

Meeting report
The First Turkish Pan-African Meeting
on ‘Headache and Pain Management’
Under the Auspices of International Headache
Society

Web site: www.tahpm.org

The First ‘Turkish-African Meeting of Headache and Pain Management’ was successfully held in Istanbul, on 3-7 May, 2015. The meeting reached its aims of 1) promoting the cooperation and interactions among headache specialists from IHS, Headache Societies across African countries and Turkey, 2) educating young leaders and training clinicians to alleviate pain and increase quality of life of people with headache disorders in Pan Africa, 3) increasing skills for and knowledge about ‘headache and pain management’ and 4) learning more about the current conditions and requirements for headache in Africa.

The meeting was organized by Gazi University, Algology Department (Prof. Hayrunnisa Bolay), Neuropsychiatry Centre and African Civilization Centre, and supported by TIKA (Turkish International Cooperation Agency), The International Headache Society (IHS), Turkish Headache Society and Istanbul University. The president of the IHS Alan Rapoport, the past president of IHS, Peter Goadsby, two other Board members of the IHS (Andy Charles and Hayrunnisa Bolay), The President of the European Headache Federation (EHF), Dimos Mitsikostas, the Vice-President of the EHF, Zaza Katsarava, the President of the Turkish Headache Society Aksel Siva and the chairman of African Initiative of the World Federation of Neurology, Prof. Amadou Gallo Diop were among the faculty members of the meeting.

This scientific meeting was attended by total 80 senior and junior neurologists and headache experts and 38 % of the participants were women! 10 different African countries (Botsawana, Djibouti, Egypt, Ethiopia, Kenya, Mauritius Islands, Morocco, Nigeria, Senegal, Sudan) were represented by 10 female and 31 male attendees.

The meeting covered a wide range of important topics related to headache and pain medicine. The first part of the total event ran on the web site prior to the in person meeting and involved the suggested reading of basic papers and several live international webinars. The second part of the meeting brought together over a dozen world renowned headache and pain experts to teach and mentor the junior physicians from Africa and Turkey. Professors, Assistant-Professors and Residents from African universities took part in lectures, case presentations and discussions. Teaching lectures, interactive sessions, case-based learning and practical interventional courses took place in Istanbul during the four day meeting. (see the scientific program)

Day 1 was the Opening with welcome statements from Prof. Hayrunnisa Bolay, from Ankara, Trustee of IHS and Convener of the meeting, Prof. Alan Rapoport, President of International Headache Society from UCLA, Los Angeles, California, USA, Prof. Najib Kissani from University of Marrakesh, Morocco, and Prof. Aksel Siva, The President of Turkish Headache Society, from Istanbul. It was followed by lectures.

Dr. Woldeamanuel, trained in Neurology in Ethiopia, is an IHS Scholarship Awardee and post-Doctoral Fellow at Stanford Headache Program, reported on ‘Burden of

headache in Africa and emerging challenges'. Dr. Woldeamanuel emphasized that epidemiological headache studies in Africa are very few, headache was the 13th cause of YLDs (years lived with disability, a measurement of the burden of disease) in 2010; and migraine represents 15% of Africa's DALYs (disability-adjusted life years). In Africa, it is noted a great number of secondary-type headaches were from infectious disorders. He has suggested collecting more population data with incidence and prevalence rates, and prospective researches and to increase awareness about pain and headache and more researches about traditional management.

Prof. Kissani, Neurologist, from University of Marrakech, mentioned that prevalence of migraine in Morocco was estimated to be 13%, 50% of patients used modern medications and 18% of patients suffering from headache visited one or many healers. Even it seems better compared to sub-Saharan African countries, there was still great lack of specialists for taking care of headache in Morocco. Prof. Rachid Bezaoui described the health system in Morocco and the opportunities of training and cooperation offered by his country.

Prof. Hellen Kariuki, from Nairobi University reported on "Natural traditional methods to overcome pain". She reported about the plants as rich sources of pain management and described specific plants which were consumed by local tribes as pain killers. By demonstrating the anti-nociceptive effects of some plants in animal pain models, she emphasized importance of the future collaborations on how to benefit from these findings in the process of drug development.

Days 2-3 were dedicated to primary and secondary headaches with various lectures, cases presentations and group learning with patients suffering from headache. The following thematic topics have been developed during exciting lectures: Classification and evaluation of headache; How to investigate headache patients in restricted resource-settings ; Choice of treatment options ; Migraine headache and its mechanisms and management ; Chronic daily headache (CDH) and its neurobiology and differential diagnosis ; History taking of headaches and pain by specialists ; Secondary headaches ; Headaches attributed to infections ; Women and headache and Headache in children and adolescents.

Day 4 was dedicated to neuropathic pain, chronic pain disorders, cranial neuralgias and invasive treatment in headache and pain. In the afternoon, there was a course on practical training in invasive analgesia techniques. Nine algology experts from Gazi and Istanbul University took part in 3 different stations to demonstrate and train attendees for peripheral nerve blocks (GON, trigeminal nerve/gasserian ganglion, sphenopalatine ganglion, stellate ganglion), trigger point injections, dry needling, onabotulinum A injections and acupuncture.

At the end of the meeting two young colleagues, from Nigeria and Turkey, briefly summarized the meeting during 'What we have learned' session. Prof. Bolay presented future plans and short-term and long-term plan of action was discussed.

This educational meeting was an excellent opportunity to learn about the diagnosis and management of headache and pain disorders, new developments in the science of headache medicine and the care of headache sufferers. The meeting was successful in scientific content, attendees' great enthusiasm to learn, social and friendly environment. The social program included Bosphorus tour and visiting the old city. A night session was organized to discuss the statements of Senior and Junior attendees on 'requirements, suggestions and plans for the future to keep it sustainable'.

Suggestions for sustainable collaborative actions

- The meeting web site (www.tahpm.org) will be kept as a platform for e-learning and future communication. The recordings of the Istanbul meeting (lectures along with PowerPoint slides) will be up-loaded for the use of others. Three webinars are going to be held during 2015 and the topics and timing will be announced soon.
- Key people to motivate others were selected (Prof. Ndiaye, Prof. Diop, Prof. Kissani, Prof. Benoli, Dr. Hooker, Prof. Karuiki, Dr. Woldeamuel, Dr. Seda) in order to establish a network for communication.
- The educational slide set (diagnostic and therapeutic algorithms) prepared by Prof. Bolay and Prof. Uluduz, will be translated and simplified for the use in educating others.
- Educational courses to train the trainees (mainly neurologists, anesthesiologist, and GPs) were requested for Kenya, Ethiopia, Nigeria, Sudan, Senegal, and Morocco. Senegal has recently trained 40 neurology residents all around the western part of Africa. Therefore any educational meeting in Senegal within 2 years will have an extensive impact on the future.
- The Turkish Neurology Society has been running a training program for the last 3 years by offering two scholarships per year, for a short-term training in the Neurology Departments of Turkish Universities for young African Neurologists. In a similar manner short-term (2-3 months) visits to the Neurology Units of Gazi/Istanbul University are requested (mobility projects and funds from Turkey will be considered)
- A basic course on how to plan and conduct a research project, select the patients, collect and analyze the data, and write a good paper has been requested. This course could be conducted through webinars.
- Multicenter research to boost the interaction among African countries is suggested (e.g. an epidemiological study).
- Representatives from Kenya and Nigeria suggested starting basic research in collaboration with other countries/continents. After collecting the availability of laboratory facilities & possible resources, basic research proposals can be discussed in the near future.
- As availability of many drugs for headache medicine are limited all around the continent, contacting pharmaceutical companies to correct the situation will be also on the agenda.







PARTICIPANT LIST

ATTENDIES	COUNTRY
• SAID BOUJRAF	MOROCCO--FES
• NAIMA CHTAOU	MOROCCO--FES
• JUZAR AMIRALI HOOKER	KENYA--NAIROBI
• MICHAEL NDUNGU NJENGA	KENYA--NAIROBI
• HELLEN NYAMBURA KARIUKI	KENYA--NAIROBI
• ADAM ADAM	KENYA--NAIROBI
• AYOUB MOHAMED SALEH	CIBUTI-- Ambouli
• RAHMA ELMI AYEH	CIBUTI-- Ambouli
• Ousmane cisse	SENEGAL---DAKAR
• MOUHAMADOU MANSOUR NDIAYE	SENEGAL---DAKAR
• AMADOU GALLO DIOP	SENEGAL---DAKAR
• LALA BOUNA SECK	SENEGAL---DAKAR
• YAHIA ABOU EL FARAH	MOROCCO--RABAT
• Ouiddad TEBA	MOROCCO-- RABAT
• Ilham BERRADA	MOROCCO-- RABAT
• LOUBNA EL MESNAQUI	MOROCCO-- CASABLANCA
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• ABDERRAZAK HAJJIOUI	MOROCCO-- MARRAKECH
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• Ali Osman	SUDAN--KHARTOUM
• TADESSE SEDA BEDASSA	ETHIOPIA
• YARED MAMUSHET YIFRU	ETHIOPIA
• Funmilola Tolulope Taiwo	NIJERIA
• Emmanuel Olatunde	NIJERIA
• YAHAYA OLUGBO OBIABO	NIJERIA
• Adekunle FATAI MUSTAPHA	NIJERIA
• ABIODUN HAMZAT BELLO	NIJERIA
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• AMANI ABDEFATTAH MOHAMED ALI ELBAZ	EGYPT
• Menna Elmenyaw	EGYPT
• NEGUSSIE ALULA BEKELE	BOTSWANA---GABORONE
• JEMAL ZEBERGA SHIFA	BOTSWANA---GABORONE
• WAHEEB IBRAHIM HAROUN MOHAMED	SUDAN--KHARTOUM
• Yohannes Woldeamanuel	ETHIOPIA/USA
• Nevra Öksüz	TURKEY
• Nazire Avşar	TURKEY
• Nermin Tepe	TURKEY
• Esmâ Kobak	TURKEY
• Serap Boydak	TURKEY
• Kübra Mehel MeVn	TURKEY

• Ozan Serdar	TURKEY
• Doğa Vurallı	TURKEY
• Evren Boran	TURKEY
• Tuğba Kuz	TURKEY
• Oktay Tertemiz	TURKEY
• Fünüzar Yıldırım	TURKEY
• Harika Özkan	TURKEY
• Sedat Dalbayrak	TURKEY
• Osman Yalın	TURKEY
• Ugur Uygunoglu	TURKEY

FACULTY

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• Peter Goadsby	UK
• Andrew Charles	USA
• Zaza Katsarava	GERMANY
• Henrik Schyzt	DENMARK
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