Getting to grips with migraine and other headaches

A one day course to be held in Central Birmingham on **23 April 2009**
Between 9.30 and 16.30

‘I feel more equipped to advise clients appropriately in the workplace. Very good overall.’

‘Feeling you’re not alone in treating and seeing patients with migraine, headaches and neck pain. Useful to know what neurological research is being done. Reassured we all need to know more about migraine.’

Migraine and headache have a considerable impact on the lives of sufferers but their needs are poorly addressed within the health service. **The Migraine Trust** and **the British Association for the Study of Headache** are organising a day on headache and migraine for health professionals.

**Who the course is for:**
You may be a GP wanting to gain more experience in the area; a pharmacist; a primary or secondary care nurse wanting to offer support to patients; a GP wishing to explore the possibility of being a general practitioner with a special interest; a physiotherapist, occupational health nurse or other healthcare professional who deals with headache in your particular discipline.

**Course objectives**
To make clear how to diagnose, manage and support all types of headache and migraine.

**Topics include:**
- Definition of headache and migraine
- Types of migraine
- Impact on peoples lives
- Management of migraine and headache through acute and preventative medication
- Migraine and Women

The day will consist of presentations, small group work and case studies. We are designing the day with a number of parallel sessions based around your needs.

**What will the day cost?**
The day is being subsidised by the Migraine Trust and will only cost £85 to include lunch and refreshments.

**What to do next?**
Please complete the booking form overleaf and return it to us by 19 March 2009 at The Migraine Trust or email:  [events@migrainetrust.org](mailto:events@migrainetrust.org)
The Facts about Migraine

Migraine is the most common neurological condition in the developed world. It is more prevalent than diabetes, epilepsy and asthma combined – eight million people in the UK have migraine1.

Migraine is a condition of recurring headaches that may be linked with other symptoms, such as sensitivity to light and noise, nausea, vomiting, dizziness and eyesight changes.

Key facts and figures about migraine:

- Among adults of all ages, migraine is one of the top 20 causes of disability expressed as years of healthy life lost to disability (The World Health Report 2001, WHO)
- Severe migraine attacks are classified by the World Health Organisation as among the most disabling illnesses, comparable to dementia, quadriplegia and active psychosis (Shapiro & Goadsby, Cephalalgia, September 2007)
- Migraine is the least publicly funded of all neurological illnesses relative to its economic impact (Shapiro & Goadsby, Cephalalgia, September 2007)
- In the UK, there are an estimated 190,000 migraine attacks every day (Steiner et al, Cephalalgia, 2003)
- An estimated 25 million days are lost from work or school every year because of migraine (Steiner et al, Cephalalgia, 2003)
- Over half (54%) of migraineurs experience one or more attacks per month, and 13% claim one or more attacks per week (Steiner et al, Cephalalgia, 2003)
- Women are more likely to have migraine attacks than men – 18% of women and 8% of men (Steiner et al, Cephalalgia, 2003)
- Children can get migraine attacks too. Attacks can start at any age, but they usually start in children who are in their early to mid teens (Goadsby et al, New England Journal of Medicine, 2002)
- Depression is three times more common in people with migraine or severe headaches than in healthy individuals (WHO, Factsheet 277, March 2004)
- Migraine remains undiagnosed and undertreated in at least 50% of patients, and less than 50% of migraine patients consult a physician (Pavone, Banfi, Vaiani & Panconesi, Cephalalgia, September 2007)

Getting to grips with migraine and other headaches

Booking Form

Name ........................................................................................................................................

Contact address............................................................................................................................

1 (The Long-term (Neurological) Conditions National Service Framework, Department of Health, 2005)
Our aim is to design the day around the needs of delegates. Please advise us of the environment in which you work, how you come into contact with headache and the areas you wish to explore:

It would also be useful to have a description of your level of knowledge of migraine and headache:

I enclose a cheque for: £ _________ Please invoice us: [ ]

[ ] I cannot make the 23 April but am interested to know of other dates

Cheques for £85 should be made payable to The Migraine Trust and returned with this form to: The Migraine Trust, 55 - 56 Russell Square, London, WC1B 4HP or email it to us at events@migrainetrust.org and we will send you an invoice or fax it to us and we will send you an invoice.

Cancellations: Please note if you cancel your place less than 21 days before the date of the course we may be unable to refund your fee.

**Getting to Grips with Migraine and other Headaches**

A one day course for healthcare professionals

23 April 2008

Central Birmingham
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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:30</td>
<td>Registration and coffee</td>
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<tr>
<td>10:00</td>
<td>Welcome and Overview of the day</td>
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<tr>
<td>10:15</td>
<td>Taking a Case History</td>
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<tr>
<td>10:45</td>
<td>Overview of Headache and Migraine</td>
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<td>11:30</td>
<td>Coffee Break</td>
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<tr>
<td>11:45</td>
<td>Acute Treatment for Migraine</td>
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<td>12:30</td>
<td>Types of Preventative Treatment. Is it cost effective?</td>
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<td>1.15</td>
<td>Lunch</td>
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<td>2.00</td>
<td>Headache and Migraine treatment in Primary Care</td>
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<td>2.45</td>
<td>Controversies in Headache – holes in the heart, Botox, complementary</td>
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<td>3.15</td>
<td>Tea</td>
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<tr>
<td>3.30</td>
<td>Interactive Case History Analysis and Discussions</td>
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<tr>
<td>4.15</td>
<td>Questions to the Panel and Close</td>
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Professor Carl Clarke (Chair)
Julie Edwards & Dr Richard Peatfield
Dr Brendan Davies
Dr Richard Peatfield

Women & Migraine
Children and Migraine

Dr Sue Lipscombe
Dr Richard Peatfield

Dr Sue Lipscombe

Session to be led by: Professor Carl Clarke, Dr Brendan Davies, Dr Sue Lipscombe, Dr Richard Peatfield