

The Baltic Sea Summer Schools on Epilepsy



Report on the 9th BSSSE

The Ninth BSSSE took place in Sigulda, Latvia, on August 2 – 7, 2015. Our local host was the Latvian League against Epilepsy.

The course was attended by 43 participants from 21 countries: Albania, Armenia, Australia, Azerbaijan, Belorussia, Czech Republic, Denmark, England, Estonia, Georgia, Germany, Hong Kong, Latvia, Lithuania, Moldova, Poland, Portugal, Russia, Turkey, Ukraine and Uzbekistan. The average age of the participants was 32.4 years, reflecting the primary target group of this summer school, young post-graduates and PhD students.

The faculty consisted of 16 teachers from the Baltic Sea region: 5 from Germany (Köhling, Krämer, Pfäfflin, Stephani, Wellmer), 4 from Denmark (Beniczky, Nikanorova, Sabers, Wolf), 3 from Latvia (Auce, Strautmanis, Suna), 2 from Norway (Johannessen, Johannessen Landmark) and one each from Lithuania (Mameniškienė) and Sweden (Kokaia). They covered the following topics:

Clinical epileptology

- Newly diagnosed epilepsy
- Epilepsy in adolescents
- Epilepsies in the elderly
- Refractory epilepsy
- Status epilepticus
- Somatic comorbidities
- SUDEP
- Unverricht-Lundborg disease and other PME
- Epileptic encephalopathies and epilepsies with encephalopathy
- Subjective aspects of epilepsy
- Women's issues in epilepsy

Diagnostics and clinical research

- Electromagnetic source imaging of epileptiform discharges
- Neuroimaging in epilepsy (with exercises)
- The contribution of EEG-triggered fMRI in focal epilepsies
- Ictogenesis: focal and generalized seizure generation
- Video workshop: difficult cases

Therapy

- Clinical pharmacology of AEDs
- New AEDs in the treatment of drug resistant epilepsies
- Decision making in epilepsy surgery
- Managing the transition from child to adult epilepsy care
- Patient education

Basic aspects

- Generation of EEG and different frequency bands
- Novel molecular targets in epileptogenesis

Introductory courses

The early morning introductory seminars covered EEG, semiology, neuroimaging and 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. Two participants chose the alternative to case reports, i.e. presentations of own research for discussion in the plenary.

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

The participation of most 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
 - Latvian League against Epilepsy
 - Lithuanian Society for Epileptology
 - Norwegian Epilepsy Society
 - Peter & Jytte Wolf Foundation for Epilepsy
 - Eisai Europe Ltd.
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- BSSSE 10 with a different programme will take place in Trakai (Lithuania) on June 5 – 10, 2016, with the Lithuanian Society for Epileptology as hosts, and Rūta Mamėniškienė and Peter Wolf as Co-Directors.



Normunds Suna



Peter Wolf