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The ESO Stroke Summer School was supported by:



1 Introduction



Tiina Sairanen
Chair of LOC



Daniel Strbian
**Chair of Scientific
Committee**



Atte Meretoja
**Chair of
Finances**

The other members of the Local Organising Committee were: Sami Curtze, Nina Forss, Petra Ijäs, Satu Mustanoja, Jukka Putaala, Kirsi Rantanen, Lauri Soinne, Marjaana Tiainen and Anu Eräkanto.

For the last two decades, the European Stroke Organisation (ESO) Stroke Summer School has been one of ESO's flagship events and a high-grade educational meeting for stroke trainees throughout Europe.

In August 2019, the 23rd ESO Stroke Summer School travelled north and was organised in Helsinki, the capital of Finland. In Helsinki, influences from both the East and the West connect with a world-renown quality of acute stroke care. The participants discussed the most recent research and treatment of stroke with a faculty of experienced international and local speakers.

The meeting was organised by Neurocenter, Helsinki University Hospital and HUS, the Joint authority of Helsinki and Uusimaa Hospital District with the support of the Finnish Stroke Society, a Division of the Finnish Neurological Society, and the ESO. Both ESO and the local organising committee took special efforts in preparing a scientifically robust programme and an exciting week for our future stroke leaders!

2 Organisation timeline

The application for the ESO Stroke Summer School was sent to the ESO in 2016 and the LOC was set up in 2017. The ESO Timeline for organising the Summer School was followed and in the last year prior the event, the LOC met in regular meetings.

3 Invited faculty

ESO Executive Committee Members

Prof. Valeria Caso, Perugia, Italy
Prof. Charlotte Cordonnier, Lille, France
Prof. Martin Dichgans, Munich, Germany
Ass. Prof. George Ntaios, Larissa, Greece
Prof. Else Sandset, Oslo, Norway
Dr. Bart van der Worp, Utrecht, Netherlands
Ass. Prof. Daniel Strbian, Helsinki, Finland

International invited speakers

Prof. Turgut Tatlisumak, Gothenburg, Sweden
Prof. Nick Ward, London, UK
Prof. David Werring, London, UK

Finnish invited speakers

Prof. Eero Castrén, Helsinki, Finland
Dr. Justiina Huhtakangas, Helsinki, Finland
Dr. Hanna Jokinen-Salmela, Helsinki, Finland
Prof. Tuomo Nieminen, Lahti, Finland
Dr. Tuukka Puolakka, Helsinki, Finland
Prof. Risto O. Roine, Turku, Finland
Dr. Päivi Tanskanen, Helsinki, Finland
Dr. Pirkka Vikatmaa, Helsinki, Finland

Helsinki Neurocenter in addition to the LOC

Dr. Karoliina Aarnio, Helsinki, Finland
Dr. Sini Hiltunen, Helsinki, Finland
Dr. Susanna Melkas, Helsinki, Finland
Prof. Mika Niemelä, Finland
Dr. Reina Roivainen, Helsinki, Finland

4 Scientific programme

The scientific programme can be found [here](#).

- ✓ 33 lecturers.
- ✓ Lectures were organised from Monday to Thursday at 9:00–16:35 (17:15) in [Biomedicum Helsinki](#).
- ✓ On Friday, we organised half-day simulation courses. The participants were divided in four groups, and each group rotated through a Demo and its dissolution at Academic Simulation Center Meilahti, Case presentations, and rounds at the Helsinki University Hospital, Meilahti.
- ✓ A Certificate of Attendance has been sent out to the participants.

5 Applicants & participants

Target group

The ESO Stroke Summer School is aimed at young stroke physicians and researchers in early stage of career interested in cerebrovascular diseases. They should be currently in training in a European teaching hospital treating acute stroke patients, and fluent in English. In addition, ESO membership is a prerequisite.

The costs for the accommodation, meals, coffee breaks, and social programme were borne by the local organisers. Participants covered their own travel expenses.

Application time and rules

The application time expired at the end of February, 2019. We did our best to comply with ESO's rule of having a maximum of two applicants per country (max. three from the host country) and one applicant per site, however, it could not be followed precisely due to the profile of applicants. The expected benefit to the individual and to their stroke unit and country was weighed. One place was allocated to the winning abstract from the [Young Stroke Physicians Committee](#) ESOC workshop. Applicants from non-European countries were accepted for vacant places.

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Participants

There were 39 participants (48 applicants), of whom 23 were female and 16 were male.

One participant:	Two participants:	Three participants:	Five participants:
Argentina Armenia Belgium Brazil Czech Reb. Denmark France Romania Scotland Spain Sweden Turkey	Greece Netherlands Norway Portugal UK	Finland Russia Ukraine	Germany

The participants were most often in a PhD student position, with

- ✓ a mean of 3 years in neurology training (range 0-16; median 3,SD3)
- ✓ 0.6 (0-4; median 0, SD1) years in stroke
- ✓ research experience with mean of 6 publication (0-44; median3, SD9.4).



Reasons to participate

- ✓ transmit knowledge to my team, to enjoy networking with renowned neurologists from Europe and learn from their experience
- ✓ to meet with and learn from leading experts
- ✓ to network with fellow trainees
- ✓ gain inspiration for research projects
- ✓ discussing study results and transfer them into everyday clinical life
- ✓ looking forward participating in the simulation courses
- ✓ can help me improve a stroke care system in my hospital and I also want to share this information with doctors from other parts of my country
- ✓ discuss stroke management and organizations issues across Europe
- ✓ how to build the effective stroke team.

6 Accommodation and public transportation

Helsinki is a walking city. It is compact and easy to navigate on foot. Major sights and points of interest are within a walking distance from the city centre and close to [Unihome](#) in which the participants were accommodated.

The participants were housed in double-rooms with daily breakfast. Single rooms were provided in special circumstances.



In the name of sustainability, the participants were provided a 6-day public transportation ticket for busses, trains and ferries (hsl.fi). These were made possible by our collaboration with:

- ✓ Clarion Hotel Helsinki
- ✓ Convention Center Helsinki
- ✓ Radisson Blue Hotel Helsinki
- ✓ Kämp Collection Hotels.

The invited international speakers were accommodated at [Hotel Haven](#).

7 Social Programme

On Monday, a welcome reception was organised on a traditional wooden sailing ship m/aux Svanhild. A light dinner and a possibility to sauna and swimming were provided.



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On Wednesday, the Gala Dinner was held at Restaurant Sipuli (Onion). The participants were familiarised in a traditional Finnish crayfish party with schnapps and singing.



On Thursday, the participants met in a public sauna, Löyly. It is a beautiful wooden building and its big wooden terrace is partly built on top of the sea. The brave participants went to sauna and dipped themselves in the Baltic Sea!



8 Feedback by 23rd August 2019. Response rate 46% (18/39)

On the last day, we collected feedback on a questionnaire that was filled by 46% (18/39) of the participants. To make a long story short, all answers were Excellent with the exception of 9 Good-answers and 2 Average-answers on a 5-point scale (Poor, Fair, Average, Good and Excellent). Below are some more details:

Scientific Programme. Excellent (14), Good (4). Comments: “Excellent, thought-provoking, up-to-date lectures from specialists who were very passionate about their field.” - “Finest quality of lectures, very interesting areas.” - “A little too much on small vessel disease.” - “Discussing a certain trial/papers in detail interactively could be a good additive.” - “Some sessions on Doppler would be good as well.” - “Fantastic speakers, all interesting and informative. Particularly found interesting how stroke services are organized in Finland and how we can learn from You!” - “More image sessions.” - “Especially liked the ESO presidents talks (two commenters).” - “Extremely well organized, excellent choice of topics and lecturers.” - “A lot of new information for me.” - “Wide variety of topics-great selection of presentations.” - “Speakers were friendly and extremely ready to answer our questions. It completely covered my expectations.” - “Some sessions on cardiology/echography as well as haemostasis.”

Workshop. Excellent (15), Good (2), average (1). “Impressed by the installations and the realistic scenarios.” - “Great simulations and care discussions.” - “It was great experience to see how the stroke unit is organized in Helsinki.” - “To check myself and ask something of best professionals on stroke-” - “Very interesting. I was looking forward to simulations and they were as good as I expected.”

Social Programme. Excellent (17), average (1). “The crayfish party was a bit awkward for some people, the dinner was delayed and there was very little time for after-dinner conversations because of that.” - “The sailing trip and sauna were nice.” - “Sauna experience was the best! Even better than the wonderful boat trip.” - “Brilliant, Thank You!” - “Absolutely great!” - “We enjoyed all days and activities.” - “Everything is perfect. It was very exciting to visit new places.” - “The cruise in the sea was a unique experience, so was the big dinner and the sauna experience - I totally enjoyed them!”

Arrangements. Excellent (15), good (3), empty (1). “The houses were clean and had a nice view and the provided ticket was convenient for us.” - “Very good quality homing and internet, easy transportation.” – “With a perfect timetable and very precise.” - “Apart from some minor issues with the schedule (evening event schedules were not printed anywhere, the meeting point on Friday was hard to find) everything worked fine.”

Other. There were 10 with comments, all positive! Citations of two of them: “Overall, brilliant organization. It was remarkable event, and we will remember the Faculty and organizers very friendly, as well as the friends we made here!” – “Thank You for the organisers for the time they took to make this Summer School possible!”

Especially the free comments will be valuable for further Summer Schools to consider.

On behalf of the LOC and HUS Neurocenter, Tiina Sairanen, Chair of LOC

9 Acknowledgements

We are very grateful for the course secretary Anu Eräkanto for outstanding, timely and always polite answers and solutions for the local organising committee, faculty and participants. The meeting was organised by Neurocenter, Helsinki University Hospital HUS, Joint authority of Helsinki and Uusimaa Hospital District. We appreciate the time allowed for the LOC by the head of the Department of Neurology, Nina Forss. The financial support from the Finnish Stroke Society, a Division of the Finnish Neurological Society and the ESO are much appreciated.

A separate financial report will be provided to ESO.

We thank the before-mentioned collaborators for providing the public transportation tickets for the participants. We also thank the sponsors of the event for their unabridged support, namely:

- ✓ Boehringer Ingelheim
- ✓ Abbott
- ✓ Bayer
- ✓ BCB
- ✓ Medtronic
- ✓ Nestle
- ✓ Penumbra
- ✓ Stryker
- ✓ Bristol-Myers Squibb and Pfizer