

**ESO-Department to Department Visit Program-Brief Report**  
**Host Institution: Oslo University Hospital, Oslo, Norway**



I am sincerely grateful to the European Stroke Organisation for giving me the opportunity to visit the Oslo Stroke Unit – Department of Neurology belonging to the Oslo University Hospital.

The Oslo University Hospital is a highly specialized academic hospital, and the biggest hospital in Norway.

My tutor during the visit was Dr. Else Charlotte Sandset, who gave me the opportunity to visit the Local and Regional

Stroke Unit and all the affiliated departments and services in Oslo for a better understanding of the acute and chronic management of stroke in Norway.

I was involved in the daily work of the Local Stroke Unit, led by Prof. Hege Ihle-Hansen, where I attended meetings in the first part of the morning (ward-meeting, neuroradiology meeting and nurse-meeting) being involved in the discussion of clinical cases. Above all, the medical staff organized an amazing quiz game to improve knowledge about stroke and vascular neurology while having fun!

I was also introduced to the Neurosonology service that is located within the Stroke Unit, and where Carotid Ultrasound and Transcranial Doppler are performed to every patient. I had the opportunity to participate at the examination of patients and to discuss about etiopathogenesis and optimal management of different stroke-cases with highly qualified stroke physicians.

Furthermore, for one day I was also involved in the acute care of stroke patients in the Emergency Department under the mentorship of the on call-neurologist.

I also had the opportunity to visit the Regional Stroke Unit, where I was welcomed by Dr. Anne Hege Aamodt. She invited me to visit the Stroke Unit, the Neurology Department and the Neurointerventional Department, where they treat patients from all over Norway. After attending the meetings, I followed Anne in the visit of patients and participated in a discharge and daily-ward activities.

The Oslo Local and Regional Stroke Units are involved in multiple research projects and I had the opportunity to learn about some research projects, to develop new ideas and to build connections for potential new collaborations.

As a neurologist working mainly in the rehabilitation field of severe stroke patients, Dr. Sandset arranged for me a visit to the main rehabilitation center for stroke patients of all Norway, the Sunnaas Hospital. The Sunnaas Hospital is an amazing building on a hill overlooking the Oslofjord, where patient rooms have a beautiful sea-view. I was welcomed by Dr. Lene Grændsen who prepared a busy schedule for the day, giving me the opportunity to visit all the hospital departments and to meet all the therapists involved in the stroke rehabilitation. I was very impressed by the quality of their service and their assistance to patients for reintegration into social and working life.

My visit at the Oslo University Hospital was a highly stimulating and learning experience. I had the opportunity to see how an expert stroke center works and to meet expert stroke physicians with whom to share my opinions and to create network.

It has been an important experience for my career in Stroke Neurology.

I am very grateful to Dr. Else Charlotte Sandset because she was an amazing mentor, and to ESO for giving me this opportunity.

Valentina Rinnoci, MD  
IRCCS Don Gnocchi Foundation, Florence, Italy