



**International
Headache Society**



КНМОН
КЫРГЫЗСКОЕ НАУЧНО -
МЕДИЦИНСКОЕ ОБЩЕСТВО
НЕВРОЛОГОВ



Report
IHS Visiting Professor Program
“First Headache master class in Kyrgyzstan”
26-27 November 2019, Bishkek, Kyrgyzstan.

On 26-27th November 2019 the Headache chapter of the Kyrgyz Scientific and Medical Society of Neurologists (KNMON) together with the Department of Neurology and Clinical Genetics named after A.M. Murzaliev of the KSMA I.K.Achunbaev, with the support and auspices of the International Headache Society held the **“First headache master class in Kyrgyzstan”** with the invitation of leading specialists in headache field **Dr. Sait Ashina** MD, Associate professor of the Department of Neurology and Anesthesia at Harvard Medical School, Boston, USA and **Dr. Vera Osipova**, MD, Scientific and Practical Center for Psychoneurology, Soloviev DZM and the University Headache Clinic, Moscow, Russia.

The **main purpose** of the mater class was to increase knowledge of headaches, recognize primary forms of headache, improve the quality of care for patients and prescribe effective treatment.

This was a first meeting in Kyrgyzstan dedicated to headache problem. Over 120 doctors from different regions of the Kyrgyzstan was attended on master class. These are pediatric and adult neurologists, family doctors, therapists, pharmacologists, cardiologists and medical university teachers, clinical residents and students whose activities are related to the study, diagnosis, treatment, rehabilitation and prevention of headaches.

The master class was opened and welcomed by the Chairman of the KNMON, Academician of the National Academy of Sciences of the Kyrgyz Republic, **Murzaliev Arstanbek** and head of the Department of Neurology and Clinical Genetics, Associate Professor **Mamytova Elmira**.

On the first day of the master class, a short test was conducted among the participants to assess the basic knowledge on the headache problem, after that the invited lecturer **Dr. Vera Osipova** reported on the international classification and principles for diagnosing headaches. It is very important to note that not only in Kyrgyzstan even in Russia there are still problems with improper diagnosis and the wrong diagnosis for patients with primary headache.

Dr. Sait Ashina presented a lecture on tension-type headache: how to correctly recognize the symptoms, how to properly diagnose and prescribe the necessary evidence-based treatment.

Assistant Professor of the Department of Neurology and Clinical Genetics of KSMA **Dr. Kunduz Karbozova** reported results of the research work (within the framework of the PhD) clinical characteristics of primary headache among patients whose consulted in headache specialist office in Bishkek. And also Dr. Kunduz Karbozova introduced the audience to the IHS mission and possibilities of members of IHS.

The first day of the master class ended with a presentation of the clinical cases of 2 patients with headaches. The invited professors had a conversation with patients, collected complaints and anamnesis of patients and made recommendations for subsequent diagnosis and therapy.

The *second day* of the master class was held on 27th November, the first lecture was the problem of migraine, which was presented at a high level by *Dr. Sait Ashina* and he spoke about his patient management experience. It should be noted that the report also mentioned new methods of treating migraine, such as the use of monoclonal antibodies to CGRP (calcitonin-related peptide) in the treatment of migraine.

Dr. Vera Osipova shared her knowledge and experience in diagnosing and treating patients with chronic forms of primary headaches, talked about the risks of chronicity and the burden of chronic headaches.

After the coffee break *Dr. Vera Osipova* had a speech about TACs and other headache. She clearly gave identification and differentiation between the forms of TACs like cluster headache, paroxysmal hemicrania, SUNCT and SUNA syndromes.

The afternoon session was started by a report by the head of the Department of Neurology and Clinical Genetics, MD, associate professor *Elmira Mamytova* about secondary headaches, about the forms that are most common in the practice of a family doctor and neurologist. Differential diagnosis and an algorithm of action were also clearly given to identify the secondary etiology of headaches.

The last presentation of the master class was a lecture on medication overuse headache arising from excessive use of drugs to relieve headaches, such as analgesics, triptans, NSAIDs, opiates. Risk factors and treatment methods for this type of headache were reported by *Dr. Sait Ashina*.

At the end of the master class, a second test was conducted among the participants, which showed excellent results compared to the pre-test, which means that all the lectures, presentations, discussions were useful for doctors and thanks to the master class the doctors learned a lot of new information, improved their knowledge in the field of headaches, received important practical assistance from the world's foremost specialists.

And also, the evaluation after the master class among participants revealed that the venue was excellent, program was well-structured, whole materials, lectures, clinical cases which was provided during master class was excellent. Many doctors have asked to organize more meetings and conference in headache field because it is very important to gained a new knowledge from a very high-level doctors around the world.

I recommend that all young doctors interesting in headache apply for the Visiting Professorship program and invite professors from all over the world to give a chance for doctors learn more about the headache problem, learn more about the possibilities of dealing with it.

On behalf of the headache chapter of the Kyrgyz Scientific Medical Society of Neurologists (KNMON) and the Department of Neurology and Clinical Genetics named after A.M. Murzaliev at the KSMA I.K.Achunbaev I express my gratitude to the International Headache Society especially to the President of IHS *Professor Messoud Ashina* for the huge opportunity, support and for helping to organize such a significant master class in our country.

I express my gratitude to the head of the Education Committee, *Professor Allan Purdy*, for providing and recommending the one of the best lecture staff for our master class.

I express my gratitude to my lecturers, professors *Sait Ashina* and *Vera Osipova* for visiting our country, sharing their invaluable experience and giving very important advice to our doctors.

I express my gratitude to *Carol Taylor* for the entire logistics of this process, for helping us.

Sincerely,

Kunduz Karbozova, MD
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Invited lecturer Dr. Sait Ashina and Dr. Vera Osipova with the local organizing committee.



Dr. Vera Osipova



Clinical case presentation and discussion



Group photo



Group photo



Dr. Sait Ashina



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ЗАЛИЕВА



International
Headache Society

ПЕРВЫЙ МАСТЕР-КЛАСС
О ГОЛОВНОЙ БОЛИ В КАЗАХСТАНЕ
26-27 ноября 2019 год, Бишкек

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