Eurolight: a new European lay project

Primary headaches in Europe

Health sector policy makers are constrained in their ability to take decisions on effective measures to reduce the impact of headache disorders - on those affected directly, on their families and colleagues, on their carers in the case of children, and on society - because knowledge of this impact on each of these is very incomplete. It is estimated that more than 50 million Europeans suffered from migraine during the last year, and lost 180 million days from work or school. The estimated cost was in excess of € 20 billion. Data on other headache disorders are few but the most common, tension-type headache, probably accounts for even greater losses.

Knowledge is needed for action in Europe

Eurolight

Launched in May 2007, Eurolight is a response to this need. Its methods were developed and tested in a pilot study in Luxembourg. Eurolight is the first consortium of stakeholders to collect data on headache at EU level, bringing together relevant medical, scientific and lay organizations (24 part-

academic teaching of headache medicine in Europe.

The Sapienza University Master’s Degree

There is an increasing demand of education in excellence for what concerns headache disorders. The 2007 WHO Report. Neurological Disorders: Public Health Challenges included for the first time headache disorders among the priorities of our times. By scrolling this book, it becomes evident how education is considered the priority among priorities: the starting point is constituted by the training of primary care physicians up to specialist education, which represents the only way to accomplish this challenge. The constant evolution of skills related to Headache Medicine requires, on the other hand, more and more qualified teaching patterns.

The Master Degree in Headache Medicine came to life 5 years ago at the Sapienza University of Rome and contributed, since then, to train 51 specialists coming from 6 countries (Ethiopia, Greece, Italy, Syria, Venezuela, United Kingdom). The Faculty of Professors has always been as much heterogeneous, with

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Eurolight: a new European lay project

Eurolight is a European initiative supported by a grant of the EC Public Health Executive Agency and promoted by the Centre of Public Research Luxembourg.

- will study the general population prevalence of headache disorders in Lithuania, a country in a part of eastern Europe where epidemiological data are lacking
- will survey mostly patient populations in 10 representative European countries, using similar methods in each to produce comparable findings throughout
- will gather qualitative as well as quantitative data that describe impact, in a broad sense, of each headache disorder of public-health importance: migraine, tension-type headache
- will assess personal suffering, consequences for work, education and family life, and the needs for better disease-management
- will produce systematic data to complement epidemiological evidence of the burden of headache in Europe
- is holistic, patient-driven and respectful of scientifically validated approaches

Eurolight’s overarching objective:
to provide a justification that headache should be high amongst health-care priorities in Europe and to achieve improved care of headache.

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Academic Teaching of Headache Medicine in Europe.
The Sapienza University Master’s Degree

renowned experts coming from China, Denmark, Germany, Italy, Norway, Spain, Sweden, UK and USA.

The Master is endorsed by EHF and acts as Specialist Education pillar of the Global Campaign to Reduce the Burden of Headache Worldwide “Lifting the Burden”.

This initiative is in collaboration with WHA, IHS and WHO. The Master’s Council is offering scholarships to students coming from developing countries. This academic educational format proved its validity in preparing the medical profession to a problem of global dimensions and its replication could be useful to train an extensive body of hyperspecialised (not underspecialised) figures in Headache Medicine.

This purely academic approach is structured into a series of theoretical lectures, integrated by periods of clinical activity which take place at a University-based Hospital headache centre. From the Master’s website (http://w3.uniroma1.it/headache), students have access to a distance learning platform (http://bb.uniroma1.it) implemented with video lectures, slides, online evaluation tests, headache library, etc. This learning method permits a reduction of the necessary credits. A formal exam and a final dissertation constitute the last act. We hope a similar teaching format will be adopted in other EU universities, in order to spread this educational process in Headache Medicine.

P. Martelletti (Rome)
European Headache Federation Executive

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Purpose: EHF Newsletter, a European Headache Federation publication, is dedicated to increasing physicians’ awareness by educating and informing them as to what is going on in the field of headache in Europe.

This newsletter seeks to provide timely and accurate information from the most knowledgeable sources. The newsletter is mailed to EHF members, national drug companies and medical journalists in line with information given by board members. The views expressed in the articles in EHF News are those of the authors and do not necessarily reflect those of the EHF and the Publisher.

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What’s on...

12th-16th September 2007, Mykonos, Greece
3rd Mediterranean Headache School
Information: www.onetoone-congress.gr
one2one@ath.forthnet.gr

17th-21th May 2008, Istanbul, Turkey
VII International congress on Headache in children and adolescents
Information: www.topkon.com
congress@topkon.com

4th-7th September 2008, London, United Kingdom
European Headache and Migraine Trust International Congress 2008
Information: www.onetoone-congress.gr

Sapienza University of Rome
II School of Medicine

Academic Year 2007-2008
MASTER’S DEGREE IN HEADACHE MEDICINE

The Master in Headache Medicine is aimed at developing excellence among experts in the field of clinical medicine. Its purpose is to promote and disseminate epidemiological, nosographic, genetic, pathophysiological, diagnostic, social-behavioral, clinical and therapeutic knowledge of headaches, a disorder that has a considerable impact on the general population. This high-level post-graduate course will provide successful applicants with the instruments necessary to make a modern evaluation of headaches that will allow the correct management of affected patients. Course participants will be able to acquire multidisciplinary competencies that will enable them to relate to the problems of headache patients by means of the most wide-ranging, inter-cultural skills. The Master is included in the Global Campaign to Reduce the Burden of Headache Worldwide (GCH), an initiative in collaboration with WMO, fully endorsed by the European Headache Federation.