

The International Headache Academy (iHEAD) “How to Become a Next Leader in Headache Science”

Leiden University Medical Centre (LUMC)
Leiden, The Netherlands (31st Oct - 2nd Nov, 2014)

Co-sponsored & Co-organised by
The LUMC Headache Group
The International Headache Society (IHS)
The European Headache Federation (EHF)
The EU-FP7 Sponsored EUROHEADPAIN Programme

Date and time	Topic	Speakers & Participants	Moderator
Friday Oct 31			
The “Academie Gebouw” in the Historic Centre of Leiden			
Morning	Arrival hotel		
12.00-13.00	Buffet lunch at hotel		
13.00	Walk (15 min) through the historic centre of Leiden to the “Academie Gebouw” where Leiden University was founded in 1575 by Willem of Orange		
Part 1: Genetic Research in Headache: Opportunities & Pitfalls			
13.30 - 13.45	Welcome & Introduction	Michel Ferrari	Else Tolner
13.45 - 14.20	Clinical genetics	Gisela Terwindt (25 min + 10 min discussion)	
14.20 - 14.55	Molecular genetics	Arn van den Maagdenberg (25 min + 10 min discussion)	
Part 2: Presentation Skills: How to Present a Research Paper from the Literature			
14.55 - 15.10	My favourite clinical research paper from 2014 – and why?	Delegate Dennis Kies (5 min + 10 min discussion & tips on presentation skills)	Alan Rapoport
15.10 - 15.25	My favourite basic research paper from 2014 – and why?	Delegate Henrik Schytz (5 min + 10 min discussion & tips on presentation skills)	
15.25 - 16.00	Coffee/Tea		
Part 3: Media Training			
16.00 - 18.00	How to deal with the Media	Interactive workshop	Crisis Plan BV
International Networking			
18.00 - 22.30	Group Pictures followed by Drinks & Dinner in Restaurant “Het Prentenkabinet” in the Historic Centre of Leiden		
19.30 - 19.50	<i>Historic Intermezzo</i> <i>Why do we eat every year on the 3rd of October “Hutspot met haring en wittebrood”?</i> <i>A brief history of “Leidens Ontzet” & “Why and how Leiden University was founded”</i>		

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Saturday Nov 1	LUMC		
7.15 - 8.15	Breakfast in hotel		
8.15 - 8.30	Walk (5 min) to Lecture Hall at LUMC		
Part 4: Towards Migraine Attack Onset Pathophysiology and Prevention: Ficts & Facts			
8.30 - 9.05	Why and how do people get migraine attacks?	Messoud Ashina (25 min + 10 min discussion)	Christina Tassorelli
Part 5: Presentation Skills: How to Make and Present the Perfect Poster			
9.05 - 10.35	Interactive parallel poster sessions (n=4) in separate rooms aimed at improving poster preparation and presentation skills. Each group will have six poster presenters, one moderator and up to ten delegates.	Delegates (n=24; see addendum), who have signed up for this session, will present a poster of their own research. The other delegates will ask questions and a moderator will give tips for improvement.	Guus Schoonman Koen Pameleire Stefan Evers Antoinette Maassen (switch groups after 3 presentations)
10.35 - 11.00	Coffee/Tea		
Part 6: New Approaches for Translational Headache Research - Opportunities & Pitfalls			
11.00 - 11.35	Studying spontaneous pain in laboratory animals	Jeff Mogil (25 min + 10 min discussion)	Else Tolner
11.35 - 12.10	The biological clock and the arrhythmic brain	Stefan Michel (25 min + 10 min discussion)	Antoinette Maassen
12.10 - 12.45	Resting state MRI to dissect brain network interactions	Serge Rombouts (25 min + 10 min discussion)	Mark Kruit
12.45 - 12.50	Explanation of the post-lunch session		Michel Ferrari
12.50 - 13.45	Buffet Lunch in LUMC		
Part 7: Translational headache genetics: translating migraine genetics to migraine mechanisms			
13.45 – 14.45	There will be four parallel workshops: two to design a study on “Translating GWAS results to migraine mechanisms” and two on “Epigenetic mechanisms in migraine”.	Each workshop will consist of 12 delegates and a pre-pre-assigned preparatory team composed of two members and a leader / spokesperson (see addendum).	Each workshop will be moderated and assisted by two senior headache experts, one in genetics and one in pathophysiology (see addendum)
	All delegates will receive, prior to the meeting, PDF’s of publications on both topics to prepare the discussions		
14.45 - 16.05	Plenary presentations & discussions of the four study designs	Spokespersons of each group: 10 min presentation + 10 min discussion	Michel Ferrari
16:05 - 16:30	Coffee/Tea		
Part 8: Publication skills: tips on how to get your paper published in a major journal			
16.30 - 17.05	Measuring trigeminovascular activity <i>in vivo</i> in humans	Antoinette Maassen (25 min + 10 min discussion)	Stefan Evers

Part 9: Debating skills: how to win a debate			
17.05 - 18.10	Team Debate on: "Identification and avoidance of migraine trigger factors is rarely useful"	Two teams, each consisting of 3 delegates (see addendum) who have been assigned prior to the meeting, will prepare both sides (pro & con) of the argument.	Alan Rapoport
17.05 - 17.10	Introduction of the teams and debate topic. Decision which team will take the pro-side and which team the con-side. Pre-voting on the pre-debate opinion of the audience on the debate topic (pro or con)	All attendees will vote	
17.10 - 17:20	Pro	Team A or B	
17.20 - 17.30	Con	Team B or A	
17.30 - 17.35	Rebuttals (each team 2 min)	Team A & B	
17.35 - 17.50	Questions from audience	All delegates	
17.50 - 17.55	Concluding statements (each team 2 min)	Team A & B	
17.55 - 18.10	Post voting by audience of the winning statement and the winning team. Critical evaluation by moderator of the debating skills of both teams. Announcement of the winning team.	All delegates	
18.10 - 19.15	Free time for refreshing		
International Networking			
19.15 - 22.30	Drinks & Dinner in Restaurant Top Level (Hotel) with Grand View over Leiden		

Date and time	Topic	Speakers & Participants	Moderator
Sunday Nov 2	LUMC		
7.15 - 8.15	Breakfast in hotel and check-out (Luggage can be left at hotel and collected later)		
8.15 - 8.30	Walk (5 min) to Lecture Hall at LUMC		
Part 10: Patient Case Presentation Skills: How to Effectively Present Difficult Patient Cases			
8.30 - 9.30	Four interactive presentations on interesting headache cases. There will be no live patients but video clips (in English or English subtitled) can be used in addition to slides.	Four delegates (see addendum) who have signed up, prior to the meeting, to bring and present an interesting headache case of their own. For each case: 10 min interactive presentation and 5 min discussion and feedback from moderator	Miguel Lainez Guus Schoonman
Part 11: Scientific Intermezzo: Is Neuromodulation a Panacea?			
9.30 - 10.05	Why and how would neuromodulation prevent headache attacks?	Jean Schoenen (25 min + 10 min discussion)	Miguel Lainez
Part 12: Presentation Skills			
10.05 - 10.40	How to give the perfect presentation – tips and tricks!	Jeff Mogil	Koen Pameleire
10.40 - 11.10	Coffee/Tea		
Part 13: Successful Grant Writing: How to Get EU Funded Programmes			
11.10 - 11.40	Writing grants: tips & tricks	Arn van den Maagdenberg	Mark Kruit
Part 14: Career planning in headache research			
11.40 - 12.10	How to become an international leader in headache research	Peter Goadsby will be interviewed by Michel Ferrari and the delegates	Michel Ferrari
12.10 - 12.30	Concluding Remarks, Presentation of Certificates and Farewell		Organising Team
12.30	Buffet Lunch at LUMC and Departures		

Delegates for Poster Presentations (Part 5 on Saturday 1st November 2014: 9.05 - 10.35)

Akyol	Asli	Turkey	akyol1984@yahoo.com,
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Gross	Elena	UK	elena.gross@psy.ox.ac.uk
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Karatas	Hulya	Turkey	hulyak@hacettepe.edu.tr
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Skorobogatykh	Kirill	Russia	post.kirill@gmail.com
Terlizzi	Rossana	Italy	rossanaterlizzi@gmail.com
Michels	Lars	Switzerland	Lars.Michels@usz.ch

Delegates for Genetic Workshops (Part 7 on Saturday 1st November 2014: 13:45 – 16:05)

Pelzer	Nadine	Netherlands	n.pelzer@lumc.nl
Leitao Marques	Mariana	Portugal	marianaleitaomarques@googlemail.com
Karsan	Nazia	UK	naziakarsan@hotmail.com
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Loonen	Inge	Netherlands	I.C.M.Loonen@lumc.nl
Vila	Marta	Spain	m.vilapueyo@gmail.com
Moeller-Hansen	Jakob	Denmark	jmh@dadlnet.dk

Moderators for Genetic Workshops (Part 7 on Saturday 1st November 2014: 13:45 – 16:05)

Experts	Workshops			
	Translating GWAS results to migraine mechanisms		Epigenetic mechanisms in migraine	
	A	B	C	D
Genetics	Boukje de Vries	Gisela Terwindt	Arn van den Maagdenberg	Lucia Clemens Daxinger
Migraine Pathophysiology	Peter Goadsby	Jean Schoenen	Messoud Ashina	Christina Tassorelli

Delegates for Debating Skills (Part 9 on Saturday 1st November 2014: 17.05 - 18.10)

Zielman	Ronald	Netherlands	r.zielman@lumc.nl
Latysheva	Nina	Russia	ninalat@gmail.com
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van Oosterhout	Ron	Netherlands	W.P.J.van_Oosterhout@lumc.nl
Uygunoglu	Ugur	Turkey	uguruygunoglu@gmail.com
Eftekhari	Sajedeh	Sweden	Sajedeh.eftekhari@med.lu.se

Delegates for Patient Cases (Part 10 on Sunday 2nd November 2014: 8.30 - 9.30)

Alvares	Debie	UK	Debie.Alvares@wsht.nhs.uk
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