

# The Baltic Sea Summer Schools on Epilepsy



## Report on the 10<sup>th</sup> BSSSE

The Tenth BSSSE took place in Trakai close to Vilnius, Lithuania, on June 5 - 10, 2016. Our local host was the Lithuanian Society for Epileptology.

The course was attended by 38 participants from 12 countries: Czech Republic, Denmark, England, Ireland, Israel, Poland, Latvia, Lithuania, Portugal, Russia, Sweden and Ukraine. The average age of the participants was 31.8 years, which reflects well the primary target group of this summer school, young post-graduates and PhD students.

The faculty consisted of 17 teachers : 5 from Denmark (Beniczky, Hjalgrim, Nikanorova, Sabers, Wolf), 4 from Germany (Köhling, Lehmann, Stephani, Wellmer), 3 from Lithuania (Endzinienė, Mameniškienė, Samaitienė), 2 from Norway (Johannessen, Johannessen Landmark) and one each from Estonia (Haldre) Russia (Guekht) and Switzerland (Jokeit). They covered the following topics:

### Clinical epileptology

- Reflex epilepsies
- Epilepsy and sleep
- Epilepsy and the sensory systems
- Focal epilepsies and system epilepsies
- Genetic epileptic encephalopathies
- Structural epilepsies in childhood
- Status epilepticus
- Seizure semiology
- Epilepsy syndromes

### Diagnostics and clinical research

- Neuropsychology in patients with epilepsy
- Life quality between seizures and therapy
- Epilepsy as a political issues
- Genetic testing (with exercises)
- Neuroimaging in epilepsy (with exercises)
- Presurgical evaluation
- Long-term monitoring
- Atypical Rolandic epilepsy: prognostic factors

### Therapy

- Introduction into clinical pharmacology of AED
- Efficacy and tolerability of the newest AEDs
- Neurostimulation

- The role of pharmacogenetics in epilepsy for tailored therapy
- Standards for Epilepsy Surgery
- To learn from mistakes (surgical complications)

#### Basic aspects

- Why do seizures stop

#### Introductory early morning seminars

- EEG,
- Neuroimaging
- Semiology
- Pharmacotherapy.

#### Interactive study

The study methods at the BSSSE are strongly interactive with only 2, maximum 3 frontal lectures per day and otherwise tutorials (including journal clubs), case-oriented study and discussion of submitted own cases in variable small groups. Three participants chose the alternative to case reports, i.e. presentations of own research for discussion in the plenary.

The course evaluation confirms once again the students' high appreciation of the interactive methods, where case-oriented study and the early morning seminars received the highest marks.

The participation of course attendants was made possible by full or shared bursaries, for which the organisers are very grateful to

- Commission of European Affairs of the ILAE
- Danish Epilepsy Society
- Estonian League against Epilepsy
- German Society for Epileptology
- Norwegian Epilepsy Society
- Lithuanian Society for Epileptology
- Latvian Epilepsy Society
- Peter & Jytte Wolf Foundation for Epilepsy
- Cyberonics

BSSSE 11 with a different programme will take place in Tartu (Estonia) on August 6-11, 2016, with the Estonian League against Epilepsy as hosts, and Rūta Mameniškienė, Ulvi Vaher and Peter Wolf as Co-Directors.



Rūta Mameniškienė



Peter Wolf