

Embargoed: Thursday, 7 May, 13:30 CEST

ESO Guideline Session

(Thursday, 7 May, Maastricht, the Netherlands) The ESO Guideline Board is delighted to present another guideline session at ESOC 2026, including three new ESO guidelines and the ESO annual stroke evidence update:

2025 update to European Stroke Organisation (ESO) guideline on blood pressure management in acute ischaemic stroke and intracerebral haemorrhage, presented by Else Charlotte Sandset, University of Oslo, Institute of Clinical Medicine, Department of Neurology, Oslo, Norway

Optimal blood pressure (BP) management in acute ischaemic stroke (AIS) and acute intracerebral haemorrhage (ICH) remains uncertain. In light of new data published since the previous European Stroke Organisation (ESO) guidelines, this update provides revised, evidence-based recommendations across eight key clinical questions to support BP management in acute stroke. The guidelines were developed using the ESO standard operating procedure and Grading of Recommendations, Assessment, Development and Evaluation (GRADE) methodology, including literature searches, systematic reviews and meta-analyses of relevant randomised controlled clinical trials (RCTs), assessment of evidence quality and formulation of specific recommendations.

European Stroke Organisation (ESO), European Association of Neurosurgical Societies (EANS) and European Society for Minimally Invasive Neurological Therapy (ESMINT) guideline on aneurysmal subarachnoid haemorrhage, presented by Nima Etminan, Department of Neurosurgery, University Hospital Mannheim, University of Heidelberg, Germany

Aneurysmal subarachnoid haemorrhage (aSAH) results from the rupture of an intracranial aneurysm. The case-fatality after aSAH is approximately 40% and those who survive often have functional, cognitive or emotional sequelae. The guidelines were prepared according to GRADE methodology, using data from meta-analyses, randomised trials, prospective observational and case-control studies, prospective registries with external validation and single-arm cohort studies with more than 50 patients with aSAH. Based on high levels of evidence, the guideline recommends oral administration of nimodipine and regular coiling over clipping if both aneurysm treatment options are equally suitable in patients who are in good clinical condition and recommends against

the routine use of antifibrinolytic drugs prior to aneurysm treatment and against the use of tirilazad, statins, magnesium sulfate or endothelin receptor antagonists. In addition, 37 expert-consensus statements were formulated.

European Stroke Organisation (ESO) guideline on stroke-associated pneumonia, presented by Andreas Meisel, Department of Neurology with Experimental Neurology, Center for Stroke Research Berlin, Charité - Universitätsmedizin Berlin, Berlin, Germany
Stroke-associated pneumonia (SAP) is the most common infectious complication after stroke and increases morbidity and mortality. This ESO guideline was developed using standard methodology and expert consensus across 15 key clinical questions. Only three questions could be addressed by recommendations, mainly based on low-quality evidence, so most statements rely on consensus. Standardised diagnostic criteria are suggested; chest CT and C-reactive protein may add value. Prediction scores and biomarkers show moderate to good performance. Prevention measures including positioning, early mobilisation and individualised nutrition are recommended. Preventive antibiotics are not recommended; empirical antibiotic treatment should be started promptly after diagnosis according to local protocols.

ESO annual stroke evidence update 2025, presented by Diana Aguiar de Sousa, Stroke Center, Department of Neurosciences, ULS São José, Lisbon, Portugal

Stroke medicine is evolving rapidly, with emerging evidence continuously informing clinical practice. The European Stroke Organisation (ESO) Annual Stroke Evidence Update is a new ESO Guideline Board initiative that bridges the interval between formal guideline revisions by providing a curated synthesis of recent advances that may inform stroke care.

All published ESO Guidelines can be found in the *European Stroke Journal* and on the ESO website.