

## Level 1 Education. Report

I attended a module at the University of Copenhagen on the Masters of Headache Disorders course as part of my NIHR Pre Doctoral Academic Fellowship (PCAF). I am very grateful to the MACP for awarding me an education grant in order to help fund the travel costs to Copenhagen.

### **Course details**

The module was called the Organisation of Headache Care and Clinical Practice and was made up of a one month online component followed by a week on campus in Copenhagen. The lectures initially covered organisational models of headache care ranging from primary through to tertiary care. This was supplemented with group workshops on perfect flow modelling of aspects of the system and identifying barriers to effective care.

Much of the pre reading focussed around service indicators research which was then developed through the lectures. We were encouraged to look at our own healthcare system which was fascinating as there were so many different headache specialists from many different nationalities. This section ended in an interesting lecture from a member of the Danish patient organisation who helped develop our ideas about the effective ways of using patient organisations to engage others.

The course then moved onto headache research with lectures on how to write a research protocol, the roles of a principal investigator and effective trial recruitment. A three hour session on academic writing set out important ways to prevent written grammatical errors deterring from the message we were giving.

Finally we were asked to present the outline of our proposed research to the group and course leaders. This was invaluable feedback from peers and experts in headache research. The module finished with a written assignment on aspects of headache care organisation.

### **Evaluation**

There were many excellent aspects of the course but one of the highlights was the diversity of the experiences and nationalities of the other students. This gave an important context to the lectures and helped put our service into a global perspective. As a result I could see what the particular challenges are in the UK and gain useful insights into how to overcome those problems.

Time was given to networking over lunches or breaks which meant that we could establish links and develop networks for research. In particular I learnt about how physiotherapists and nurses work in

other headache services and made collaborations with other clinicians and researchers. This will continue to be useful in the future as these collaborators become active researchers and leading clinicians in the headache field.

The lecturers were inspirational and I particularly enjoyed learning from Professor Rigmour Jensen who leads the Danish Headache Centre and Nina Nelleman who ran the excellent session on academic writing. I also gained valuable feedback on my own PhD proposal.

In summary the course challenged my thinking about research and clinical care and will continue to inform the development of my PhD proposal.

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