



## **iHEAD 2018**

### **5<sup>th</sup> International Headache Academy (iHead) 2018 London, UK**

On Monday 3 September and Tuesday 4 September 2018 the 2018 edition of the International Headache Academy (iHEAD) Europe was held at the London Hilton Metropole, in conjunction with the 17<sup>th</sup> Biennial Migraine Trust International Congress. The 2-day programme offered an intensive overview including hot topics in headache, the year's top papers, teaching cases and debates on headache pathophysiology, diagnosis and management and was aimed at young clinicians and researchers enrolled in the field. A brief overview with some highlights.

The first day began with four interactive case presentations with a teaching point or clinical point of interest. Among others cases of visual snow and the harlequin sign in cluster headache were presented. There was a fierce debate on the resolve 'Migraine can be caused by mild traumatic brain injury', elegantly deliberated by three speakers in both the pro- and con-teams. During the second part of the day seven of the year's Top Clinical Papers were presented by delegates, among which detailed information on the development of guidelines for the diagnosis and treatment for idiopathic intracranial hypertension from Karolinska Institute, Sweden. In the Participants' choice session, a prior public ballot had selected Dr Pellesi to present his recent work to the audience. For the evening, a tour of the Churchill War Rooms was organised, followed by a networking dinner at this subterrestrial venue.

On the second day, seven delegates each presented the paper they felt was most important in the field of Basic Science from June 2017 onwards. A wide variety of topics was covered, ranging from the role of the hypothalamus in attack susceptibility and initiation to the opportunities of optogenetics in migraine studies. In the 'Hot Topics' session, three delegates gave an overview of the main future targets of migraine treatment, guidelines for the use of monoclonal antibodies targeting the CGRP-pathway and whether the indomethacin response in paroxysmal hemicranias should be a diagnostic criterium. Each of these topics induced a lively debate with the audience!

In the afternoon, the iHead's second debate was held, on the resolve 'The site of origin of migraine is peripheral'. Two teams consisting again of three international delegates each debated their positions eloquently. The last part of the programme consisted of four different parallel sessions, to which delegates had been appointed. One group of delegates went to the Clinical Research facility at King's College Hospital for a hands-on procedure. A second group presented their work on posters and was given feedback on presentation skills, whilst a third group could perfect their history taking skills during Live Speed Cases. The last parallel session was on publication Do's and don'ts and gave practical tips on how to get your paper published. These sessions were moderated by Professors Marin, Ferrari, Goadsby and May.

In total, 60 delegates from 16 different countries were present at this year's iHEAD, all of whom were Neurology residents, Headache Medicine fellows, and MD or PhD clinicians/ researchers. For all of them, iHEAD provided in a valuable opportunity to share information, to practise communication and debating skills, to network and brainstorm together. On behalf of all participants, I would like to thank the organising committee (Professors Messoud Ashina, David Dodick, Peter Goadsby, Michel Ferrari and Arne May and Patricia Pozo-Rosich) as well as the other faculty members and the International Headache Society for supporting this event. To all young clinicians and researchers active in the headache field who could not attend this time, I would suggest to keep an eye open for future iHEADs!



<b>iHEAD</b> <b>London, 3–4 September 2018</b>  <b>Programme</b>	
<b>Monday 3<sup>rd</sup> September 2018</b>	
12:00	Faculty & Delegate Reception & Lunch
13:30	<b>Welcome and Introductions</b> <i>Michel Ferrari &amp; Peter Goadsby</i>
13:45	<b>Interactive clinical teaching cases</b>  <i>Chairs: Faisal Amin, Arne May</i>  Four cases, each by one delegate (20 min each: 10 min presentation + 10 min discussion)
15:00	<b>Debate (two teams of three pro and three con delegates)</b>  <i>Chairs: Messoud Ashina, Lars Edvinsson</i>  <b>Migraine can be caused by mild traumatic brain injury</b>  <u>Format</u> 3 min: Chair's introduction of resolve and pre-debate voting 15 min: Pro Team (3 x 5 min) 15 min: Con Team (3 x 5 min) 10 min: Discussion with audience 1 min: Pro conclusion 1 min: Con conclusion <u>2 min:</u> Chair: post-debate voting and conclusion
15:45	Coffee break
16:15	<b>Best clinical papers since June 2017</b>  <i>Chairs: Michel Ferrari, Kristian Haanes</i>

	Seven papers, each by one delegate (12 min each: 7 min presentation + 5 min discussion)
17:45	<p align="center"><b>Participants' choice</b></p> <p align="center"><i>Chairs: Lars Edvinsson, Laura Schulte</i></p> <p align="center">One participant presents their work (20 min presentation + 5 min discussion)</p>
19:00	Group Dinner

<b>Tuesday 4<sup>th</sup> September 2018</b>	
08:30	<p align="center"><b>Best basic science papers since June 2017</b></p> <p align="center"><i>Chairs: Philip Holland, Else Tolner</i></p> <p align="center">Seven papers, each by one delegate (12 min each: 7 min presentation + 5 min discussion)</p>
10.00	<p align="center"><b>Hot topics</b></p> <p align="center"><i>Chairs: David Dodick, Patricia Pozo Rosich</i></p> <p align="center">Three participants (15 min each: 10 min presentation + 5 min discussion)</p> <p align="center"><b>What are the main targets of interest for future migraine treatments?</b></p> <p align="center"><b>Assuming CGRP pathway monoclonal antibodies are approved for migraine prevention – what should be the guideline for their use?</b></p> <p align="center"><b>Should indomethacin response be a diagnostic criteria for paroxysmal hemicranias?</b></p>
10:45	Coffee break
11.15	<p align="center"><b>Debate (two teams of three pro and three con delegates)</b></p> <p align="center"><i>Chairs: Messoud Ashina, Michel Ferrari</i></p> <p align="center"><b>The cite of origin of migraine is peripheral</b></p>

12:15	Lunch			
14:00	<b>Interactive Workshops</b>			
	Hands on workshop (Clinical Research Facility, King's College London)  Huana Marin	Delegate poster presentations  <i>Chair: Michel            Ferrari</i>	Clinical case presentations (live speed cases)  <i>Chair: Peter Goadsby</i>	Write for the journal – publication do's and don'ts  Arne May
15:30	<b>Concluding remarks</b>  <i>Michel Ferrari &amp; Peter Goadsby</i>			
16:00	Adjourn			

We wish to thank the following sponsors for their support of iHEAD 2018



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