



European Headache Federation

Executive Committee Meeting

16th May, 2015

08:00-12:30

Valencia, Spain

MINUTES

Attending members: Dr. Mitsikostas, Dr. Osipova, Dr. Jensen, Dr. Katsarava, Dr. Martelletti, Dr. Lampl, Dr. Siva, Dr. Paemeleire, Dr. Edvinsson, Dr. Dolezil – EHF Council

EHF administrative office: Olga Coschina, Marcel Dekker

1. Welcome and apologies

Dimos Mitsikostas (DM) welcomed everyone and started the meeting by going through the minutes of the last meetings that took place in Vienna in December 2014.

2. Approval of minutes of the last EC Meetings (Vienna Dec 2014)

Minutes of the meeting were unanimously approved.

3. Action Items EC Meetings (Vienna Dec 2014)

All went through the action items and updated the status of each.

Since EHF is considering publishing guidelines in the JHP in the future, Dimos was wondering about the fee EHF would be entitled to. It was decided that a Springer representative should be invited to the next EHF meeting to discuss the options.

It was suggested that the 2nd EHF book series should be printed shortly, however first the figures of the 1st series should be available. Paolo will assist in obtaining this.

It was mentioned that EHF will continue collaboration with LTB (Lifting the Burden) and the formal agreement will be signed during the next EHF EC meeting in Vienna. Tim Steiner will be invited to attend the meeting.



Action:

- Invite Springer representative to the next meeting at EFIC in Vienna (2-5 September 2015)- Olga/Paolo
- Provide EHF Book Series - sales numbers – Paolo
- Invite Tim Steiner to the next meeting in Vienna (2-5 September 2015) – Olga
- Prepare formal agreement with LTB to be signed at the next EC EHF meeting – Dimos/Olga

4. EHF Meeting 2016 possibilities

EHF is planning to hold a separate EHF Christmas meeting (for about 100-150 delegates) in December 2015 in Vienna. This will be an educational-scientific meeting sponsored by a number of Industries focused on neuromodulation, devices etc.

Dimos informed all about the meeting he had with TEVA (Pharmaceutical Industries Ltd.) in regards to the EHF Meeting. TEVA is enthusiastic about the meeting and is willing in to support it financially without any additional sponsorship from other industries as long as the meeting is within a small scale.

All agreed that this is a good beginning for the EHF to plan a small meeting in 2015 with TEVA and to plan the next meeting in 2016 with more sponsors.

Dimos will draft a program and will send it to all for their feedback.

Since this is a big project, Marcel Dekker will discuss internally the possibilities of Kenes to support it and will prepare a proposal to go forward. This will include a legal check of the EHF/MT joint venture agreement.

Action:

Send EHF Meeting Draft Programme to all EHF board members – Dimos
Plan the first EHF Meeting 2015 / Draft a proposal – Dimos / Marcel

5. Industry meeting in Valencia

It was agreed that the industry meeting to take place in Valencia will only be focused on EHMTIC 2016 and its sponsorship. EHF will call a separate meeting with the industries at EFIC in Vienna (2-5 September 2015) to discuss the opportunities for independent EHF meetings.

Industry representatives attending EFIC will be contacted prior the meeting to initiate discussions to be continued at the industry meeting in Vienna.

Action:

Organize meeting with the Industries at EFIC in Vienna (2-5 September 2015) regarding support of the EHF Christmas meeting 2016 – Marcel / Dimos

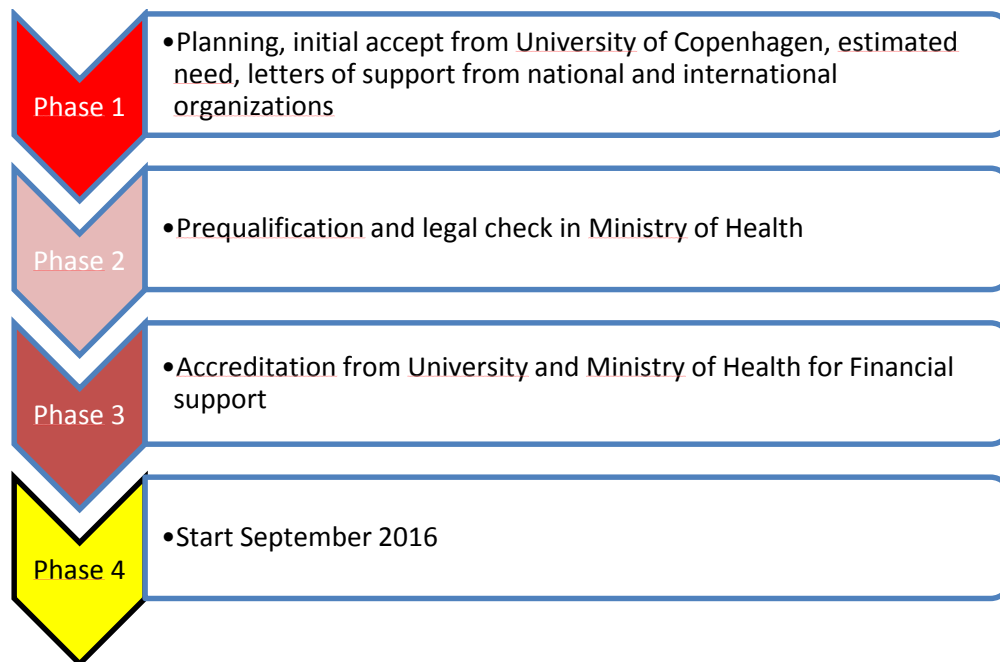
Contact Industries prior the meeting in Vienna – Marcel / Dimos

6. Master-programme at the University of Copenhagen

Rigmor Jensen presented the Master in headache disorders at the University of Copenhagen and its developments.

The Master of Headache Disorders will develop candidates with highly specialized knowledge of Headache Epidemiology, Public Health, Burden of Headache, Clinical Headache Care, Multidisciplinary Headache Care, Basic Headache Mechanisms, Clinical Headache Research, Headache Genetics; Educational aspects within Headache.

Rigmor presented phases of the master program preparation as below:



In future the program can be used as a module in EHF eHeadache School.

The presentation with more details of the program is available per request.

7. Consensus on Para-clinical Investigation

The first draft of the document 'European Headache Federation Consensus on Paraclinical Investigation for primary Headache Disorders' is ready. It was distributed to the board however not that many comments were received.

Dimos suggested to work on the 2nd Draft which will be approved at the next meeting in Vienna.

The committee established to revise this document is as follows:



Michel Ferrari
Ashina
Peter Goadsby
Olson

It was suggested that a new consensus should be published on the different topics such as high/low pressure publication, vestibular migraine etc. The committee established to work on this consensus is as follows:

Koen Paemeleire
Rigmor Jensen
Christian Lampl

8. EHF new and potential members

Since one of the EHF goals is its expansion, the research has been done to identify potential members of the EHF.

The list of the countries contacted are:

- Cyprus
- Latvia
- Montenegro
- Luxembourg
- Bosnia and Herzegovina
- Armenia
- Morocco

It is not easy to attract some of the mentioned above countries since not all them have the established Headache/Neurological societies to be represented as EHF member.

It was decided that neurologists/headaches specialists of those countries will be contacted by the EHF board members to initiate personal contact and to identify future possibilities and needs.

The list of the delegates with their details can be obtained from the IHC congress team and the missing countries' delegates will be contacted accordingly:

Aksel Siva – Bosnia and Herzegovina

Zaza Katsarava – Armenia

Rigmor Jensen – Morocco

Koen Paemeleire – Luxembourg

David Dolezil – Montenegro

Vera Osipova – Latvia

Iranian Headache Association Iranian Headache Association application was reviewed and accepted.

EHF Administrative Office



It was agreed by all that since Iran is not a European country, it should be call an 'Associate Member' of EHF with full rights of a regular EHF member.

EHF administrative office (Olga) will continue research to identify and contact other small countries across Europe.

Action:

To contact non-EHF member delegates – all EHF board members

9. Headache Book Series: Comorbidity Spectrum of Headache Disorders

Paolo Martelletti informed all about the issue of the headache book series 'Comorbidity Spectrum of Headache Disorders' with editors Maria Adele Giamberardino and Paolo himself.

10. EAN President update / call with Prof Deuschl

Rigmor pointed out that unfortunately EAN 2015 and 2016 in Berlin and Copenhagen do not have any main sessions on headache (except for facial pain). EHF needs support in approaching EAN scientific committee - a strong voice to represent EHF and its aims.

It was suggested that Peter Goadsby could be the person for this task.

Dimos updated all about the meeting he recently had with the president of EAN Prof Günther Deuschl. Prof Günther is in favour of joining efforts with EHF to facilitate educational activities, future meetings etc. The main focus of collaboration will be on:

- Educational activities (co-found meetings etc.)
- Conferences/Meetings - add Headache sessions to the main programme)
- Educational guidelines
- Establish Cluster Headache day (21 March) in collaboration with EAN & EHA
- Establish more patient organizations across Europe

EAN has several panels that are usually meeting during the EAN to discuss all the relevant matters, proposal etc.

Rigmor will send EAN panels' structure to all.

11. EHA presentation

Audrey Craven (EHA President) was warmly welcomed to the meeting.

- Audrey presented the 'What's Under the Hat' campaign initiated by EHA. As part of the campaign EHA has launched a social media campaign which will gain momentum over the summer of 2015, to encourage members of the public to photograph themselves wearing a hat and/or make a short video about their headache story.



European Headache Federation - Executive Committee Meeting
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It is hoped that the online storytelling will attract media attention and external awareness, building momentum which national organisations can harness to garner public support for offline events. The EHA website will be adapted to include a section dedicated to the campaign where photographs, videos and testimonies taken from the national patient groups will be shared. National patient groups have been provided with toolkits by the EHA to support and encourage ongoing activities.

- ONLINE: campaign website was launched along with social media channels during May 2015. Member organizations are engaging with their members to get them participating online.
- OFFLINE: EMDA 12th Sept – key event (Dublin)
- Cluster event – collaborating with EHF event in March 2016

Audrey talked about collaboration with European Academy of Neurology (EAN) via European Federation of Neurological Alliances (EFNA). EHA is planning to attend Berlin congress as part of EFNA group.

Audrey agreed that there is a lack of headache topics in the Berlin congress program. Hopefully this will be improved in future meetings. As President of EFNA, Audrey has been invited to sit on the program planning panel during the EAN Berlin congress with a view to planning the scientific program of EAN for Copenhagen and beyond.

As part of her presentation, Audrey announced EFNA advocacy awards where EFNA members are invited to submit nominations for inaugural advocacy awards (1st June deadline). The awards ceremony will take place on 13th Oct. 2015.

- 4 categories
 - o Volunteer Patient Representative
 - o Policy-Maker
 - o Health Professional or Health Professional Organisation
 - o Journalist, Blogger or Media Outlet

Preventer DSS research project – EHA one of 8 partners in Horizon 2020 funding application for an mobile app that would enable patients to track migraine triggers on a daily basis. EHA is the only patient organisation involved. It is hoped that the network that has been built via the campaign will be key to patient involvement in the Preventer project.

AC requested to EHF for assistance with the research agenda and patient involvement re same. Patient associations across Europe need to be upskilled and have the capacity to be active participants.

Patient registries – how can patients be involved in a meaningful way in the future of patient registries. Again, collaboration with EHF will be required to address this matter as hospital admissions are currently used for this purpose.

EHF Administrative Office



Action:

To send information regarding EFNA awards EHF Board members – Audrey Craven

Write a letter to Irish health professionals to encourage them to form a national society – EHF Office

12. Peter Goadsby welcome

Peter Goadsby joined the meeting for the first time and was warmly welcomed by all.

EHF recognizes Prof Goadsby's expertise and will appreciate his advice and assistance in approaching EAN to promote EHF goals.

Prof Goadsby thanked EHF board for the involvement and agreed that there is a need to raise awareness about headache and to put the strategy in place in order to achieve that.

One of the ideas he came up with was to reach out to the chair / editor of the European Journal of Neurology Schapira in regards to the opportunities for EHF.

A range of issues has to be addressed by the scientific committee of the EAN and the right people has to be approached accordingly, for example Paul Boon (EAN Programme Committee Chair).

13. Introduction by country representatives

Several country representatives joined the EHF meeting to discuss their needs and expectations from EHF.

- Mark Braschinsky – country representative of the Estonia Headache Society
- Elás Parreira – country representative of the Portuguese Headache Society
- Vlasta Cvetkovic – country representative of the Croatian association for Neurovascular disorders
- Nacdet Karli – country representative of the Turkish Neurological Society Headache Chapter
- Jasna Zidverc-Trajkovic – president of the Serbian Headache Society

The most common necessity of all these countries

Mark Braschinsky agreed that global awareness of the headache is low and mentioned that in Estonia there is a need of education population, pharmacists, GPs etc. Hence, it is important that EHF provides the guidance and knowledge. It was decided that the next summer school will take place in Estonia in 2016.

The question was raised in regards to the opportunities of the young researchers support however for the moment, EHF is not providing such support. This will have to be investigated in the future.



Most of the country representatives present announced that one of the major problems their societies/countries are facing is the lack of knowledge in headache diagnosis and treatment. It was pointed out that the guidelines used by the countries are too old (2005) and need to be updated.

Dr Zidverc-Trajkovic that in Serbia, there is a clear need of educating primary care physicians. Unfortunately, eHeadache school created by EHF and accredited by EACCME last year is not validated in Serbia.

14. EHF support of National H events vs EHF H schools

Vera Osipova presented a proposal in regard to EHF support of the National Headache Events instead of Summer Schools due to a number of reasons as shown below:

- ▶ During the past decade due to the activity of the international H organizations (EHF, LTB, IHS, EFNS) the understanding of H problem in the world has markedly raised
- ▶ The professional level of local H specialists is gradually improving
- ▶ At present in the majority of European countries the initial education in H field is becoming the responsibility of the National H Societies and is being carried out by the local H specialists

The following advice was proposed:

- ▶ Instead of organizing annual EHF Headache Schools the EHF each year could provide some financial support for the National H Conference in one of the European countries
- ▶ EHF H schools could be still arranged in case of receiving application from a single country (if the H education could not be performed 'on site')

In this case, EHF would cover travel and accommodation expenses of the EHF-speakers (not more than 3 (2?) for each conference), hence it will save the local sponsors' budget for other conference purposes.

Board members are in favour of this proposal however the guidelines/rules of the summer school endorsements should be reviewed first.

The presentation with more details is available per request.

15. Plan of the new European guidelines on the management of primary Hs

Vera made a presentation about a need of updating 'European principles of management of common headache disorders in primary care'.

These guidelines need to be updated due to a number of reasons:

- ▶ Guidelines should be updated every 5 years
- ▶ Previous version was published 8 years ago (J Headache Pain (2007) 8:S3)



- ▶ By 2015 several new classes of medications/approaches were approved for the treatment of primary Hs
- ▶ Some diagnostic topics important for GPs were missing in version 2007

Vera brought up a concern raised by T. Steiner in regards to the writing group which was set up in collaboration of EHF with LTB with the purpose of writing the guidelines. According to him EHF is fully engaged in the programme without due involvement of LTB.

This will be considered by the board and therefore a formal agreement will be signed at the next meeting in Vienna.

Further, Vera presented steps and procedures to follow for the Principles 2016 update.

The presentation with more details is available per request.

16. EHF Financial situation 2015

Marcel Dekker presented the EHF budget 2014 and 2015 as below:

EHF budget 2014	Budget 2014	Actual 2014
INCOME	EUR	EUR
Income from EHMTIC 2014	€ 80.000,00	€ 26.786,60
Video School Royalties (2*3day 2*1day)		
Sponsorship	€ 100.000,00	€ 80.000,00
TOTAL INCOMES	€ 180.000,00	€ 80.000,00
EXPENSES	EUR	EUR
Kenes Association Management	€ 15.000,00	€ 15.000,00
Mailings/Conference calls, etc.	€ 1.500,00	€ 1.250,00
Accounting and Audit	€ 6.700,00	€ 5.451,12
Newsletter	€ 1.000,00	€ 400,00
Website	€ 2.000,00	€ 1.650,00
E-Headache School	€ 100.000,00	€ 82.000,00
EHF EC Meetings	€ 10.000,00	€ 9.836,16
EHMTIC Promotion/Communication	€ 7.500,00	€ 979,00
Headache School (Georgia)	€ 10.000,00	€ 8.000,00
Grants and Awards	€ 4.000,00	€ 0,00
Lifting the Burden	€ 13.000,00	€ 4.000,00
TOTAL EXPENSES	€ 170.700,00	€ 128.566,28
BALANCE	€ 9.300,00	-€ 48.566,28



European Headache Federation - Executive Committee Meeting
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EHF budget 2014	Budget 2015	Actual 2015
INCOME	EUR	EUR
Income from EHMTIC 2016	€ 70.000,00	
Sponsorship (non-congress)	€ 15.000,00	
TOTAL INCOMES	€ 85.000,00	€ 0,00
EXPENSES	EUR	EUR
Kenes Association Management	€ 15.000,00	
Mailings/Conference calls, etc.	€ 1.500,00	
Accounting and Audit	€ 7.000,00	
Newsletter	€ 1.000,00	
Website	€ 1.650,00	
E-Headache School	€ 15.000,00	
EHF EC Meetings	€ 15.000,00	
EHMTIC Promotion/Communication	€ 5.000,00	
Lifting the Burden	€ 4.000,00	
Honorarium Tim Steiner (Bylaws)	€ 1.000,00	€ 1.000,00
TOTAL EXPENSES	€ 66.150,00	€ 0,00
BALANCE	€ 18.850,00	€ 0,00

The actual balance on the EHF accounts is as below:

Bankbalance:

EUR 1.940 EUR

GBP 5.051 GBP

Lloyds 90.000 GBP

17. Date of the next EC Meeting

The next EC meeting will take place during the EFIC meeting in Vienna (2-5 September 2015).

The board meeting was adjourned at 12:30

EHF Administrative Office

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