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BRITISH ASSOCIATION FOR THE STUDY OF HEADACHE

Welcome to the latest edition of the British Association for the Study of Headache (BASH) Newsletter.

As headache medicine continues to evolve at a remarkable pace, the BASH Council has been working hard to ensure that its guidance reflects contemporary practice in 2026, including the use of advanced medications in light of recent evidence and clinical experience. This work includes the updated BASH Guidelines (Version 2) which is now available on our website and the recently published BASH Clinical Practice Recommendations and Consensus Guidance in the 'Journal of Neurology, Neurosurgery & Psychiatry'. Together, these publications will help busy clinicians navigate an increasingly complex therapeutic landscape.

The consensus guidance will be formally released at the BASH Annual Headache Conference and Guidelines Launch in Birmingham in February 2027, and we look forward to sharing them with members and colleagues from across the UK.

We have also included links to forthcoming headache conferences, below, covering both BASH and non-BASH events. We hope these will highlight useful opportunities for education, professional development and collaboration across the wider headache community.

In this edition, Susie Lagrata, Secretary of BASH and Advanced Headache Nurse Practitioner at the National Hospital for Neurology and Neurosurgery, discusses the launch of the RCN Nursing Competency and Education Framework for Headache Disorders. This important initiative represents a significant advance for headache nursing, education and professional development in the UK.

Finally, if you are not yet a member of BASH, we warmly encourage you to consider joining through the BASH website. Membership offers access to educational resources, professional networking and opportunities to contribute to the continued advancement of headache care across the UK.

We hope you enjoy this edition.

The BASH Council

In this issue:

- **BASH Clinical Practical Recommendations and Consensus Guidance:**
A practical guidance on advanced migraine preventatives
- **Nursing framework:**
The RCN Nursing Competency and Education Framework for the Management of Headache Disorders
- **Events & Conference:**
Your guide to upcoming BASH events

[CLICK HERE TO JOIN BASH TODAY!](#)

BASH CLINICAL PRACTICE RECOMMENDATIONS & CONSENSUS GUIDANCE NOW LIVE!

We are pleased to share that the BASH Clinical Practice Recommendations and Consensus Guidance has now been published online in the Journal of Neurology, Neurosurgery & Psychiatry.

Developed by a multidisciplinary team using a modified Delphi process, the document addresses 14 clinically relevant questions across the management of headache disorders.

Topics include treatment efficacy and medication overuse, initiation of advanced preventative treatments, stopping, restarting, switching and combining preventative treatments, as well as treatment considerations for comorbidities and older people.

Read the full guidance:

[Read the BASH Clinical Practice Recommendations and Consensus Guidance](#)

The Launch of the RCN Nursing Competency and Education Framework for Headache Disorders

Two years in the making, the RCN Nursing Competency and Education Framework for the Management of Headache Disorders marks a major step forward for headache nursing in the UK. Led by the Specialist Headache Nurses and Practitioners Network-UK (SHNaPN-UK) in collaboration with the Royal College of Nursing (RCN), this new framework officially recognizes the expertise, value, and contributions of practitioners working in headache care.

A Project Built on Collaboration and Rigor

The project was led by Siobhan Jones and Susie Lagrata, alongside working group members Bethany Hill, Ann Marie Logan, Ajay Boodhoo, and Sonya Thomson. Despite headache disorders being among the most common and disabling neurological conditions, the role of the headache nurse has historically lacked structured, national recognition.

To ensure the framework reflected practice across England, Wales, Scotland, and Northern Ireland, feedback was gathered from stakeholders across the UK headache community. It also underwent a rigorous RCN peer-review process, an equality impact assessment, and official quality assurance to ensure professional credibility.

Publication and Formal Launch

- **Publication:** Formally published on December 3, 2025.
- **Official Launch:** Celebrated during a dedicated webinar on April 17, 2026, bringing together colleagues and supporters to discuss how the framework will support nurses, healthcare services, and patients in the years ahead.

Why This Framework Matters

This framework serves several vital functions across the healthcare

sector:

- For Nurses: Provides clear standards, career progression, and professional validation.
- For New Practitioners: Offers structure and direction as they enter the specialty.
- For Healthcare Organizations: Acts as a national reference point for workforce development, service improvement, and education.

Ultimately, it sends a clear message: headache nursing is a specialist area of practice deserving of investment and recognition.

Read the Framework

You can access the full document on the RCN website:

[RCN Nursing Competency and Education Framework for the Management of Headache Disorders](#)

Looking Ahead

The launch of this framework is a true milestone and a proud moment for SHNaPN-UK, the RCN, and the wider headache community. More than just a document, it creates a lasting foundation to strengthen the profession and elevate care for individuals living with headache disorders.

BASH UPCOMING EVENTS

GPwER Biannual Meeting Date:

Date: 16 October 2026 (Friday)

Time: 10 am - 4 pm

Location: London



BRITISH ASSOCIATION FOR THE
STUDY OF HEADACHE

This meeting is exclusively for GP BASH members. For more information please enquire via info@bash.org.uk

NORTHERN IRELAND BASH MEETING 2026

Advancing Headache Care
Through Education and
Collaboration

BASH

BRITISH ASSOCIATION FOR THE
STUDY OF HEADACHE



Dr David Watson
Vice Chair BASH, GP with
extended role in
headache



**Professor Anne
MacGregor**
Specialist in migraine and
women's health



Professor Alex Sinclair
Chair BASH, Professor of
Neurology University of
Birmingham



Dr Thomas Peukert
Consultant Neurologist with
special interest in Headache

Agenda

A full day conference exploring contemporary issues in headache medicine, including migraine pathophysiology, current migraine management, role of hormones and migraine, migraine in children, IIH, Trigeminal Autonomic Cephalalgias, refractory headache and facial pain. We hope to launch the NI Migraine Guide and have interactive afternoon workshops.

CPD points will be provided



Date
23 October 2026



Time
9:00AM - 4.30PM



Hilton, 4 Lanyon Pl,
Belfast BT1 3LP

To Register:

<https://buytickets.at/britishheadachesociety/2267241C> or scan the QR code provided

Cost:

£30 GP/ Consultants/ Senior Clinician

£15 AHPs/ Nurses/ Trainees/ Pharmacists

Free to BASH Members (but you must still register for the event)

(To join BASH visit: <https://bash.org.uk/become-a-member/>)



British Association for the Study of Headache

Guidelines Updates 2027

A two- day national meeting on advancing headache care



Register now!



February 25–26, 2027



Birmingham, UK

Day 1

Guidelines Update Launch

Day 2

Advanced Headache Management

Future Leaders' Mentorship Dinner

Registration fees

 BASH members	– Free
 Consultants – 1 day	£30
 Consultants – 2 days	£60
 Nurses, AHPs & trainees – 1 day	£15
 Nurses, AHPs & trainees – 2 days	£30



www.bash.org.uk



info@bash.org.uk



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

BOOK NOW!



MONDAY OCTOBER 12TH 2026

SOUTH WALES
**EDUCATIONAL CONFERENCE
ON HEADACHE
CARDIFF**

Cardiff Marriott Hotel Mill Lane Cardiff

CF101EZ



The Conference is aimed at:

- ♦ General Neurologists
- ♦ General Physicians
- ♦ Neurology & Medical Resident Doctors
- ♦ GPs & A&E Doctors

Course Organisers:

Dr Mohamed Hassan, Consultant Physician CMTUHB

Dr Robin Corkill, Consultant Neurologist UHW

in partnership with the Medical Education Department at Cwm Taf Morgannwg UHB

This Educational Conference attracts 6 CPD Points



11th Biennial Hull-IHS Headache Meeting

20 – 23 January 2027

Supported by

Lundbeck



Dear Colleagues,

I have pleasure in inviting you to attend the 11th Biennial National Meeting on Headache organised jointly by the International Headache Society (IHS) and the Department of Neurology Hull University Teaching Hospitals. The meeting runs for 4 days of which the last day is a public day to raise awareness of headache disorders in the general public. The first day is dedicated to primary and secondary care general physicians and allied healthcare professionals while days two and three are for the Neurologists and trainees in Neurosciences. The meeting attracts 16 External CME credits by the RCP (155596).

The Hull meeting is the biggest headache educational event in the UK. In 2025 we had 350 delegates from all over the UK and abroad. This year the 3rd Vicky Quarshie Memorial Lecture will be delivered by the president of the International Headache Society, Professor Mario Peres from Sao Paulo, Brazil, while Professor Rami Burstein (Harvard Medical School), Professor Peter Goadsby (UK), Professor Patricia Pozo Rosich (Spain), Professor Henrik Schytz (Denmark) and Professor Rigmor Jensen (Denmark) will be other invited guest speakers.

The meeting is pitched for general practitioners, general neurologists and trainees in neurology and headache. The meeting is supported by an unrestricted educational grant from Lundbeck UK. Refreshments and lunches are free of charge on Wednesday, Thursday and Friday.

The meeting is free to attend; however, the venue can only accommodate up to 350 delegates, and it is very likely that the event will be oversubscribed. To guarantee your place, I would advise reserving as early as possible to avoid disappointment. To guarantee a place, you can pay £30 via PayPal to fayyaz.ahmed@i-h-s.org. The payment would be refunded if you attend and will be credited to IHS if you do not.

There will be conference dinner on Thursday 21st January at the Lazaat Restaurant open to all delegates to meet and interact with the experts and invited faculty. The cost will be £70 including soft drinks payable through PayPal. This is non-refundable.

The venue has ample parking facilities. For more details and to find the facilities for accommodation and train links, please feel free to contact Debbie Buttle, conference secretary who will be more than willing to assist in you attending the programme on Debbie.Buttle@nhs.net.

Professor Fayyaz Ahmed MD MBA FRCP

Conference Chair and Honorary Treasurer
International Headache Society



**Limited
Availability...
Reserve your
place today!**

To guarantee a place, you can pay **£30** (refundable if you attend) via paypal to: fayyaz.ahmed@i-h-s.org

**Need more
information?**

Contact [DebbieButtle](mailto:DebbieButtle@nhs.net),
Conference Secretary on
Debbie.Buttle@nhs.net





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British Association for the Study of Headache

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