

Meeting report :

## **The European Stroke Organisation Summer School 2008 in Lausanne/Morges and beyond**

Patrik Michel, Matthieu Rutgers, Sonja Weber, Julien Morier, Didier Leys and Lorenz Hirt

### Background

The EUSI Summer School has been initiated in 1997 by Professor Kjell Asplund in Umea, Sweden, and has been continued annually since then at different locations throughout Europe. The aim is to offer a overview on stroke during a one week course to young physicians interested in stroke.

Together with the European Stroke conference ([www.eurostroke.org](http://www.eurostroke.org)), the European Stroke Master programme ([www.donau-uni.ac.at/en/studium/strokemedicine/index.php](http://www.donau-uni.ac.at/en/studium/strokemedicine/index.php)), and the ESO Virtual Stroke University ([www.stroke-university.com](http://www.stroke-university.com)), this event constitutes one of the main educational opportunities in Europe for stroke-interested physicians. The entire programm of the 2008 summer school in Lausanne can be visualized under <http://www.chuv.ch/eusi2008>.

Table 1 : recent and future ESO Summer Schools

Year	Location	Country	Organizer
2004	Krems	Austria	Michael Brainin
2005	Stockholm	Sweden	Nils G. Wahlgren
2006	Cambridge	UK	Jean-Claude Baron
2007	Barcelona	Spain	Angel Chamorro
2008	Lausanne	Switzerland	Patrik Michel and Lorenz Hirt
2009	Lille	France	Didier Leys and Charlotte Cordonnier
2010	Warsaw	Poland	Anna Czlonkowska and Maciej Niewada
2011	Heidelberg	Germany	To be named

### Participants

Among 80 applications for the 2008 summer school, 40 participants were selected according the following criteria : physician in training in a European teaching hospital, no previous participation in a stroke summer school, strength of application (letter of motivation, letter of support, curriculum vitae), the expected benefit to the individual and to his/her stroke unit and country, and current employment in an European country.

The participant represented the following 20 countries : Austria, Belgium, Czech Republic, France, Georgia, Germany, Hungary, Israel, Italy, Macedonia, Netherlands,

Portugal, Romania, Serbia, Slovakia, Spain, Sweden, Switzerland, Ukraine, and United Kingdom.

As with previous summer schools, this event was free of charge for all participants who only had to provide their own transport. This was again possible thanks to generous support by institutions and pharmaceutical sponsors (see « acknowledgments »).

### Speakers

10 European speakers from 9 countries and 14 Swiss speakers from the Swiss Cerebrovascular Working Group provided 42 high-level lectures. Speakers stuck well to their lecture time of 30 minutes per topic. This allowed for lively discussions after each presentation.

All speakers agreed that their presentation was handed out electronically to the participants. A compact disc that also included the course photos and the recommendations of the Lausanne University Hospital (CHUV) stroke unit was sent to all participants and speakers after the course.

Table 2. Speakers at the ESO summer school 2008

P. Clarke, Lausanne	S. Engelter, Basel
L. Hirt, Lausanne	L. Regli, Utrecht
J. Montaner, Barcelona	K. Nedeltchev, Berne
M. Brainin, Krems	J. Morier, Lausanne
S. Binaghi, Lausanne	M. Arnold, Berne
D. Toni, Rome	A. Schnider, Geneva
M.G. Bousser, Paris	Ch. Cordonnier, Lille
J. Ferro, Lisbon	H. Chabriat, Paris
K.O. Loevblad, Geneva	B. Norrving, Lund
P. Michel, Lausanne	R. Baumgartner, Zurich
R. Sztajzel, Geneva	H. Mattle, Berne
P. Lyrer, Basel	S. Schwab, Erlangen

### Meeting Programme

Before the course, all participants received a booklet with current recommendations about stroke prevention and care. They also answered a questionnaire about the approaches to controversial problems in their stroke unit. The answers were collected by the organizing team and integrated into the discussions during the «hands-on seminars». Some of the questions and answers are displayed at the end of this report.

The scientific conference program is available online

([www.chuv.ch/eusi2008/eusi\\_home/eusi-program.htm](http://www.chuv.ch/eusi2008/eusi_home/eusi-program.htm)) and covered all relevant aspects of stroke. The guided visit to the CHUV Stroke Unit during one half day was much appreciated and included visits to the ER, neuroradiology, Doppler and animal lab, and the stroke unit itself.

The social program started on Sunday evening with a welcome aperitif and dinner on at the lakeside in Morges. Participants and speakers got to know each other better when tasting local wines and fish in the vineyard of Grandvaux/Lavaux, with a spectacular view of the Lake of Geneva and the French Alps. The summer school rented a medieval wooden boat on Tuesday evening for a trip and dinner on the lake, offering nice views of the city of Lausanne and lake side villages and a romantic



sunset. Wednesday and Thursday evenings, many bets were lost in local restaurant where participants watched the Eurofoot semifinals. With everyone relaxing towards the end of the week, the fondue party at the Swiss Chalet on Friday became a multicultural dancing and singing event that lasted long into the night.



### Impact and evaluation

The organizers were impressed by the knowledge and enthusiasm of this selected group of young physicians. Participants expressed their gratitude for the high level of lectures, the friendly setting on the lake of Geneva, and the possibility to network with other physicians with similar interests. According to the course evaluation by the participants, the summer school committee and further organisers will pay particular attention to the following features of future summer schools :

- Keep the summer school free of charge
- Make lectures short (30 min.) and allow enough time for discussion (15 min.)
- Keep the course very interactive (case discussions, workshops in small groups, case presentations by participants, hands-on seminar, questionnaires, etc.)
- Visit the local stroke unit

### Future

The announcement and deadlines for applications for summer schools are announced in Cerebrovascular Diseases in the fall of each year, and on the ESO website ([www.eso-stroke.org](http://www.eso-stroke.org)). The next summer schools will be held in Lille in 2009 (see [www.eso-lille2009.eu](http://www.eso-lille2009.eu), applications closed), in Warsaw in 2010, and in Heidelberg in 2011.

### Acknowledgements

The organisers want to thank the speakers who lectures enthusiastically and free of charge. Logistical and financial support was generously given by the Neurology

Service of the Centre Hospitalier Universitaire Vaudois (CHUV). Financial support was also granted by ESO executive board, the Swiss Cerebrovascular Diseases Working Group, and the following sponsors : Boehringer-Ingelheim, Servier, Bristol-Meyers-Squibb, Neurobiological Technologies Inc., Xigen SA, and Shire.

The organizing team ESO summer school 2008 in Lausanne

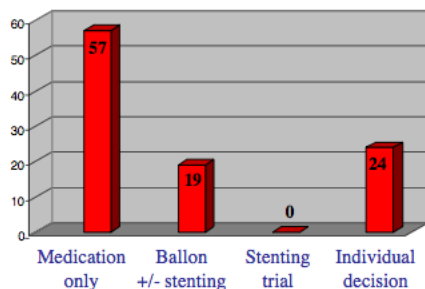


M.Rutgers   S.Schmidt   P.Michel   L.Hirt   J.Morier

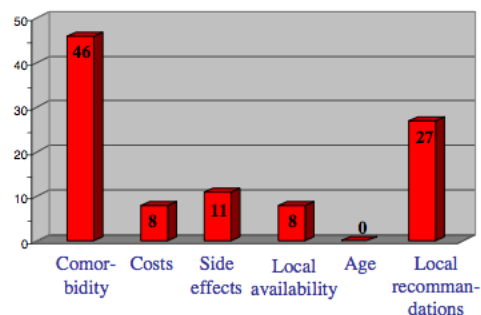
CHUV, Lausanne

Slides : some answers by the participants about their current approach to controversial issues in stroke care. Responses are given in % of the responders (N=37).

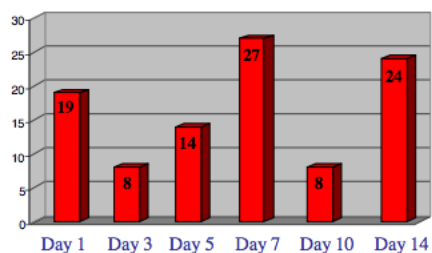
What is the standard treatment in your hospital of a symptomatic intracranial stenosis (MCA, intracranial vertebral, or BA, etc.) in a 65 year-old man?



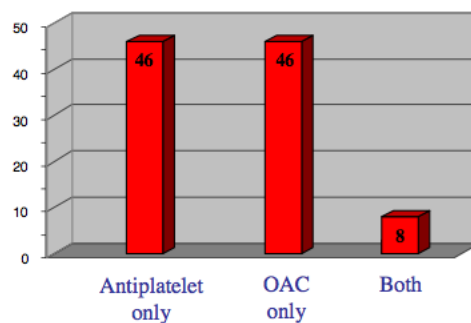
Which factor most influences your selection of an antiplatelet agent?



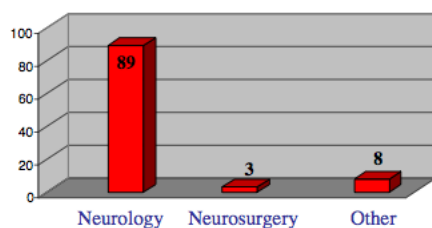
In a patient with a stroke involving 30% of the MCA territory due to a new onset AF, how many days after the stroke would you start anticoagulation for secondary prevention?



Which preventive therapy is chosen **before** PFO closure in a patient with a recent TIA thought to be due to the PFO?



In your hospital, who manages the majority of patients with ICH who do not need the ICU?



Do patients with supratentorial ICH usually undergo early evacuation surgery in your hospital?

