

# Post-Graduate Certificate Program in Advanced Headache Diagnosis and Management

On Demand Information Session



# Presentation Overview

- Meet the Program Directors
- Jefferson Headache Center
- Program Highlights and Curriculum
- Meet the Faculty
- Applying Information

# Meet the Program Directors



**Dr. Simy Parikh, MD**  
**Clinical Program Director**  
Assistant Professor,  
Department of Neurology



**Dr. Hannah Smith, PhD**  
**Academic Program Director**  
Jefferson College of Nursing,  
Assistant Dean

*Dear learner,*

*Successfully diagnosing and treating patients with headache disorders is an incredibly rewarding clinical experience. Clinicians can help patients with disabling headache go back to work or school and spend quality time with their families and friends.*

*This program is an exciting opportunity to learn directly from headache medicine experts from around the world. Our goal is for you to walk away confident in your knowledge of diagnosing and managing headache disorders, a procedural skill set for treating head and face pain, and a feeling that you are a part of the headache medicine community.*

*Simy Parikh, MD*

# Headache Medicine Today

- 38M+ headache patients
- Leading cause of disability
- New and emerging therapies
- Rewarding clinical experience



# Jefferson Headache Center

- Premier academic headache center
- Multidisciplinary clinical team
  - Neurologists, psychiatrists, psychologists, nurse practitioners, physician assistants, and registered nurses
- Outpatient clinic for experienced medication management, infusions, and procedures
- Dedicated inpatient headache unit to treat patients with particularly severe headache disorders



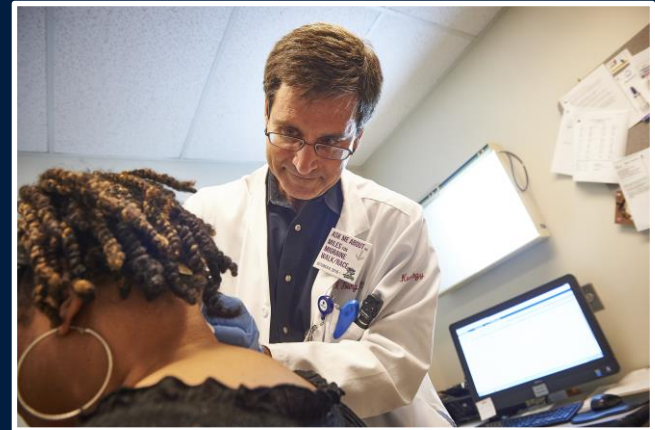
# Program Highlights

- Complete in 1 year (10 credits)
- Interactive online coursework
- Interprofessional student cohort
- Interactive discussion boards
- Mentorship from experts



# Onsite Retreat at the Jefferson Headache Center

- Refine procedural skills
- Practice clinical simulations
- Learn from expert panels
- Interactive case-based learning
- Review ongoing research
- Expert-led journal club
- Tour a multidisciplinary headache center



## Course I (4 credits): Headache Diagnosis and Pathophysiology

- Diagnosis of primary headache disorders and cranial neuralgias
- Diagnosis of secondary headache
- Physical exam and history taking
- Neurodiagnostic testing and interpretation
- Pathophysiology of primary headache disorders



## Course II (4 credits): Headache Treatment

- Outpatient preventive and acute treatments for primary headache disorders
- Treatment of select secondary headache disorders and painful cranial neuralgias
- Management of medication overuse headache
- Neuromodulation devices and procedural interventions
- Infusion treatment programs for the emergency room, outpatient, and inpatient settings
- Multidisciplinary treatment approach

## Course III (2 credits): Psychological Interventions for Headache and Business Management

- Psychiatric comorbidities
- Psychological and behavioral assessment
- Psychological interventions for headache management
- Physical and emotional wellness
- Billing and revenue management for a headache medicine practice

# Stephen D Silberstein, MD



Professor of Neurology  
Director, Jefferson Headache Center  
At Jefferson since 1997

Dr. Silberstein and his team are proud to practice at the premier headache center in the world. He provides comprehensive care to all headache sufferers, many of whom come to Jefferson as their last hope. Determined to make a difference, Dr. Silberstein helps to create new treatments to help restore his patient's lives.

**Dr. Silberstein's favorite quote:**

**"Pain is a more terrible lord of mankind than death itself."**

# William B Young, MD, FAAN, FAHS, FANA, FCPP



Professor of Neurology  
*At Jefferson since 1997*

As president of the Alliance for Headache Disorders Advocacy, and board member of Miles for Migraine, Dr. Young also works to destigmatize migraine and other headaches, and bring compassion, respect, research and constructive attention from policy makers.

**Dr. Young's favorite quote:**

**"It is easier to get forgiveness than permission."**

# Simy Parikh, MD

Clinical Assistant Professor, Department of Neurology  
Clinical Program Director, Graduate Certificate Program in Advanced Headache Diagnosis & Management  
*At Jefferson since 2017*



Dr. Parikh treats patients with headache disorders. Her special interest within headache medicine is high and low pressure headache. She is also passionate about advocating for better diagnosis and management for people with headache disorders. This has led her to direct an education program to bring clinically important and novel information to a diverse group of clinical learners to improve patient care and outcomes related to headache disorders.

## What motivates Dr. Parikh:

“Pain can rob someone of their identity. If I can help one of my patients feel more like themselves again, my work that day is worth it.”

# Michael J Marmura, MD

Assistant Professor of Neurology

*At Jefferson since 2006*



Dr. Marmura diagnoses and treats patients with complicated and severe headache disorders. Along with the team at the Headache Center, he approaches treatment holistically, focusing on the mind-body connection and an integrated picture of physical health to achieve the best outcome for headache sufferers. Dr. Marmura also publishes widely, creating treatment guidelines, chapters, and books on headache and neuropharmacology. At Jefferson, he is an active mentor, teaching medical students, residents and advanced fellows the science and art of neurology and headache medicine.

**Dr. Marmura's favorite quote:**

**"Live as if you were to die tomorrow. Learn as if you were to live forever." (Ghandi)**

# Nicole M Spare, DO

Clinical Assistant Professor, Department of Neurology  
Clinical Assistant Professor, Department of Rehabilitation Medicine  
*At Jefferson since 2011*



Dr. Spare's broad medical expertise affords her the ability to treat disabling conditions throughout a person's lifetime. She is able to diagnose medical conditions associated with disability related to headache, cognitive disorders, neuro-musculoskeletal, and mobility problems.

**The most challenging aspect of Dr. Spare's work:**

**"Practicing the art of medicine means learning more about your patient's role in their family and career. Is it challenging to understand the dynamics of the patient's support system. Creating a personalized plan of care begins with listening to the patient, completing a functional physical examination, and settling realistic treatment expectations."**

# Stephanie J Nahas, MD, MEd, FAHS, FAAN



Associate Professor of Neurology  
Director, Headache Medicine Fellowship Program  
Assistant Director, Neurology Residency Program  
*At Jefferson since 2002*

Dr. Nahas spends most of her time treating patients in the outpatient clinic of the Jefferson Headache Center, as well as some time on the inpatient unit at Methodist Hospital. In addition to her clinical work, Dr. Nahas trains students, residents, and fellows in clinical settings, gives regularly scheduled lectures, and teaches in courses and clerkships of the Sidney Kimmel Medical College.

## What motivates Dr. Nahas:

“I have outstanding, inspirational colleagues by my side helping me to help others in need. I’m also grateful for the appreciation patients show me and our team every day.”



# Clinton G Lauritsen, DO

Director, Jefferson Inpatient Headache Unit  
*At Jefferson since 2016*

As the director of Jefferson's inpatient headache unit, Dr. Lauritsen treats the patients most severely affected by chronic and refractory headache disorders by employing an aggressive intravenous medication regimen, with a thoughtful and individualized approach. He coordinates inpatient care of patients with our residents, fellows, psychologists, and psychiatrists. Dr. Lauritsen's goal is to decrease his patients' pain levels as quickly as possible and restore their ability to function.

**Dr. Lauritsen's philosophy regarding medicine:**

**"Treat a person, not an illness; think outside the box; and never give up on a patient."**

# Lex Denysenko, MD, FACLP



Assistant Professor of Psychiatry  
Director of Inpatient Headache Behavioral Medicine

Dr. Denysenko is the Director of Inpatient Headache Behavioral Medicine at Thomas Jefferson University Hospital, where he provides embedded consultation-liaison psychiatric care and complementary/alternative medicine educational support and treatment for patients admitted to a 22-bed inpatient headache unit.

# Course Co-Directors:

FACULTY PROFILE

**David Dodick, MD**

Director of Headache Program, Mayo Clinic, USA

**Larry Charleston IV, MD, M.Sc., FAHS**

Associate Professor, Michigan Medicine Neurology Clinic

**Stewart Tepper, MD**

Professor of Neurology, Geisel School of Medicine, Dartmouth

**Thomas Berk, MD**

Clinical Assistant Professor, Department of Neurology, NYU Langone Health

**Abigail Chua, DO**

Headache and Facial Pain Fellowship Program Director, Hartford Healthcare

**Shuhan Zhu, MD**

Assistant Professor of Neurology, Boston University School of Medicine, Boston Massachusetts

# Additional Content Experts

## FACULTY PROFILE



**Rigmor Hoejland Jensen, MD**  
Professor, Department of Neurology  
Director, Danish Headache Center  
University of Copenhagen, Denmark



**Richard Lipton, MD**  
Professor, Department of Neurology;  
Professor, Department of Psychiatry and  
Behavioral Sciences; Professor,  
Department of Epidemiology &  
Population Health  
Director, Montefiore Headache Center



**Katherine Foxhall, PhD**  
Lecturer in Modern History  
School of History at Leicester  
University of Leicester, United Kingdom

**Joanna Kempner, PhD**  
Professor of Sociology  
Department of Sociology  
Rutgers, The State University of New Jersey



**Dawn C. Buse, PhD**  
Clinical Professor, Department of Neurology  
Albert Einstein College of Medicine of Yeshiva University  
Assistant Professor, Clinical Health Psychology Doctoral Program  
Ferkauf Graduate School of Psychology of Yeshiva University  
Licensed Psychologist

**Jes Olsen, FEAN**  
Professor, Department of Neurology  
Chief of the Danish Headache Center  
University of Copenhagen, Denmark  
Chairman, Headache Classification Committee  
International Headache Society

*And Others!*

# Our Nurse Practitioners



## Natalia Danlich, CRNP

*“Happiness is when what you think, what you say, and what you do are in harmony.” - Mahatma Gandhi*

Nurse practitioners at the Jefferson Headache Center outpatient headache clinic, **Kristopher Medina, Ji Cho, Natalia Danelich, and Robin Fry**, are involved in all aspects of patient care. They provide experienced medical management, onabotulinumtoxinA, nerve blocks, and outpatient infusions for patients with variety of headache disorders.

# Admissions Requirements Checklist

- Online Application via MyJefferson, \$25 application fee
- Transcripts from all colleges/universities attended
- Current professional license and/or certification (such as CRNP, DO, DDS, MD, PA-C, PhD, etc.)
- Resume/CV
- Personal Statement addressing interest in program/goals

# Admissions Tips

- Application opens in August of the year prior
- Complete applications are reviewed on a rolling basis
- Fall Priority Application Deadline: March 1
- Fall Final Application Deadline: August 1

- Cost per credit is \$1,165 plus fees (2020-2021)
  - Check [jefferson.edu/tuition](http://jefferson.edu/tuition) for full tuition and fees information
- We recommend checking with your employer to see if any tuition benefits may be applied to this program
- This program is not eligible for federal financial aid



## Application Questions?

Jacqueline Hane, Associate Director of Admission  
Email: [Jacqueline.Hane@jefferson.edu](mailto:Jacqueline.Hane@jefferson.edu)

## Program Questions?

Email: [HeadacheCertificate@jefferson.edu](mailto:HeadacheCertificate@jefferson.edu)



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