

The Baltic Sea Summer Schools on Epilepsy



Report on the 12th BSSSE

The Twelfth BSSSE took place for the first time in Vilnius, the capital of Lithuania, from June 24 to 29, 2018. Our local host was the Lithuanian Society for Epileptology.

The course was attended by 45 participants from 16 countries: Chile, Czech Republic, Denmark, Egypt, Georgia, India, Italy, Kazakhstan, Latvia, Lithuania, Macedonia, Mexico, Norway, Portugal, Russian and Turkey. The average age of the participants was 30.6 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, Schmitz, Stephani, Wehner, Wolking) and Lithuania (Badaras, Endzinienė, Jasionis, Mameniškienė, Sabiauskas), three from Denmark (Beniczky, Nikanorova, Wolf) and two from Norway (Johannessen, Johannessen Landmark). They covered the following topics:

Clinical epileptology

- Focal and “generalized” seizures
- Genetic epilepsies
- Machine learning for epilepsy gene discovery
- Status epilepticus
- Seizure semiology
- Remission of epilepsy
- Epilepsy in the elderly
- Alcohol, drugs and seizures
- Psychiatric comorbidities
- Comorbidities in children

Diagnostics and clinical research

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

Therapy

- Efficacy and tolerability of older and newer AEDs
- Adverse effects and tolerability of older and newer AEDs
- Pharmacokinetic variability in special patient groups
- Interactions with AEDs
- Treatment of epileptic encephalopathies
- Precision treatment
- Intractability – have new AEDs made an impact?

Basic aspects

- Physical basis of the EEG

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

As a new feature, the participants of the 12th BSSSE in groups of nine 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, in particular as only restricted time was available. This will be adjusted in the next BSSSE.

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
- Lithuanian Society for Epileptology
- Norwegian Epilepsy Society
- Peter & Jytte Wolf Foundation for Epilepsy
- Eisai Pharma

BSSSE 13 with a different programme will take place in Rostock (Germany), with the German Society of Epileptology as hosts, and Rūta Mameniškienė, Rüdiger Köhling and Peter Wolf as Co-Directors.



Rūta Mameniškienė

Co-Directors



Peter Wolf