

European Stroke Organisation Department to Department Program 2018

Report from S.M. Zuurbier, from Amsterdam, The Netherlands visiting the Department of Neurology, Helsinki University Central Hospital, Finland under the supervision of Prof. T. Tatlisumak and Assistant Prof. J. Putaala.

Period of the visit: 6 to 10 August 2018

During my stay at the department of neurology, I had the opportunity to participate in the morning ward rounds at the Stroke Unit and the Intensive Care. I have seen various cases at the Stroke Unit, like patients with a cerebral infarct and intracerebral hemorrhage. We had discussions of the possible subtype of infarcts, diagnostic approaches, and treatment options. In addition, I have attended department scientific meetings and also multidisciplinary meetings with the radiology.

I frequently went to the emergency room to see if there were patients with a stroke eligible for recanalization therapy. The Helsinki University Central Hospital is a tertiary university hospital and there were a lot of new admissions and also transfers from nearby hospitals. Patients were transported by ambulance with high priority and prenotification to the Helsinki University Central Hospital. All candidates for recanalization therapy were transferred directly to the CT suite and immediately evaluated by a stroke neurologist. I saw a variety of patients admitted to the hospital with the suspicion of a stroke. It was great to see how everything was organized and to observe that they participate in a large number of ongoing clinical trials for acute stroke.

On Friday, August 10th I was invited to the defense of the thesis of Sini Hiltunen, titled "Cerebral venous thrombosis: Clinical characteristics and factors affecting outcome". It was great to be to a defense in another country about cerebral venous thrombosis, and especially because I work together with Sini Hiltunen for several years. The Nordic PhD defense system is different in comparison with the Netherlands, in particular, there is only one opponent. Additionally, there was an interesting discussion at the end of the PhD defense with the attendees.

I am truly grateful to professor Turgut Tatlisumak and Jukka Putaala for accepting me in the Stroke Unit at the Helsinki University Central Hospital in Finland. I would like to thank all personnel of the neurology department for having me during my one week stay of this ESO department to department program. Finally, I am grateful for the support of the ESO for granted me this wonderful opportunity.