljubisavljevic, Inge Loonen, Anna-Liisa Lorenz, Mark Louter, Maka Mania, Jamie Manuputty, Lars Michels, Inge Mulder, Signe Munksgaard, Gerrit Onderwater, Ron Oosterhout, Nadine Pelzer, Thijs Perenboom, Judith Pijpers, Katharine Pink, Annelien Pue, Simona Sava, Henrik Schyzt, Kirill Skorobogatykh, Anna Sundholm, Weera Suprinsinchai, Rossana Terlizzi, Marta Torres, Ugur Uygunoglu, Sara Varanda, Michele Viana, Marta Vila Pueyo, Doga Vuralli, Maria Westergaard, Poldi Wilbrink, Marion Yger, Ronald Zielman

**Faculty:** Messoud Ashina, Lucia Daxinger, Michel Ferrari, Peter Goadsby, Antoinette Haren-Maassen van den Brink, Mark Kruit, Miguel Láinez, Arn Maagdenberg, Stephan Michel, Jeff Mogil, Koen Paemeleire, Alan Rapoport, Serge Rombouts, Jean Schoenen, Guus Schoonman, Cristina Tassorelli, Gisela Terwindt, Else Tolner, Boukje Vries, Richard Wit

**iHEAD**  
**Leiden, 31 October – 2 November 2014**

**Programme**

| <b>Friday 31<sup>st</sup> October 2014</b> |  |
|--|--|
| 12:00                                      | Faculty & Delegate Reception & Lunch   |
| 13.30                                      | <p><b>Welcome and Introductions</b></p> <p><i>Michel Ferrari</i></p>   |
| 13:45                                      | <p><b>Genetic research in headache: opportunities and pitfalls</b></p> <p><b>Clinical genetics</b></p> <p>Gisela Terwindt</p> <p><b>Molecular genetics</b></p> <p>Arn van den Maagdenberg</p> <p><i>Chair: Else Tolner</i></p> |
| 14:55                                      | <p><b>Favourite papers from the literature</b></p> <p><i>Chair: Alan Rapoport</i></p> <p>Two papers (one clinical, one basic research) each by one delegate<br/>(15 min each: 5 min presentation + 10 min discussion)</p>      |
| 15:25                                      | Coffee break   |
| 16:00                                      | <p><b>How to deal with the media (interactive workshop)</b></p> <p>Media experts</p>   |
| 18:00                                      | Adjourn  |
| 19:30                                      | Group Dinner   |

| <b>Saturday 1<sup>st</sup> November 2014</b> |   |
|--|---|
| 08:30  | <p style="text-align: center;"><b>Towards migraine attack onset pathophysiology and prevention: facts and fiction</b></p> <p style="text-align: center;"><b>Why and how do people get migraine attacks?</b></p> <p style="text-align: center;">Messoud Ashina</p> <p style="text-align: center;"><i>Chair: Cristina Tassorelli</i></p>  |
| 09:05  | <p style="text-align: center;"><b>How to make and present the perfect poster – delegate presentations</b></p> <p style="text-align: center;"><i>Chairs: Guus Schoonman, Koen Paemeleire, Antoinette Maassen van den Brink</i></p>   |
| 10:35  | Coffee break  |
| 11:00  | <p style="text-align: center;"><b>New approaches for translational headache research – opportunities and pitfalls</b></p> <p style="text-align: center;"><b>Studying spontaneous pain in laboratory animals</b></p> <p style="text-align: center;">Jeff Mogil</p> <p style="text-align: center;"><i>Chair: Else Tolner</i></p> <p style="text-align: center;"><b>The biological clock and the arrhythmic brain</b></p> <p style="text-align: center;">Stefan Michel</p> <p style="text-align: center;"><i>Chair: Antoinette Maassen van den Brink</i></p> <p style="text-align: center;"><b>Resting state MRI to dissect brain network interactions</b></p> <p style="text-align: center;">Serge Rombouts</p> <p style="text-align: center;"><i>Chair: Mark Kruit</i></p> |
| 12:50  | Lunch   |

|       |   |   |
|-------|---|---|
|       | <b>Interactive Workshops - Translational headache genetics: translating migraine genetics to migraine mechanisms</b>  |   |
|       | <i>Chair: Michel Ferrari</i>  |   |
| 13:45 | Translating GWAS results to migraine mechanisms   | Epigenetic mechanisms in migraine   |
|       | Plenary presentations & discussions of the four study designs<br>One spokesperson per group (10 min presentation + 10 min discussion)   |   |
| 16:05 | Coffee break  |   |
| 16:30 | <b>Publication skills</b>   |   |
|       | <i>Chair: Stefan Evers</i>  |   |
|       | Pitfalls in population studies<br><br>Tobias Kurth  | Measuring trigeminovascular activity <i>in vivo</i> in humans<br><br>Antoinette Maassen van den Brink |
| 17:05 | <b>Debate (two teams of three pro and three con delegates)</b>  |   |
|       | <i>Chair: Alan Rapoport</i>   |   |
|       | Cardiovascular disease should not be a contraindication for triptan use   | Identification and avoidance of migraine trigger factors is rarely useful                             |
|       | <u>Format</u><br>5 min: Chair's introduction of teams and debate topic<br>10 min: Pro Team<br>10 min: Con Team<br>2 min: Pro rebuttal<br>2 min: Con rebuttal<br>15 min: Questions from audience<br>2 min: Pro conclusion<br>2 min: Con conclusion<br>15 min: Voting and critical evaluation |   |
| 18:10 | Adjourn   |   |
| 19:15 | Group Dinner  |   |

| <b>Sunday 2<sup>nd</sup> November 2014</b> |  |
|--|--|
| 08:30                                      | <p style="text-align: center;"><b>Patient case presentation skills: how to effectively present difficult patient cases</b></p> <p style="text-align: center;"><i>Chairs: Miguel Lainez, Guus Schoonman</i></p> <p style="text-align: center;">Four cases, each by one delegate<br/>(15 min each: 10 min presentation + 5 min discussion)</p> |
| 09:30                                      | <p style="text-align: center;"><b>Scientific intermezzo: is neuromodulation a panacea?</b></p> <p style="text-align: center;"><b>Why and how would neuromodulation prevent headache attacks?</b></p> <p style="text-align: center;">Jean Schoenen</p> <p style="text-align: center;"><i>Chair: Miguel Lainez</i></p>                         |
| 10:05                                      | <p style="text-align: center;"><b>Presentation skills: How to give the perfect presentation – tips and tricks</b></p> <p style="text-align: center;">Jeff Mogil</p> <p style="text-align: center;"><i>Chair: Koen Paemeleire</i></p>   |
| 10:40                                      | Coffee break   |
| 11:10                                      | <p style="text-align: center;"><b>Successful grant writing: how to get EU funded programmes – tips and tricks</b></p> <p style="text-align: center;">Arn van den Maagdenberg</p> <p style="text-align: center;"><i>Chair: Mark Kruit</i></p>   |
| 11:40                                      | <p style="text-align: center;"><b>How to become an international leader in headache research</b></p> <p style="text-align: center;">Michel Ferrari interviews Peter Goadsby</p> <p style="text-align: center;"><i>Chair: Michel Ferrari</i></p>  |
| 12:10                                      | Concluding remarks and Farewell  |
| 12:30                                      | Lunch and Adjourn  |