

Marcia Wilkinson

Headache specialist who led the world's first centre for patients with acute migraine

Marcia Isobel Pamela Wilkinson (Mrs Marcia Sefton née Harvey), former consultant neurologist, Hackney Hospital and the Elizabeth Garrett Anderson Hospital, London; medical director, regional neurological unit, Eastern Hospital, London; honorary consultant neurologist and medical director, City of London Migraine Clinic, London (b 1919; q Somerville College, Oxford 1943; MA, FRCP, DM), died after a series of transient ischaemic attacks on 4 February 2013.

Born in Yorkshire into an army family, Marcia Wilkinson studied medicine at Oxford. After qualifying she became house physician to the neurologist Lord Brain, who played an important part in the rest of her career. Her first publication, in 1947, on the surgical release of carpal tunnel syndrome, was coauthored with Lord Brain and is considered by many to be a landmark paper on the subject.¹

In 1949, she spent 10 months as a full time Nuffield research fellow in the Bernhard Baron Institute of Pathology at the London Hospital, studying cervical spondylosis. This became the subject of her DM thesis as well as of further papers and books.²⁻⁴

Marcia completed her neurological training under Lord Brain at the Royal London Hospital and took up her first consultant post in 1953 at the Elizabeth Garrett Anderson Hospital in London, where she worked until 1984. In 1957 she was appointed consultant neurologist at Hackney Hospital in east London.

In 1963 Marcia became director of the regional neurological unit at the Eastern Hospital, Hackney, setting up a rehabilitation unit for young disabled patients, many of whom had severe head injuries from car crashes. Patients were kept in the unit for as long as they seemed to be improving; the average length of stay was five months. This was radically different from the approach of most rehabilitation units, where patients were usually limited to four to six weeks.

Most patients spent half the day in physiotherapy and the other half in the occupational therapy department. The unit was fortunate to have its own garden, and gardening was found to be a particularly helpful restorative activity. The results were impressive, with 87% of those surviving able to return home.⁵

The same year, Marcia started a migraine clinic at Elizabeth Garrett Anderson Hospital. Anderson's doctoral thesis on migraine, presented in 1870, proved an important influence on Marcia's approach to managing migraine.



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Learning of the thesis, she sent for it from Paris and translated it into English. The importance of nutrition, regular meals, regular habits, and the treatment of migraine attacks with effective medication, supplemented with rest and great quantities of hot tea, were fundamental principles that Marcia followed in her own practice.⁶

Marcia was appointed medical director of the City Migraine Clinic (later the Princess Margaret Migraine Clinic) when it opened in 1970, supported by the British Migraine Association and the newly formed Migraine Trust.

This was the first centre in the world to see patients with acute migraine, and the opportunity to assess and manage patients during an attack prompted the introduction of metoclopramide in addition to analgesia, to promote gastric motility and aid analgesic absorption. This treatment combination, together with rest in a quiet darkened room, enabled most patients to return to work within two or three hours. During the clinic's first four years, 2000 patients were treated during an attack and another 6000 were referred by physicians. It became a model for similar clinics worldwide.⁷⁻⁹

When the Princess Margaret Migraine Clinic transferred to Charing Cross Hospital, Marcia contacted Nat Blau, a London neurologist who,

like her, had migraines, expressing her wish to keep the Charterhouse Square clinic open. With only 24 hours before it was due to close, they had achieved the necessary funding. The City of London Migraine Clinic opened in 1980 as an independent medical charity, with financial support from the British Migraine Association and donations from the City.

With an international reputation, Marcia was often invited to give guest lectures around the world. She was a founding member of the International Headache Society and president of the organisation from 1985 to 1987. She served as second editor in chief of the society's journal, *Cephalalgia*, from 1989 to 1992 and was the chair of the education committee until 1994. She was elected an honorary life member of the society in 1997.

Marcia received many accolades, the most pertinent being the first Elizabeth Garrett Anderson award in 2000, presented to a woman whose work has made an extraordinary contribution to relieving the burden of those affected by headache. She was an honorary fellow of the American Neurological Association and honorary member of the Scandinavian Migraine Society, the British Association for the Study of Headache, and the Anglo Dutch Migraine Association, which created an annual lecture that has been given in her name since 1993.

She retired in 1999 and moved to the country to be closer to her children and grandchildren. This gave her more time for gardening and stamp collecting, extending her late father's collection of rare stamps. She leaves two daughters and five grandchildren.

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Cite this as: *BMJ* 2013;346:f1349

Raouf Chatharoo



Consultant physician (b 1940; q Glasgow 1969; FRCP (Glas)), died from liposarcoma with lung secondaries on 7 July 2012.

Born and raised in Mauritius, Raouf Chatharoo completed his undergraduate medical studies in Glasgow and continued postgraduate training there in general medicine, cardiology, and infectious diseases. In 1973 he returned to his homeland to help develop health services and was appointed as a specialist in general medicine in the Ministry of Health. He contributed to the introduction of the first coronary care unit in Mauritius's SSRN Hospital and inserted the first cardiac pacemaker in 1977. Latterly he developed his own practice, both at home and at local hospitals, and seemed to relish his on-call commitments, whatever the hour. He leaves his wife, Rayhana; a daughter; and a son.

Ian Symington

Cite this as: BMJ 2013;346:f1383

John Barnes Foster



Neurologist (b 1930; q Durham 1953; MD, FRCP), d 5 February 2013.

After qualifying, John Barnes Foster ("Jack") served in the Royal Navy and spent a year at Massachusetts General Hospital. On his return to England at the age of 31 he was appointed consultant to the newly formed neurological unit at Newcastle General Hospital. Jack proved to be a supreme clinician and teacher, who saw vast numbers of patients, but also managed to publish articles and reviews. He maintained high academic standards, recognised by a readership and election as president of the

Association of British Neurologists. He was a keen skier and an accomplished golfer, and in his retirement he took up bridge. He leaves his wife, Jennifer; a daughter and two sons.

J M S Pearce

Cite this as: BMJ 2013;346:f1247

George Allan Gray



Former general practitioner (b 1926; q Edinburgh 1948), died from bronchopneumonia on 6 May 2012.

After house jobs in Dumfries, George Allan Gray entered the Royal Air Force for his national service. He finally moved to Bebington, Wirral, as a general practitioner. In 1975 he undertook general practice posts in Canada and Saudi Arabia before returning to the UK, where he continued as a locum into his late 70s as well as serving in the Royal Fleet Auxiliary Service. Allan's interests included painting, sailing, all things maritime, books, and discourse. He enjoyed a long and happy retirement on the Wirral with his large extended family. Predeceased by a daughter, he leaves his wife, Maura; a son; and many stepchildren and grandchildren.

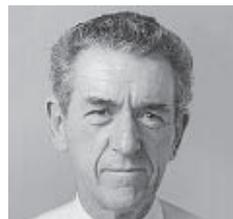
Alistair Gray

Cite this as: BMJ 2013;346:f1380

Ralph Kerr-Gilbert

Consultant oral and maxillofacial surgeon Sunderland (b 1920; q Dublin 1956; LDS Ed, FDS Eng), d 29 January 2013.

Ralph Kerr-Gilbert was born in Grantown on Spey but brought up on Vancouver Island, Canada. He undertook his final years of education and his dental degree in Edinburgh in 1942 and then joined



the Royal Air Force and was based in Calcutta. Working as a dental hospital surgeon he soon realised the need for a medical qualification. Further training posts in Cardiff and Manchester led to his consultant appointment in 1962 to Sunderland. He established a postgraduate training programme that he ran for 17 years before retiring in 1985 and established oral and maxillofacial surgery in district general hospitals. He leaves his wife, Betty; a daughter; and two grandchildren.

Peter Ward-Booth

Cite this as: BMJ 2013;346:f1382

Trevor Richard Walker Hampton



Surgeon rear admiral Royal Navy (b 1930; q Edinburgh 1954; DA, FRCP, QHP, CB), died from a pulmonary embolism after a stroke on 7 October 2012

After an initial short service commission, Trevor Richard Walker Hampton dedicated his working life to the Royal Navy. He qualified with the diploma of anaesthesia as part of his work. He later persuaded the Admiralty to develop its own specialists; he returned to Edinburgh and became a consultant physician. His final service posting was in charge of operational medical services, where he proved to be a highly effective leader and innovator in the area of nuclear, biological, and chemical defence. Returning to civil life, he continued part time work in assessing disability benefits. Trevor leaves his third wife, Kate; three daughters from his first marriage; five grandchildren; and a great grandson.

Fiona Hampton, David Baker, Chris Ankcorn

Cite this as: BMJ 2013;346:f1259

Huw Lloyd Morris

General surgeon and senior clinical fellow in vascular surgery St Mary's Hospital, London (b 1966; q Welsh National School of Medicine 1990;



FRCS Edin), died from complications of encephalomyelitis on 11 January 2013.

Huw Lloyd Morris's curtailed career included appointments at the liver transplant unit at King's College Hospital. He was a research fellow at the wound healing research unit at the College of Medicine in Cardiff and worked as a specialist registrar at the renal transplant unit at Bristol's Southmead Hospital. His interests included long haul travel and deep sea diving; he qualified as an open-water advanced rescue diver. He leaves his parents, Gloria and Tony.

Gloria Morris, Tony Morris

Cite this as: BMJ 2013;346:f1245

Khin Zaw



Consultant in intermediate care Bridgend (b 1961; q Rangoon 1985; MRCP), died from lung adenocarcinoma on 21 April 2012.

Khin Zaw moved to the UK in 1995 and was appointed as an intermediate care consultant at the Princess of Wales Hospital in Bridgend in August 2010. He lived and worked according to his Buddhist principles and was renowned for his thoughtful and calm demeanour. He said little of his time in Myanmar, where he had had numerous interesting postings. One of these involved being the emergency doctor for senior politicians, both in cabinet meetings and on the golf course, which entailed following them around the course in a golf buggy laden with resuscitation equipment. Khin settled well in south Wales. He leaves his wife, Hoa, and stepson, Michael.

Wyn Harris, Praveen Pathmanaban

Cite this as: BMJ 2013;346:f1102