



## SHORT-STAY SCHOLARSHIP REPORT FORM - 2016

Please complete this form giving details of your IHS Scholarship.

### Personal details

Name	RUBY CHOPRA
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### Scholarship

Dates of scholarship	19/08/2016 to 30/09/2016
Institution name	NATIONAL HOSPITAL FOR NEUROLOGY AND NEUROSURGERY, QUEENSQUARE, LONDON, UK
Mentor name	Dr ANISH BAHRA

### Comments

Short summary of overall experience, including attendance at EHMTIC
<p>It has been a great experience working under the guidance of Dr Bahra at Queensquare. It helped me improve my clinical skills in headache, both for diagnosing the different primary and secondary headaches and for management of intractable cases. My time table was well planned by Dr Bahra to make the best possible use of the little time I had there. I could learn injecting Botox, using DHE and lignocaine for various headaches. The best part was the GON blocks which I learnt here since we were not doing it in India. Attending Dr Bahra's OPD -33 QS &amp; Barts health was one of the most interesting things as I could learn the importance and role of pacing &amp; coping in headache, and the variety and overlaps of headache patients she had. I was also allowed to attend OPDs run by Dr Farooq Manniyar every Monday at Royal National Hospital. He gave me an approach to different headache types and his Botox lessons made me really comfortable for this procedure. I was also given the opportunity to be a part of the team for SPG stimulation for CCH at RLH under Dr Vivek Mehta. I also extend my thanks to Dr Young, Dr Shields &amp; Dr Ingle to let me gain something from their experience and knowledge. Dr Bahra also gave me the chance to attend acupuncture clinic run by the nurse specialist Reiko Ito &amp; botox clinic by Juliana.....both of them</p>

were amazing & made my stay very comfortable at QS .I also tried my best to collect the botox data of Dr Bahra's patients.

I attended the EHMTIC, right from the teaching sessions on day one of the conference. All the sessions were well organised and at times it was difficult to decide which one to attend. I also presented a poster on Autonomic dysfunction in TACs which was appreciated by the esteemed judges. The junior forum was worth attending.

Overall, besides the educational part its been a pleasure to know Dr Bahra, Dr Maniyar, Dr Fiddes & last but not the least Dr Carol Taylor who was always available to solve any problem I had.

How will the experience help you in the future?

It has enhanced my skills and confidence in dealing with headache patients. I will be using Botox and GON blocks with ease for the improvement of the huge no. of patients here in India.

Please include 3-5 photos/images of your stay

Signature: \_\_\_\_\_ Ruby Chopra \_\_\_\_\_ Date: \_\_\_\_\_ 8/11/2016 \_\_\_\_\_

