



iHEAD 2016

3rd International Headache Academy (iHead) 2019

London, UK

From Friday 21 October until Sunday 23 October 2016 the 3rd International Headache Academy (iHEAD) Europe was held at King's College, London, UK. The 3-day programme offered a highly interactive and intensive overview of headache including pathophysiology, diagnosis and management of different headache syndromes to young clinicians and researchers enrolled in the field of headache. A brief overview with some highlights.

A total of 85 delegates were present, including Neurology residents, Headache Medicine fellows, and MD or PhD clinicians/ researchers. Besides 19 participants from the UK, 66 had travelled from an overwhelming 27 other European countries to attend the event at King's College's Russell Square Campus.

The first day started off with four interesting case presentations by delegates, followed by an interactive discussion. During the second part of the day, guest-speaker Professor Stephen McMahon (Wolfson Centre for Age Related Diseases, King's College, London) gave a lecture on pain, addressing pathophysiologic mechanisms and research methods which his group has been using, studying mostly non-headache pain. In the evening, a social programme was organised at Shepherds Hall at nearby Saint Thomas' Hospital to stimulate networking among the delegates over dinner.

On the second day, four delegates each presented the paper they felt was most important for their field in the 2015–2016 period. A wide range of papers was presented, from clinical topics including headaches caused by intracranial hypertension, to new insights in clinical neurophysiological and genetic aspect of headache research. The invited speaker of the second day was Professor Steven Williams (Department of Neuroimaging, King's College, London). He guided the audience through the fundamentals of functional neuroimaging, and how to best apply these techniques in pain research. In the afternoon, four different interactive workshops for smaller groups were offered in

parallel sessions. Professor Tobias Kurth taught about how to perform outstanding epidemiologic studies in headache. Dr Phillip Holland provided guided laboratory visits where experiments were in progress. The third workshop gave delegates the opportunity to improve history taking in patients with trigeminal autonomous cephalalgias, and was moderated by Professor Peter Goadsby. The fourth workshop provided participants with a platform for presenting a poster and receiving feedback on content and presentation skills, supervised by Professors Messoud Ashina, Lars Edvinsson and Arne May.

Later that day, two debates were held, in each of which two teams of three delegates argued in favour of or against the proposition. The first proposition was 'CGRP monoclonal antibodies will not be useful preventive migraine treatment' and this debate was won by the mixed Romanian-Dutch-Swiss team who argued pro. The second debate on the proposition 'Tension-type headache does not exist' was won by the Portuguese-Serbian-UK team arguing against.

On the last day, two morning sessions provided the delegates with useful tips and tricks on how to write a research paper, by Professor May, and on how to very critically read or review a paper, chaired by Professor Michel Ferrari. Hereafter, the last session of the programme gave insight in the strategy of the Danish Headache Group in reaching out to both the lay public and medical professionals, in order to increase awareness on headache in the Danish society.

On behalf of all participants, I would like to thank the local organising committee (Professors Goadsby, Ferrari, Ashina, May and Jean Schoenen) as well as the International Headache Society for supporting this event. To all young clinicians and researchers who are working in the headache field who could not attend this time, I would suggest to keep an eye open for future iHEAD-events.

**iHEAD
London, 21–23 October 2016**

Programme

Friday 21 October 2016

12:30	Faculty & Delegate Reception & Lunch
13:45	<p>Welcome and Introductions</p> <p><i>Peter Goadsby</i></p>
14:00	<p>Delegate case presentations</p> <p><i>Chair: Michel Ferrari</i></p> <p>Four cases each by one delegate (20 min each: 12 min presentation + 8 min discussion)</p>
15:30	Coffee break
16:00	<p>Pain – new mechanisms and methods</p> <p>Stephen McMahon</p> <p><i>Chair: Lars Edvinsson</i></p>
17:00	Adjourn
19:30	Group Dinner

Saturday 22nd October 2016

09:30	<p>Top papers of 2015–2016</p> <p><i>Chair: Tobias Kurth</i></p> <p>Four papers, each by one delegate (22 min each: 12 min presentation + 10 min discussion)</p>
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11:00	Coffee break			
11:30	<p style="text-align: center;">Fundamentals of functional neuroimaging</p> <p style="text-align: center;">Steven Williams</p> <p style="text-align: center;"><i>Chair: Arne May</i></p>			
12:30	Lunch			
14:00	Interactive Workshops			
	<p>Epidemiology</p> <p>Tobias Kurth</p>	<p>Delegate poster presentations</p> <p><i>Chairs: Messoud Ashina, Lars Edvinsson, Arne May</i></p>	<p>Clinical case presentations (with patients)</p> <p><i>Chair: Peter Goadsby</i></p>	<p>Laboratory visits (King's College London)</p> <p>Phillip Holland</p>
15:30	Coffee break			
15:00	<p style="text-align: center;">Debates (two teams of three pro and three con delegates)</p> <p style="text-align: center;">CGRP monoclonal antibodies will not be useful preventive migraine treatments</p> <p style="text-align: center;"><i>Chair: Michel Ferrari</i></p> <p style="text-align: center;">Tension-type headache does not exist</p> <p style="text-align: center;"><i>Chair: Messoud Ashina</i></p> <p style="text-align: center;"><u>Format</u></p> <p style="text-align: center;">3 min: Chair's introduction of resolve and pre-debate voting</p> <p style="text-align: center;">15 min: Pro Team (3 x 5 min)</p> <p style="text-align: center;">15 min: Con Team (3 x 5 min)</p> <p style="text-align: center;">10 min: Discussion with audience</p> <p style="text-align: center;">1 min: Pro conclusion</p> <p style="text-align: center;">1 min: Con conclusion</p> <p style="text-align: center;"><u>2 min:</u> Chair: post-debate voting and conclusion</p>			
18:00	Adjourn			

Sunday 23rd October 2016

09:30	<p>Handling the literature</p> <p>Write a paper</p> <p>Arne May</p> <p>Reading a paper</p> <p>Michel Ferrari</p>
11:00	Coffee break
11:30	<p>Making primary headache disorders better recognised</p> <p>Messoud Ashina</p>
12:30	Lunch and Adjourn