



headache academy

Royal College of Physicians

5-6 October 2024

12 CPD Points approved by RCP: Event Code 149505; Vevox Code: 148-429-983

Patient Support Groups:



Sponsored by:

abbvie

Lundbeck



ORGANON
Here for her health

Pfizer

teva

Headache: Introduction and Overview

Prof. Manjit Matharu

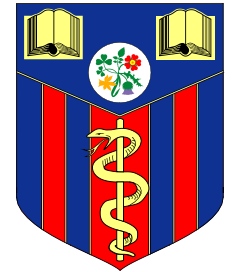
Headache and Facial Pain Group,
UCL Queen Square Institute of Neurology &
The National Hospital for Neurology and Neurosurgery
London, UK

&

Norwegian University of Science and Technology, Trondheim, Norway

HEADACHE ACADEMY

5-6 OCTOBER 2024





Patient Support Groups:



Sponsored by:



The sponsors were not involved in the choice of speakers or preparation of the course content



Headache Academy

5th-6th October 2024

Join at vevox.app

ID: 148-429-983





 148-429-983





Headache Academy

2024

Programme
SATURDAY 5 OCTOBER 2024
08:30-09:00
REGISTRATION AND REFRESHMENTS

09:00-09:15
Introduction and Overview
Prof Manjit Matharu

**HEADACHES AND CRANIAL OR CERVICAL
VASCULAR DISORDERS**
CHAIR: PROF MANJIT MATHARU

 148-429-983



 Q&A

TYPE A MESSAGE

FILTERS RESET FILTER

 148-429-983



 Surveys

 OVERALL EVALUATION
0 of 8 answered

 FUTURE HEADACHE COURSES
0 of 2 answered

 Saturday 5 October 2024 (Headache Academy)
0 of 35 answered

 Sunday 6 October 2024 (Headache Academy)
0 of 33 answered

 148-429-983



← Saturday 5 October 2024 (Headac...

CONTENT - Dr Niranjana Nirmalanthanam (History, Examination and Investigations)

Give your rating.

☆ ☆ ☆ ☆ ☆

PRESENTATION - Dr Niranjana Nirmalanthanam (History, Examination and Investigations)

Give your rating.



##/##

Join at: **vevox.app**ID: **167-004-412**

Question slide

What is your speciality?

Acute Medicine	0%
Anaesthetics and Pain Medicine	0%
General Medicine	0%
General Practice/GPwSI	0%
Neurology	0%
Oral Medicine/Dentistry/Facial Pain	0%
Patient Support Group	0%
Pharmaceutical Industry	0%
Nurse Specialist	0%
Other	0%



##/##

Join at: **vevox.app**

ID: **167-004-412**

Results slide

What is your speciality?

Acute Medicine	0%
Anaesthetics and Pain Medicine	0%
General Medicine	0%
General Practice/GPwSI	0%
Neurology	0%
Oral Medicine/Dentistry/Facial Pain	0%
Patient Support Group	0%
Pharmaceutical Industry	0%
Nurse Specialist	0%
Other	0%



##/##

Join at: **vevox.app**

ID: **167-004-412**

Question slide

How did you get here today?

Train

0%

Tube

0%

Car

0%

Bus

0%

Cycle

0%

Walk

0%

Airplane

0%



##/##

Join at: **vevox.app**

ID: **167-004-412**

Results slide

How did you get here today?

Train

0%

Tube

0%

Car

0%

Bus

0%

Cycle

0%

Walk

0%

Airplane

0%

- **Please put mobile phones on silent**
- **All messaging is anonymous**
- **You can use the messaging system to ask questions; the chairperson will select the appropriate questions**
- **Please only use the messaging system for clinical/scientific issues.**
- **Please provide feedback about the course and the speakers by visiting the survey section on the app**
- **PLEASE ENGAGE AND INTERACT TO GET THE MOST OUT OF THE COURSE**

Resources on Headache Academy website

iPad 22:45 36%

headacheacademy.com

Google News Headache Academy London UK

headache academy

Home About Headache Academy Resources Contact Us Legal

Headache Guidelines

Treatments, Regimes and Protocols

Headache Diaries

Patient Group Websites

Useful Websites

Migraine Headaches

Cluster Headache

Facial Pain

Other Headache Disorders

headache disorders for trainees which will enable
a contemporary approach with a confident diagnosis
appropriate investigations and effective management

Presented by the foremost experts and opinion leaders

Course Lectures

- All course lectures will be uploaded on the Headache Academy website:

<https://www.headacheacademy.com/resources/lecture-downloads/2024-headache-academy-presentation-downloads/>

[Home](#) [About](#) [Headache Academy](#)▼ [Resources](#)▼ [Contact Us](#) [Legal](#)▼

You need to be logged in to view this content. Please [Log In](#). Not a Member? [Join Us](#)

- The website link, username and password have been emailed to all delegates.
- The course material will be available for one month until 6 November 2024

CPD Certificates

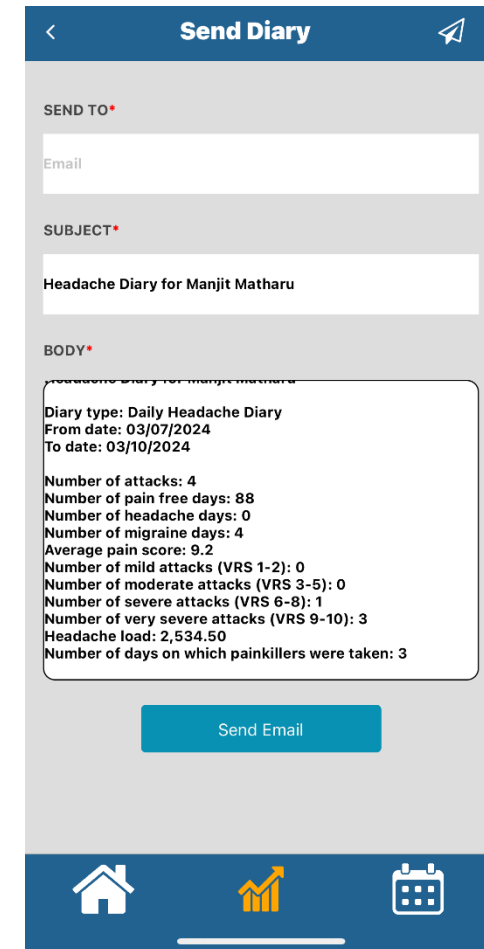
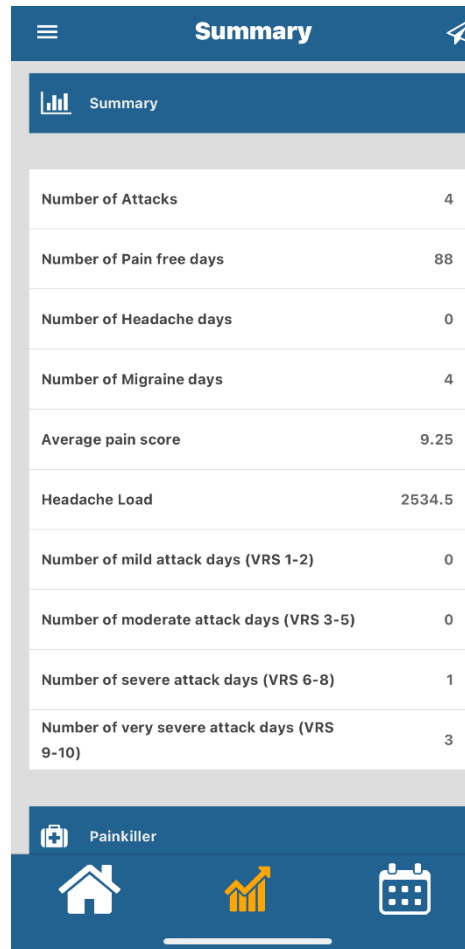
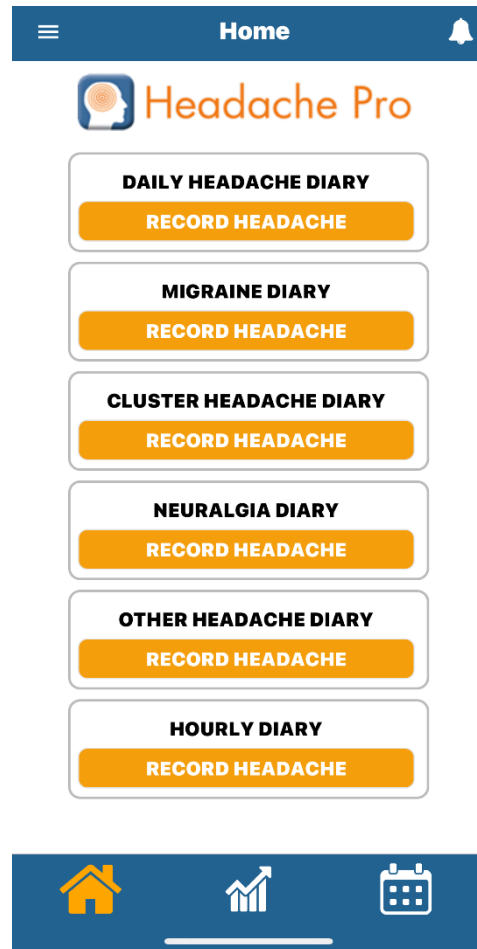
- **12 CPD Points approved by Royal College of Physicians: Event Code 149505**
- **CPD points can be claimed via Royal College of Physicians (RCP) website**
- **CPD certificate will be emailed by the administration team after the course**

Melia White House Hotel/ Regents Park Holiday Inn Hotel

- **Check-out is on Sunday 6 October 2024 by 12.00 pm**
- **Hotel Reception Check-out Desks very busy from 8am onwards**
- **If there are no payments to be settled, then use card drop.**
- **Delegates paying supplements will be asked for credit card details on check in and will have to check out at the front desk so that they can settle their accounts**
- **After checking out from the hotel on Sunday you may bring your luggage to the Royal College of Physicians and leave it in the cloakroom.**

Headache Pro Application

- App available on Apple App Store and Google Play Store



Headache Pro Website: www.headachepro.com

ChatGPT

Headache

your recei

Headache

Media Libr

Edit Page

Members

Vevox - Dis

WordPress

Profile < H

Headache

Headache

Headache

+

-

X

headachepro.com/#/dashboard

PubMedTurnaroundWorldpay DashboardHACHMCPHOTOHeadache ProTrelloYouTubeWelcome to your Re...Sec's LinksHouseUK Construction dir...ReplitMyHR UCL Human...Adobe AcrobatAll Bookmarks

HEADACHE PRO

Manjit Matharu

Home

Diaries

Treatment History

Disability Tests

Evaluation Form

Help

Profile

Term and Conditions

Home

WELCOME

to the Headache Pro System

Headache Pro[®] is an innovative system designed by Headache Experts in collaboration with Headache and Facial pain sufferers to enable users to track their previous and current pain episodes, the treatments used and the impact of the pain disorders. Headache Pro also has a pioneering evaluation system that enables users to ascertain the potential diagnose for their Headaches and Facial pain

Headache Pro[®] has several different diaries specially designed for different types of headaches and facial pain such as migraine, cluster headache and neuralgias. There are also generic diaries available (such as the Other Headache diary) for any other types of headaches or facial pain. The Hourly diary allows the user to track their Headache or Facial pain very closely and can be very helpful for establishing the diagnosis.

Headache Pro[®] can be used to record all the current and previous treatments used to manage the headaches and facial pain including medications, injections, infusions and neurostimulators (electrical or magnetic stimulators).

Headache Pro[®] allows users to record and monitor the impact of their pain disorders using validated Disability scores.

Headache Pro[®] has an innovative Evaluation Form, which allows users to determine the potential causes of their pain disorders. While we advise that all health concerns should be discussed with a medical professional, the Evaluation Form can nonetheless provide insight into the potential diagnoses and may be a helpful aid for your medical professional.

NOTIFICATIONS

- You have outstanding questions in your Evaluation Form. Please complete your Evaluation Form
425 days ago

COMPLETE EVALUATION FORM

Headache Pro Website: www.headachepro.com

ChatGPT

Headache

your recei

Headache

Media Libr

Edit Page

Members

Vevox - D

WordPress

Profile < H

Headache

Headache

Headache

headachepro.com/#/diary

PubMedTurnaroundWorldpay DashboardHACHMCPHotoHeadache ProTrelloYouTubeWelcome to your Re...Sec's LinksHouseUK Construction dir...ReplitMyHR UCL Human...Adobe AcrobatAll Bookmarks

HEADACHE PRO

Manjit Matharu

Home

Diaries

Treatment History

Disability Tests

Evaluation Form

Help

Profile

Term and Conditions

Home > Diaries

Manage Diaries

Daily Headache DiaryMigraine DiaryCluster Headache DiaryNeuralgia DiaryOther Headache DiaryHourly Diary

View CalendarAdd Headache Record

Send emailExport DiaryView headache summary

No.	Date	Duration	Pain score	Headache Characteristics
1	21/09/2024	23 hours	7	EditDelete
2	24/07/2024	16 hours	10	EditDelete
3	14/07/2024	22 hours	10	EditDelete
4	12/07/2024	7 hours 30 minutes	10	EditDelete
5	18/04/2024	21 hours	10	EditDelete
6	15/04/2024	9 hours	10	EditDelete
7	18/03/2024	24 hours	10	EditDelete
8	17/03/2024	6 hours 20 minutes	9	EditDelete
9	16/03/2024	3 hours	10	EditDelete
10	08/03/2024	5 hours	3	EditDelete

<12345>

Headache Pro Website: www.headachepro.com

HEADACHE PRO

Home

Diaries

Treatment History

Disability Tests

Evaluation Form

Help

Profile

Term and Conditions

Home > Diaries > Export Diary

Diary - Export Diaries

Start Date

06/07/2024

End Date

03/10/2024

To *

To

Subject *

Daily Headache Diary for Manjit Matharu

Attached:

daily-migraine_06-07-2024_03-10-2024.xlsx

Body

Daily Headache Diary for Manjit Matharu

Please find my headache diary in the attachment.
From date: 06/07/2024
To date: 03/10/2024

Kind regards,

Back

Send

Headache Pro Website: www.headachepro.com

ChatGPT

Headache

your recei

Headache

Media Libr

Edit Page

Members

Vevox - D

WordPress

Profile < H

Headache

Headache

Headache

headachepro.com/#/diary/headache-summary/daily-migraine

PubMedTurneroundWorldpay DashboardHAHCHMCPhotoHeadache ProTrelloYouTubeWelcome to your Re...Sec's LinksHouseUK Construction dir...ReplitMyHR UCL Human...Adobe AcrobatAll Bookmarks

HEADACHE PRO

Manjit Matharu

Home

Diaries

Treatment History

Disability Tests

Evaluation Form

Help

Profile

Term and Conditions

Home > Diaries > Headache Summary

Daily Headache Summary

Your headache summary report for:

From Date:03/07/2024

To Date:03/10/2024

Attack Summary

Number of Attacks	4
Number of Pain free days	88
Number of Headache days	0
Number of Migraine days	4
Average pain score	9.25
Headache Load	2534.5
Number of mild attack days (VRS 1-2)	0
Number of moderate attack days (VRS 3-5)	0
Number of severe attack days (VRS 6-8)	1
Number of very severe attack days (VRS 9-10)	3

Painkillers

Painkillers:

Rimegepant(3)

Number of days that painkillers were used:

3

← Back

Headache Pro Website: www.headachepro.com

ChatGPT

Headache

your receip

Headache

Media Libr

Edit Page

Members

Vevox - Dis

WordPress

Profile < H

Headache

Headache

Headache

headachepro.com/#/treatment-history

PubMedTurneroundWorldpay DashboardHACHMCPHOTOHeadache ProTrelloYouTubeWelcome to your Re...Sec's LinksHouseUK Construction dir...ReplitMyHR UCL Human...Adobe AcrobatAll Bookmarks

HEADACHE PRO

Manjit Matharu

Home

Diaries

Treatment History

Disability Tests

Evaluation Form

Help

Profile

Term and Conditions

Home > Treatment History

Treatment History

Medication HistoryInjectable Treatments/InfusionsNeurostimulators

Add New

Current medication

Name of Medication	Dose	Unit	Frequency	Effect on headaches or facial pain	Start Date	Duration	Side Effects	Actions
Paracetamol	1	g	When needed	Excellent benefit	01/01/2000	22 years, 3 months, 10 days	None	
Rimegepant	75	µg	When needed	Good benefit	24/09/2023	92 days	Nausea	
Warfarin	8	mg	Once daily	None	04/09/2023	6 months, 7 days	None	

<1>

Previous medication

Name of Medication	Dose	Unit	Frequency	Effect on headaches or facial pain	Start Date	End Date	Year taken	For how long was it used?	Duration	Side Effects	Actions
Amitriptyline (Triptafen)	10	mg	Once daily	Worsens symptoms			2020	3 Months		drowsiness	

<1>

Headache Pro Website: www.headachepro.com

HEADACHE PRO

Home

Diaries

Treatment History

Disability Tests

Evaluation Form

Help

Profile

Term and Conditions

Home > Disability Test

Disability Test

Take a Test

MIDAS

Assigned date: 20/04/2024

Test Results

MIDAS

No.	Date taken	Score	Action
1	05/08/2023 15:08	112	View
2	10/04/2022 23:04	26	View
3	23/05/2023 08:05	114	View
4	20/04/2024 05:04	267	View
5	25/12/2023 07:12	249	View
6	18/10/2021 08:10	177	View
7	14/02/2022 10:02	267	View

Headache Pro Website: www.headachepro.com

ChatGPT

Headache

your recei

Headache

Media Libr

Edit Page

Members

Vevox - D

WordPress

Profile < H

Headache

Headache

Headache

headachepro.com/#/patient/evaluationForm

PubMedTurneroundWorldpay DashboardHAHCHMCPHotoHeadache ProTrelloYouTubeWelcome to your Re...Sec's LinksHouseUK Construction dir...ReplitMyHR UCL Human...Adobe AcrobatAll Bookmarks

HEADACHE PRO

Manjit Matharu

Home

Diaries

Treatment History

Disability Tests

Evaluation Form

Help

Profile

Term and Conditions

Home > Evaluation Form

Section

Section 1: Personal Details

Section 2: General Practitioner's Details

Section 3: Headache And Facial Pain

Section 4: Treatments

Section 5: Past Medical History

Section 6: Family History And Social Factors

Section 7: Investigations

Section 8: Disability Scores

Section 9: Examination Findings

Save Evaluation Form

View History

100%

Expand

SECTION 1: PERSONAL DETAILS

Question 1: First Name

Question 2: Surname

Question 3: Date of Birth

Question 4: Age

Question 5: Gender (Please tick one box)

Question 6: Handedness (Please tick one box)

Question 7: Marital status (Please tick one box)

Question 8: Which of these is closest to your personal situation? (Please tick one box)

Question 9: Please describe your current or previous occupation

Question 10: Which of these best describes your current or previous work? (Please tick one box)

Question 11: Address (including Postcode)

Question 12: Home telephone

Question 13: Mobile number

Question 14: Work telephone

Aspiring Investigators Masterclass (AIM)

TARGET AUDIENCE

- UK Neurology Registrars and early career Neurology Consultants with an interest in neurology research

DATE:

- Friday 29th November 2024

TIME:

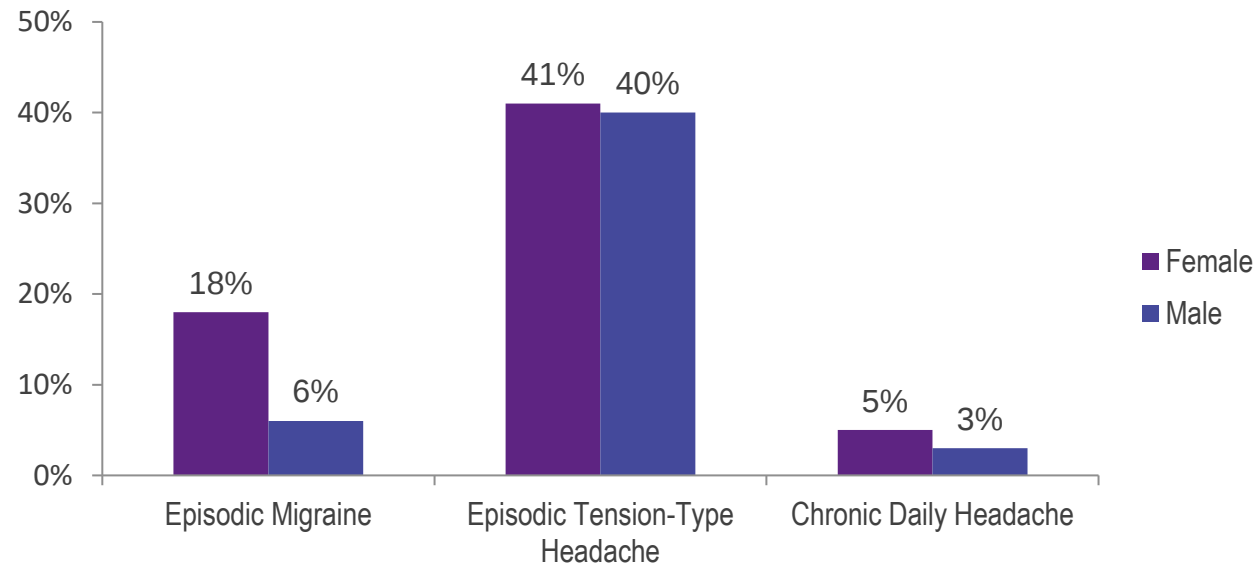
- 09:30-16:30

LOCATION:

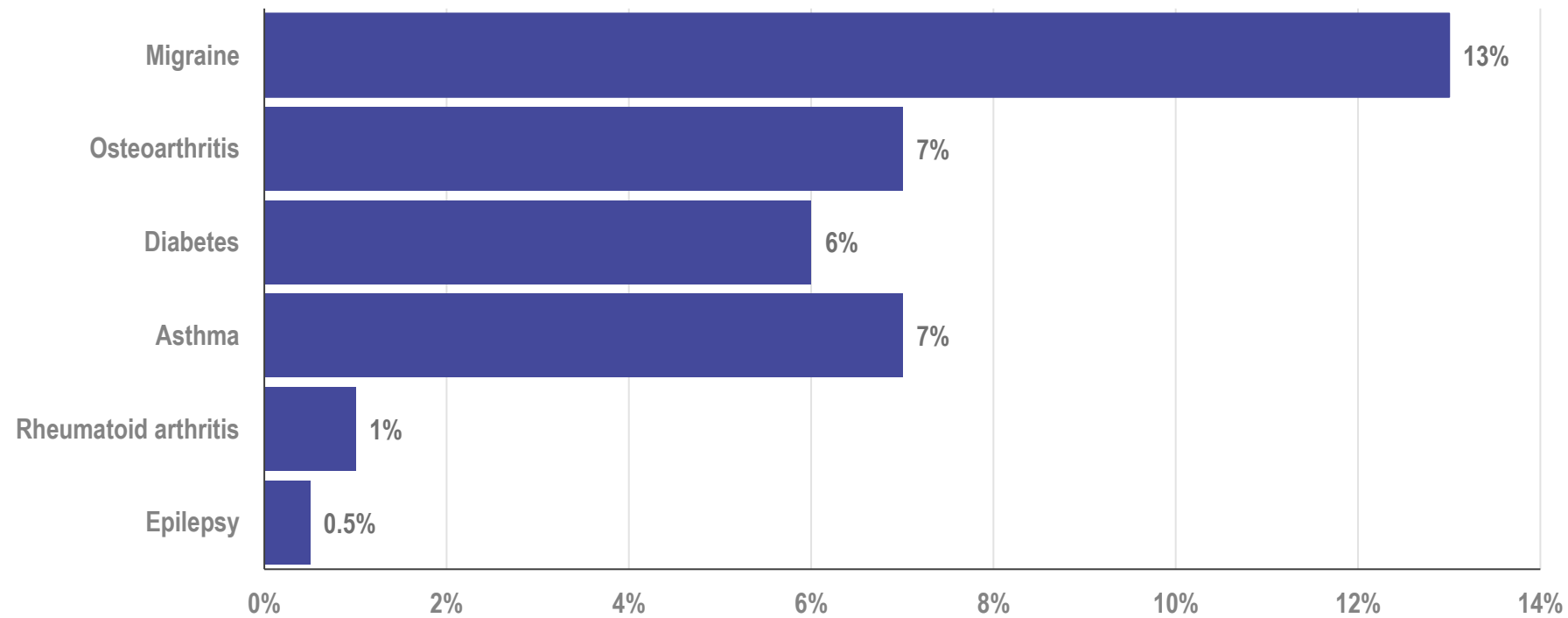
- Crowne Plaza Birmingham City

Headache: A Common Problem

- One of the commonest symptoms that clinicians evaluate
 - General Practice: 4.44 consultations/100 registered patients
 - Neurology: 20-25% of referrals
- One-year prevalence of headache disorders is 50%:



Migraine is more common than asthma and diabetes combined



Data from the Centers for Disease Control & Prevention, US Census Bureau, and the Arthritis Foundation. Hauser & Kuland, Hauser et al., *Epilepsia* 1993.

Headache: A Disabling Problem

- Global Burden of Disease study ranks headache disorders as the **second leading cause of years lived with disability worldwide**¹
- Migraine alone is the **leading cause of disability among people aged 15 to 49 years**¹
- In UK, an estimated **5.8 million** people aged 16-65 experience migraine
- **190000** migraine attacks are experienced everyday
- **100000** are absent from work or school everyday, contributing to **25 million** lost work or school days every year
- Costs of migraine to UK: **£3.42 billion**²
- **WHO global burden of disease survey rates severe migraine, along with quadriplegia, psychosis and dementia, in a group as the most disabling chronic disorders**³

1. Vos T, et al Lancet. 2017;390:1211–1259.

2. Tim Steiner, All Party Parliamentary Group on Primary Headache Disorders, 2008

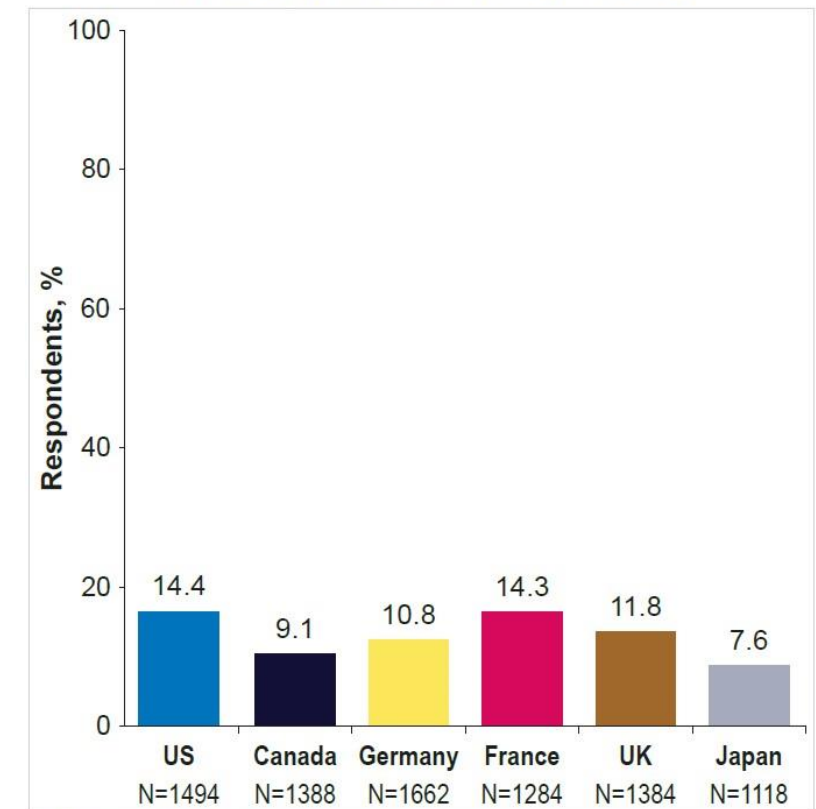
3. Menken M, Munsat TL, Toole JF. Arch. Neurol 2000;57:418-420

Headache: Under-diagnosed and Under-treated Problem

- **Migraine diagnosis in UK**
 - <20% attain diagnosis ^{1,2}
- **Chronic Migraine Epidemiology and Outcomes (CaMEO)- International Study³**
 - CaMEO-I was a cross-sectional, web-based survey conducted in 2021–2022 that identified individuals in 6 countries (Canada, France, Germany, Japan, United Kingdom [UK], and United States [US]) who met modified criteria for migraine
 - Proportion of patients with migraine who traversed the 3 barriers to care in UK:

	Barriers to care	Proportion traversing barrier (N=1384)
1	Consult health professional	422 (30.5%)
2	Accurate diagnosis	279 (20.1%)
3	Appropriate treatment	164 (11.8%)

Proportions of Respondents Who Traversed All 3 Barriers to Care Among the Eligible Migraine Sample By Country



UK, United Kingdom; US, United States.

1. Tepper S et al Headache 2004; 44:856–864.

2. Kernick D Br J Gen Pract 2008; 58: 102–104.

3. Lanteri Minet et al, European Headache Federation Conference, Vienna 2022

Course Programme

SATURDAY 5th OCTOBER 2024

- Session 1: Headaches and Cranial or Cervical Vascular Disorders
- Session 2: Case Presentations and Interactive Discussion
- Session 3: Headaches attributed to Non-vascular Intracranial Disorders
- Session 4: Headaches and Associated Conditions

SUNDAY 6th OCTOBER 2024

- Session 5: Management of Migraine
- Session 6: Trigeminal Autonomic Cephalalgias (TACs) and Facial Pain
- Session 7: Less Common Headaches