

IHS Headache Trainee report 2020

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Mentor: Mario Peres

First of all, I would like to thank IHS for giving me this amazing opportunity to use this grant and be able to perform this training even in the midst of the pandemic. I would like to thank to Dr Mario Peres, Dra Thaiza Lima, Dra Vanda Lelis de Souza, Dr Juliane Peres, Dr Marcio Nattan, Dra Ida Fortini, Dr Gabriel Kubota, Dr Caio Grava, and all the people I interacted with during my staying in São Paulo for almost 5 months.

I would like to mention two parts of my fellowship programme, the clinical and the academic-scientific. São Paulo is a place with a population that is very similar to Colombia from the social, cultural and economic point of view, and both of them have very similar health systems.

I had the opportunity to be present during patient care in the public system and the private system with the challenges that each system has. In the private system, for most of the time I was observing consultations with Dr Mario in the “São Paulo Headache Center” and the “Hospital Israelita Albert Einstein”. I was able to learn the clinical approach and performance of specialised consultation in headache, and the most important part was that Dr Mario shared with me his experiences and we discussed a lot of difficult clinical cases with an excellent approach to the comorbidities and newest treatments such as monoclonal antibodies. I was able to observe ablative techniques performed by specialised

anaesthesiology such as radiofrequency ablation for refractory trigeminal neuralgia and ultrasound-guided blocks for posterior neck pain. One of the objectives I had when I applied for the scholarship was to understand how an expert treats refractory headaches and how to provide adequate long-term care for these patients, and this is one of the many lessons I've learned from Dr Mario.

In the public system I was able to attend the outpatient headache consultation in the "Hospital das Clínicas" Fellow Program of the "São Paulo University". I met a team of professionals who are developing multidisciplinary work in headache. It was a great experience to understand techniques such as acupuncture, puncture with dry needle, TENS, and another orofacial pain treatments. I was able to interact with allied specialties such as odontology, neuro-ophthalmology and neurosurgery with a very important approach on secondary headaches. I also observed the anxiety outpatient consultation in the Psychiatric institute of the "Hospital das Clínicas".

In the second part of the fellowship I understood how a research team is articulated, regardless of geographic or even language barriers. Dr Mario was very helpful and made me feel more comfortable every day, and he included me in two projects that we are still working on now. I was able to be present at research meetings online with people from Asia, Europe and the United States; these meetings happened virtually because of the pandemic. I was also present at academic meetings of the "Hospital das Clínicas" every week reviewing fundamental issues in headache.

During the fellowship I was very interested to understand better how to choose patients for each type of treatment, and specifically for monoclonal antibodies, in a health system similar to the one we have in Colombia, because at that time they were not being used in our country. We started a retrospective and prospective observational study that included patients who were treated consecutively with monoclonal antibodies in the São Paulo Headache Center. We wanted to know the local conditions of access to medications, the patients' comorbidities, another medications used for patients during the treatment in real life, adherence to treatment, and results after follow-up. Carrying out the research preparation directly with Dr Mario and understanding essential details about the instruments used and the methodology have been very challenging, however Dr Mario has given me the necessary support to carry out the scientific work.

Visiting São Paulo Headache Center, Hospital Israelita Albert Einstein, Fellow Program Hospital das Clínicas and Psychiatric Institute of the Hospital das Clínicas has met all my

initial aims. I think that in Latin America there is still the concept of individual work, and a new way of creating remote teams is being born thanks to the networks that are being facilitated by virtuality. Understanding how countries like Brazil have developed the field of headache even with complex health systems made me think about new possibilities to continue the work locally and regionally. I believe that connecting people at a regional level is a way to strengthen team work so together we can improve our approach to headache. The training has given me a way to improve my knowledge, clinical skills and research skills, and I began to perceive things from another point of view.

This training helped me to grow as a professional and to start thinking more about the possible opportunities for the development of projects at a local level, not only in public practice but also in private practice. Now I continue to work with my mentor Dr Mario in the field of research and I understand the need we have in our countries, which is to improve our local information, and the impact this may have on patients.

Thanks to the chairs of the Electronic Media Committee, Dr Anna Andreou and Dr Arão Oliveira, now I'm a part of the committee, and this will also be a challenge for continuous learning.

Thanks to this training, I am part of the Headache Group of the Colombian Neurology Society and from my home town, Manizales in Colombia, I hope to continue contributing to the collective work that is so important in Latin America. I hope that more people in our region have opportunities like this and when they return to their countries they can contribute with their lessons learned as I intend to do.

Finally I would like to express my sincere appreciation and gratitude to Carol Taylor and Henrik Winther Schytz for all their help in this process, for their understanding with the differences in language and for their professionalism. I would especially like to thank Dr Mario Peres for his unfailing support during my stay in São Paulo, for the support given in times of pandemic, for including me in all his activities, and his long explanations from his knowledge and the vast experience he has. Finally, I am so grateful to IHS; I truly appreciate everyone's efforts and commitments they have to improve access to information and access to this type of training that certainly has an impact in our countries.



Private practice with Dr. Mario Peres and Dr. Thaiza Lima



Hospital Israelita Albert Einstein hospitalization and procedures in headache



Allied specialties, dentistry Dr. Vanda Lelis teaching me



Exhibition of paintings done by patients "Aura in Migraine" ABRACES - Brazilian Association of Cluster Headache and Migraine



Team Fellow Headache “Hospital de las Clínicas”, São Paulo University

Outpatient consult public health system



Virtual meetings during the COVID - 19 pandemic

IHS Headache Trainee Report 2020

Wan Aliaa Wan Sulaiman, Malaysia



King's College London, London, UK

Mentor: Peter Goadsby

December 2023 – February 2024

Introduction: My tenure as an International Headache Society (IHS) Fellow at King's College London (KCL) under the mentorship of Professor Peter Goadsby was a transformative experience in my journey as a clinician and academician specializing in migraine and headache disorders. This essay reflects on the invaluable insights gained during my fellowship, particularly focusing on the clinical and research activities undertaken at KCL and how they have enriched my understanding and approach to migraine and other primary headache management.

Clinical Immersion and Learning: At the Headache Group of King's College Hospital, I had the privilege of engaging with a distinguished team of healthcare professionals dedicated to the comprehensive evaluation and management of headache disorders. Under the guidance of Professor Goadsby, my involvement in outpatient clinics, including sessions on novel treatment clinics for migraine, trigeminal autonomic cephalalgias and interventional procedures like P-Indotest, Botox and GON injections, offered invaluable insights into the diverse therapeutic modalities available for headache management. I also attended lecture on migraine by Dr Ajona in the School of Neuroscience, Institute of Psychiatry, Psychology & Neuroscience, KCL. Through instructive discussions and exposure to differential diagnostic approaches, I honed my clinical acumen, learning to tailor treatment strategies to the individual needs of patients.

Enhanced Clinical Exposure: My fellowship at KCL provided me with unique opportunities to broaden my clinical exposure beyond the tertiary headache clinics. Through rotations in the dental and facial pain clinic of Dr. Leigh-Ann Elias, a Specialty Dentist in Oral Surgery, and Dr. Jan Hoffmann, I gained invaluable insights into the interplay between dental and facial pain conditions and headache disorders. Moreover, rotation with Dr. Diana Wei, an NHS neurology consultant in one of her headache clinic in the community setting, offered frontline experience in managing headache cases.

Research: Engaging in weekly research meetings with Professor Goadsby and the team provided me with invaluable insights and wisdom. These sessions served as grounds for intellectual exchange on navigating the challenges on aligning clinical service with research. I got the opportunity to collaborate with projects conducted by the headache group, such as the cluster headache project as well as doing an explorative review on the potential role of ketosis in migraine.

Conclusion: Reflecting on my fellowship experience at King's College London, I am grateful for the opportunity to have been part of a group that closely mirrors my current position as an academic clinician. I had gained a holistic perspective on migraine management, emphasizing the importance of collaborative approaches in research and clinical practice.

I am deeply grateful to the International Headache Society for affording me this invaluable opportunity and to my mentor, Professor Peter Goadsby, and all the headache group members who had become my friends; Alison Worth, Konstantinos Christoforou, Fiona Greenwood, Amara, Balvinder Galkhal, Helin Gosalia, Robyn Wilcha, Narzia Karsan, Maria Villar Martinez, Pubudu Amaresena, David Moreno Ajona, Francesca Puledda and Jan Hoffman for their guidance and support throughout my fellowship journey. Also special thanks to my IHS trainee colleagues Dr Noellar Mundih and Dr Pannathat Soontrapa whom we had fun together learning and most importantly to Carol Taylor for her continuous support to our journey and her dedication to IHS. As I continue my professional endeavors, I am committed to continue improving the field of migraine and headache in my country.



IHS Headache Trainee Programme Report 2024



Dr. Pannathat Soontrapa

Siriraj Hospital, Mahidol University, Bangkok, Thailand

Mentor: Prof. Peter J. Goadsby, MD, PhD, FRS, King's College, London UK

From February – April 2024 at King's College London

It was such a great opportunity for me to observe in Headache Group at King's College London, thanks to International Headache Society (IHS) for the IHS Headache Trainee Programme. I formerly got the scholarship in 2020 but it has been postponed until year 2024 due to the Covid-19 pandemic. Given a significant burden of headache on people's health and headache being one of the most common complaints in an out-patient setting, I aimed to enhance my knowledge in this field to give proper treatment, consultation and advance patient care in my own country. In Thailand, there are few headache specialists whilst many headache patients with resistant headache in need of a special care. When I came across the IHS scholarship, I was enthusiastic to visit a specialised headache institution abroad and appreciate high-quality headache care to the patients. Prof. Peter Goadsby, a renowned expert in headache medicine, gave me a chance to join his headache group as a part of the IHS Headache Trainee Programme 2020 and became my mentor. Subsequently, I embarked on the observership at King's College London in February 2024.

The headache group at King's College here is a part of National Health Service (NHS) handling clinics at King's College Hospital as a tertiary care for refractory headache including chronic migraine, trigeminal autonomic cephalalgias, intracranial pressure-related headache, neuromodulation and interventional manoeuvres i.e. botulinum toxin A injection and greater occipital nerve (GON) block. Patients here are predominantly referred from general practitioners or other neurologists for further consultation and proper management. There are dedicated headache clinic, multidisciplinary clinic for orofacial pain (OFP) clinic, trigeminal autonomic cephalalgia (TAC) clinic, novel therapy clinic, and multidisciplinary team meeting to discuss about complicated cases.

During the traineeship, I could take part in both clinical observership and collaborative research projects. I have absorbed a myriad of valuable lessons during the clinical observership in which I attended and listened to patients' complaints and observed techniques of history taking from different consultants and fellows. Good history is a key to



The headache group at King's College

diagnose the right headache type and choose the most appropriate treatment. In some patients, history taking was challenging that I learned how to deal with such situation for the best interest of the patients. During case discussion of the fellows and Prof. Goadsby, I learned pearls of specific diseases, some common pitfalls and tricks in headache care. He pointed out multiple important things and addressed my concerns on patient care. For instance, I learned for the first time what “visual snow” was.

The TAC clinic gave me a chance to see more patients with SUNCT/SUNA, paroxysmal hemicrania, cluster headache as well as hemicrania continua. I realized the utility of an indomethacin test and how to perform the test by either an in-hospital intramuscular injection or an oral route to differentiate indomethacin-responsive headache disorders from other type of headache especially migraine. In novel therapy clinic, I learned when anti-CGRP therapy played a role, and how to follow-up the patients. Responsiveness of CGRP (calcitonin gene-related peptide) of the migraineurs can vary from very good responses to slight responses and I realized how to manage accordingly.

By participating in consultants' clinic of Prof. Goadsby, Dr. Diana Wei, Dr. David Moreno-Ajona, I appreciated comprehensive evaluation and tailored treatment plans for patients with various headache disorders. Dr. Moreno-Ajona also demonstrated me complete vestibular physical examination.

There is weekly orofacial pain clinic served by a multidisciplinary team of dentists, a headache specialist (Dr. Jan Hoffmann) and a psychiatrist. Most patients here were complex



Clinic time with Dr. Moreno-Ajona

patients presenting with oral or facial pain. Some had atypical trigeminal neuralgia, trigeminal autonomic cephalalgia such as SUNCT/SUNA, migraine with facial presentation, etc. Case discussion between Dr. Leigh-Ann Elias (a dentist) and Dr. Hoffman educated me on a thinking process for differential diagnosis, proper choices of treatment and essentially empathy in patient care. Here, I was also taught how to manage debilitating pain of trigeminal neuralgia by a nerve block, intravenous drug infusion in an emergency setting and a surgical role.

Importantly, I learned techniques of GON block and botulinum toxin A injection and a role of neuromodulation such as sTMS (single-pulse transcranial magnetic stimulation). Dr. Nazia Karsan and Dr. Moreno-Ajona taught me to choose the most tender point for GON injection that would yield the most effective result. Thanks to the nurses (Fiona Greenwood, Stefania Maniataki and Konstantinos Christoforou), I observed botulinum toxin A injections, and I absorbed the technique. These are very helpful procedures to rescue patients with headache, and I will perform it when I go back to my practice in Thailand.

For the research part, I was assigned a study on an overuse of carbamazepine and misdiagnosis of trigeminal neuralgia, supervised by Prof. Goadsby. I went over 200 patients and audited the clinical letters of patients seen at King's College Hospital. The aim of the study is to find out reasons underlying the overuse and address the proper guide on it in clinical practice. I helped in collecting data over 300 patients for another project of vertigo in chronic migraine with Dr. Robyn-Jenia Wilcha and Dr. Pubudu Amarasena. I also helped Dr. Maria Dolores Villar Martinez with a questionnaire for patients with refractory headache. In addition, Prof. Goadsby gave me a chance to write for covering an article in NEJM Journal Watch Neurology.

This was a wonderful experience that enhanced my clinical knowledge and skills in headache. I plan to run my own headache clinic at my university hospital as a referral centre,

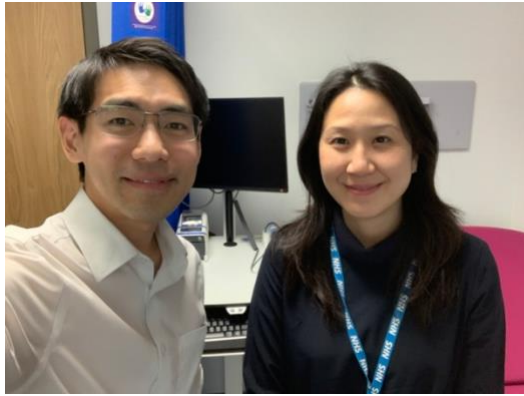
utilize the interventional techniques acquired, train the younger generation, and conduct research in this field. I hope to get in touch with all colleagues I met here.

Besides that, I have made new friends here, the current fellows, Dr. Amarasena and Wilcha and Dr. Wan Aliaa Wan Sulaiman, the Malaysian neurologist under the same IHS trainee scholarship. I would like to thank them for their kindness and warm welcome. I really appreciate Ms. Carol Taylor (IHS Administrative Manager) and Ms. Alison Worth (Executive Assistant to Prof. Goadsby) for the support and coordination especially Ms. Carol Taylor who advised me from the beginning and helped me organize the plan through the pandemic. Finally, I would like to thank IHS for the opportunity and my mentor, Prof. Goadsby.



My mentor: Prof. Peter Goadsby





Clinic time with Dr. Wei



Orofacial pain clinic with Dr. Hoffman



Farewell meal

