



International Forum for Headache Nurses

Sett av datoen: 28–29 mai, 2026



Kjære sykepleiere med interesse for hodepine,

På vegne av *International Forum for Headache Nurses* (IFHN) inviteres det til en faglig og sosial samling med fokus på kompetanseutvikling, erfaringsutveksling og styrking av sykepleierens rolle i hodepinebehandling.

Sted

Domus Medica, Sognsvannsveien 9, 0372 Oslo

Deltakelse er gratis. Lunsj inkludert.

Felles middag torsdag 28. mai i Oslo sentrum.

Påmelding

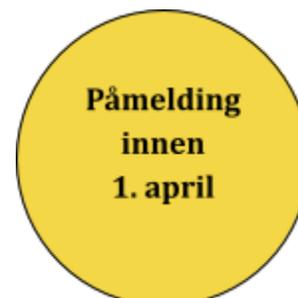
✉ For å melde deg på, send en e-post til Kristine Jacobsen: kjacob@ous-hf.no

Vi ber om at påmelding helst gjøres innen 1. april.

Vi håper du har anledning til å delta, og vi ser frem til å ønske deg velkommen!



NEVROSYKEPLEIE
NSF



Preliminary Programme

Thursday 28 May 2026

10.30 – 11.00	Registration and coffee	
11.00 – 11.05	Welcome	Jennifer Trouerbach, Anne Hege Aamodt and Kristine Jacobsen
11.05 – 11.35	Treatment Options in Chronic Migraine – Evidence, Experience, and Emerging Therapies	Prof. Anne Hege Aamodt, neurologist; Dr. Burcu Bezgal and PhD student, neurologist, Oslo University Hospital
11.35-12.00	Medication-overuse Headache - When Treatment Becomes the Trigger	Dr. Maria Argren, PhD student and neurologist, Oslo University Hospital
12.00 – 12.20	Digital Home Follow-up (DHO) for Headache – New Perspectives in Patient Care	Ingrid Antoinette Ter Woerds Christensen, PhD Candidate in Nursing
12.20 – 12.30	Q&A and discussion	
12.30-13.30	Lunch	
13.30 – 14.10	Multidisciplinary Headache Treatment - Helping Patients Return to Work	Dr. Kjersti Vetvik, neurologist, Inger Louise Hole; psychologist, Akershus University Hospital
14.10-14.30	Women’s Health and Migraine - What Do Hormones Have to Do with It?	Dr. Kjersti Vetvik, neurologist, Akershus University Hospital
14.30-15.00	Presentation of Headache Care in Different Countries	United Kingdom Netherlands Norway
15.00 – 15.10	Q&A and discussion	
15.10 – 15.25	Coffee, tea and refreshments	
15.25-15.45	IFHN - Updates, Collaboration and Next Steps	Jennifer Trouerbach, headache nurse and the president of the International Headache Forum
15.45 – 16.05	Cluster Headache and TACs – How to Differentiate Between Primary Headache Types?	Dr. Aud Nome Dueland, neurologist, User Organisation Headache Norway
16.05-16.50	Empowering Patients: Why Health Literacy Is Crucial to Managing Headache	Kristina Kuhlefeldt, headache nurse, Hospital of Telemark; Dr. Tine Poole, Oslo Headache Centre; Secretary General Laila Mathisen, User Organisation Headache Norway,
16.50-17.00	Q&A and discussion	

19.00

Dinner

Friday 29 May 2026

09.00-09.50	Communication in Healthcare – What Does the Research Show and Why Is It Important?	Hilde Eide, Professor Emerita of clinical communication and health counseling at the centre for health and technology in Drammen
09.50-10.00	Coffee, tea and refreshments	
10.00-10.50	Introduction - The Four Habits Model	Hilde Eide, Professor Emerita of clinical communication and health counseling at the centre for health and technology in Drammen
10.50-11.30	Developing Skills for More Effective Communication – cases, workshops and discussion	Stella Johnsen, nurse, special advisor in communication, coach training, and Dr. Jørgen Sandberg Michelsen, communication instructor
11.30 - 12.30	Lunch	
12.30-13.30	Communication course continues	Stella Johnsen, nurse, special advisor in communication, coach training, and Dr. Jørgen Sandberg Michelsen, communication instructor
13.30-13.45	Coffee, tea and refreshments	
13.45-15.00	Communication course continues	Stella Johnsen, nurse, special advisor in communication, coach training, and Dr. Jørgen Sandberg Michelsen, communication instructor