

## Report of the Cambodia IHS Grant, November 2022.



### Soma Sahai-Srivastava, M.D

The IHS Visiting Professor (VP) grant, awarded in late 2019, was delayed until November 2022 due to COVID pandemic-related travel restrictions with limited teaching programs in Cambodia during this period. The HIS visiting professor grant provided travel expenses to two headache specialists for teaching a weeklong neuroscience course highlighting Headache disorder in Cambodia and was held in Phnom Penh from November 28<sup>th</sup> till December 2<sup>nd</sup>, 2022. The course was taught by Dr Soma Sahai-Srivastava, and Dr Liza Smirnoff, both headache specialists. In addition, senior neurology resident Dr Ashim Ahuja from University of Southern California, Keck school of medicine participated in the program. The event was well attended by 70 participants from Cambodia that included, neurologists, general physicians, ophthalmologists, pulmonologists, psychiatrists, emergency physicians, residents, and medical students. Training residents were predominantly from internal medicine, psychiatry, and neurosurgery since there is no neurology residency training program yet in the country. All participants received a neuro exam tool kit which included hammer, tuning fork, and other neurological tools at the end of their week-long participation.

The week began with meeting the local faculty, followed by interactive teaching workshops on basic neuroscience and clinical rounds in the hospital. This was followed mid-week by a day long headache symposium. The first ever headache procedure workshop in Cambodia was held on November 30<sup>th</sup> at the conference center of Khmer Soviet Friendship Hospital, Phnom Penh, the capital city of Cambodia in collaboration with the University of Health sciences, which allowed all their medical students, residents, and Faculty to attend the symposium. The morning session included lectures on neurobiology of migraine, case-based discussions, and treatment approaches to primary headache disorders especially migraine and cluster headaches in a resource-limited setting. This was a highly interactive format with audience participation, and emphasis on Q and A during the presentation. The afternoon session included a lecture on Procedural treatments of headache disorders. This was followed by live demonstrations of injection treatment: Dr Sahai and Dr Smirnoff, both headache sufferers, volunteered and were injected by each other. A physician suffering from migraine headaches and myofascial pain was the third volunteer for the injection workshop. On the last 2 days of the week, there were clinical rounds and case presentations by local physicians and residents at the Khmer Soviet Friendship Hospital.

This comprehensive approach to teaching headache disorders in resource limited setting included basic neuroscience, neuroanatomy, neuroradiology, and clinical and procedural topics and was much able fill the knowledge gap in the field of Headache and pain in Cambodia. There was active participation by physicians from all over Cambodia and this paved the way for future collaborations between the Cambodian neurological association and the international headache society. Dr Sahai has been teaching neuroscience global neurology course in Cambodia to undergraduate and postgraduates at the medical university every summer since 2015, and with her collaboration, it is expected that the highly anticipated neurology residency program will be launched in Cambodia by next winter.

**Program details:**

<b>Nov 28,2022</b>	<b>Nov 29,2022</b>	<b>Nov 30,2022</b>	<b>Dec 1,2022</b>	<b>Dec 2,2022</b>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8-11:30 AM	8-11:30 AM	8-11:30 AM	8-11:30 AM	8-11:30 AM
- Meet Faculty & Tour of the University	- Clinical Rounds Dr Sahai& Dr Smirnoff	Headache and Pain - See detailed separate schedule	- Clinical Rounds	- Clinical Rounds
2-5 PM	2-5 PM	2-5 PM	2-5 PM	2-5 PM
- Neuroanatomy and physiology review	- Clinical Neuro exam with tool kit - Localization -Neuroradiology	-See detailed schedule	- Clinical Rounds	- Clinical Rounds Open Topic

**Headache Disorders Workshop**

**Wednesday, Nov 30, 2022**

<b>8:30-9:30</b>	<b>Primary Headache Disorders</b>	<b>By: Soma Sahai M.D</b>
<b>9:30-10:30</b>	<b>Secondary Headache Disorders</b>	<b>By: Liza Smirnoff, MD</b>
<b>10:30-10:45</b>	<b>Coffee break</b>	
<b>10:45-12:00</b>	<b>Case Discussion</b>	<b>By: Soma Sahai, MD</b>
<b>12:00</b>	<b>Lunch break</b>	
<b>14:00-15:30</b>	<b>Nerve block and Trigger Point Injection workshop</b>	
	<b>By: Liza Smirnoff M.D and Soma Sahai, M.D.</b>	
<b>15:30-16:00</b>	<b>Headache Jeopardy Exercise</b>	<b>By: Ashim Ahuja, MD</b>



