

The Baltic Sea Summer Schools on Epilepsy



Report on the 13th BSSSE

The Thirteenth BSSSE took place in Rostock, Germany, from August 18 to 24, 2019. Our local host was the German Society for Epileptology.

The course was attended by 43 participants from 22 countries: Azerbaijan, Chile, Cyprus, Czech Republic, Denmark, Estonia, Georgia, Greece, Hong Kong, Japan, Latvia, Lithuania, North Macedonia, Mexico, Nepal, Norway, Poland, Portugal, Sweden, Turkey, Ukraine and Uzbekistan. The average age of the participants was 34.4 years, well concordant with the primary target group of this summer school, young post-graduates and PhD students.

The faculty consisted of five teachers from Germany (Köhling, Rüber, Mayer, Stephani, Wellmer) four from Denmark (Beniczky, Nikanorova, Sabers, Wolf), two each from Estonia (Haldre and Vaher) and Norway (Johannessen, Johannessen Landmark), and one each from Latvia (Suna), Lithuania (Mameniškienė) and Russia (Guekht). They covered the following topics:

Clinical epileptology

- Seizure and syndrome classification
- How to communicate with patients
- Simple and complex reflex epilepsies
- Women's issues
- Neonatal epilepsy
- Seizure semiology
- Alcohol related seizures
- Autoimmune epilepsies
- Clinical evolution of epileptic encephalopathies

Diagnostics and clinical research

- Diagnosis of epileptic seizures and epilepsy
- Standards for presurgical evaluation
- Neuroimaging in epilepsy (with exercises)
- EEG in epilepsies
- Non-epileptic paroxysmal conditions

Therapy

- Indications for treatment in children
- Principals and clinical implications of TDM
- Clinical pharmacology including case studies
- The role of pharmacogenetics of AEDs
- Electric neuromodulation in the treatment of drug resistant epilepsy

Miscellaneous

- Epileptogenicity of brain tumours
- Epilepsy as a health political issue

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. Five participants presented their own research for peer discussion in the plenary.

Research project groups

For the second time (with more time allotted than last year), the participants of the 13th BSSSE in 6 groups of seven with a tutor developed joint research projects, which on the last day were presented to the plenum. There was much enthusiasm in the groups but some participants also found this activity very challenging.

The course evaluation confirmed 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
- German Society for Epileptology
- Norwegian Epilepsy Society
- Peter & Jytte Wolf Foundation for Epilepsy

BSSSE 14 with a different programme will take place in Riga (Latvia), with the Latvian Society of Epileptology as hosts, and Rūta Mameniškienė, Jurgis Strautmanis and Peter Wolf as Co-Directors.



Rūta Mameniškienė

Co-Directors



Peter Wolf