

# The Baltic Sea Summer Schools on Epilepsy



## **Report on the 8<sup>th</sup> BSSSE**

The Eighth BSSSE took place in Trakai close to Vilnius, Lithuania, on August 3 – 8, 2014. Our local host was the Lithuanian Society for Epileptology.

The course was attended by 36 participants from 14 countries: Belorussia, Czech Republic, Denmark, England, Estonia, France, Iran, Latvia, Lithuania, Portugal, Romania, Russia, Spain and Ukraine. The average age of the participants was 30.3 years, which reflects well the primary target group of this summer school, young post-graduates and PhD students.

The faculty consisted of 18 teachers from the Baltic Sea region: 6 from Germany (Knake, Köhling, Lehmann, Möller, Stefan, Stephani), 4 from Lithuania (Endzinienė, Mameniškienė, Samaitienė, Utkus), 3 from Denmark (Beniczky, Nikanorova, Wolf), 2 from Norway (Johannessen, Johannessen Landmark) and one each from Estonia (Haldre) Latvia (Suna) and Finland (Ndode-Ekane). They covered the following topics:

### Clinical epileptology

- Seizure detection
- Seizure semiology in children
- Epileptic seizures and epilepsies triggered by fever
- Epileptic spasms in children and adults
- Myoclonic seizures and myoclonic epilepsies in adolescents and adults
- Aura
- Psychogenic in combination with epileptic seizures and Münchhausen syndrome
- Genetic syndromes in epilepsy

### Diagnostics and clinical research

- How do we make the epilepsy syndrome diagnosis?
- Neuroimaging in epilepsy (with exercises)
- The contribution of EEG-triggered fMRI in focal epilepsies
- Focal ictogenic networks
- What is a “generalized” seizure?
- EEG in status epilepticus
- Video workshop: difficult cases

### Therapy

- Introduction into clinical pharmacology of AED
- Utilization of AEDs across Europe with focus on various indications and drug availability
- Epilepsy surgery today
- Presurgical evaluation
- Surgical complications – risks with diagnostic and therapeutic procedures

- Therapeutic strategies and advanced treatment with innovative and restorative approaches

#### Basic aspects

- Optogenetics: introduction
- The role of oscillations in epilepsy

#### Introductory courses

The optional early morning introductory seminars on EEG, semiology, and pharmacotherapy were attended by virtually everybody.

#### 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. Four 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
- Peter & Jytte Wolf Foundation for Epilepsy

BSSSE 9 with a different programme will take place in Sigulda (Latvia) on August 2 – 7, 2015, with the Latvian League against Epilepsy as hosts, and Rūta Mameniškienė, Normunds Suna and Peter Wolf as Co-Directors.



Rūta Mameniškienė



Peter Wolf