
MEETING REPORT

Course leader/presenter names	Professor Tissa Wijeratne (Professor Sheila Crewther, A/ Professor Leila Karimi, Dr. Nadie Rathnayake, Dr. Sajitha Weerasinghe as co-faculty members)
Country / City	Kandy, Sri Lanka
Venue	Auditorium, Kandy Teaching Hospital, Kandy , Sri Lanka
Meeting Title	Master Class in Migraine
Dates	
Local Organizing Society or Institute	Kandy Society of Medicine
Number of Participants	100
Target audience	Primary care physicians, physician trainees, medical students, nurses and allied health colleagues

Sri Lanka has a high prevalence of headache disorders. A recent survey conducted in a small rural village of Sri Lanka detected the prevalence of migraine to be at 58% (unpublished data Wijeratne et al, personal communication). A survey published in 2016 noticed the prevalence of primary headaches among children aged 11-16 years in the Polonnaruwa educational zone to be 94%.

Sri Lanka has a population of 23 million people and 40 board certified neurologists. There are no dedicated headache centers or dedicated headache clinics in Sri Lanka to our knowledge.

The Migraine Master Class , 2018 was a most welcome event as it offered a great opportunity to educate in current status of migraine care.

The academic program was formulated by the course director, Professor Tissa Wijeratne in conjunction with the approval of the council of Kandy Society of Medicine.

The following topics were covered in detail with significant interactions with the delegates.

1. How to take a headache history- live demonstration by Prof Tissa Wijeratne
2. Clinical pearls on acute management of migraine Prof Tissa Wijeratne
3. IHCD-3 Classification an introduction to the classification of headache disorders as well as an introduction to the International Headache Society Prof Tissa Wijeratne
4. Chronic Migraine – tips and traps Dr Nadie Rathnayake
5. Medication Overuse Headaches Dr. Sajitha Weerasinghe
6. Other primary headaches – Prof Tissa Wijeratne

7. An update on CGRP and neurostimulation devices- Dr Sajitha Weerasinghe
8. Non-pharmacological intervention from diet, stress, exercise and sleep issues in headache medicine – Prof Tissa Wijeratne
9. Neuropsychology of migraine, resilience and dealing with emotions – Prof Sheila Crewther and Associate Professor Leila Karimi (live discussion with the masterclass students)
10. Case based discussion of interesting headaches (Moderator , Prof Tissa Wijeratne , with full faculty and student input during the discussion)

The master class was a huge success as 100 participants enhanced their knowledge on this disabling, neglected disorder migraine.

There was positive feedback and strong encouragement to run the same event in 2019. We are hoping to run the same master class with additional updates in 2019 as another pre congress workshop.

Currently we are in the process of compiling a pocket guide on management of migraine and other headaches out of our presentations to be launched in Sri Lanka in November 2018. Each delegate will be given a printed copy as well as a PDF of this book to be used as a day to day resource.

Please enclose photos from the meeting

Thank you!

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