

Dr Manuela Fontebasso currently describes herself as a Headache Specialist, Headache Educational Facilitator and author.

Manuela has retired from her work as a General Practitioner, GP Trainer, Hull York Medical School Senior Clinical Tutor and GPwSI in Headache at York Hospital.

Since 1st September 2013 Manuela has focused on her special interest in headache in facilitating educational sessions for clinicians and patients alike. Manuela continues to use her training and mentoring skills as a GP Appraiser for the Yorkshire and Humber team.

While working at the York Headache Clinic she felt fortunate to work with an MDT team that included a Specialist Nurse, physiotherapist and psychologist. She was supported by a consultant neurologist.

Manuela has updated an educational module for [doctors.net](https://www.doctors.net) on spotting the sinister headache, that has been rated highly by those completing it.

Manuela has written articles for local newspapers and a wide range of medical publications including Prescriber and the BMJ.

Manuela has been invited to appear on local and national television and local and national radio to answer questions about headache and the impact it has on the individual.

Manuela has lectured nationally and internationally on the subject of headache and been involved in a variety of working groups looking at service needs and service development. This included a visit to the WHO to consider how to reduce the impact of headache as a cause of disability.

Manuela has facilitated educational sessions for GP's, nurses, community pharmacists and neurologists. She has had a close working relationship with the Migraine Trust and OUCH UK. As a result of her involvement, she has been invited to patient information days around the country talking about a wide range of topics including the diagnosis and treatment of headache, and how to manage hormone dependent headache.

Manuela has in 2019 delivered lectures for BASH on "Migraine and stroke: the evidence behind the scare" as well as sessions on Managing Medication Overuse Headache and Women and Hormones.

Manuela has, in March this year, facilitated a three-hour workshop for community pharmacists via Zoom titled "Managing migraine and other headaches". This was a very steep learning curve as it was right at the start of lockdown in the UK. She was well supported by the IT team who had commissioned her, and the feedback was very positive. This was the first time she had used Vevox, an audience participation app to engage the audience accompanied by the use of case studies which attendees could answer via Vevox.

In October Manuela was invited to the Cumbria Headache Forum and along with other headache specialists, was involved in a patient information afternoon via Microsoft Teams. Another steep learning curve, completed with IT support, and the support of the other facilitators.

Manuela has just completed an article due for publication on "Fremanezumab for preventing migraine" following the publication of NICE guidelines in the UK.

Manuela has also been involved, in the past, with the British Association for the Study of Headache (BASH) and Headache UK who are committed to raising profile of headache and ensuring that people who experience headache are offered the most appropriate treatment.

Manuela has written a book called Migraine and Other Headaches that comes highly recommended by both Migraine Action and the Migraine Trust. It has a Q & A format that can be dipped in to when needed. Interestingly it has been translated into Portuguese for the Brazilian market.