

## **Report of the 10th ESO Edinburgh Stroke Research Workshop**

The 10th ESO Edinburgh Stroke Research Workshop took place in Edinburgh between the 25th and 27th of September 2023 in St Leonard's Hall, University of Edinburgh.

### **Program**

The three day program was designed round the premise that attendees should develop a research idea into a grant proposal and was a mixture of lectures, interactive talks and small group work to cover all aspects of stroke research ranging from finding an idea to choosing study types to presenting data. All attendees were assigned a mentor to speak to during the course and offer support and mentorship after the course. By the end of the course all attendees had developed and received feedback on their ideas, presented the grant proposals informally and formally with a power point presentation and also written a short summary as an outline application. Evening meals on three nights were taken together in local restaurants which gave the attendees the chance to sight see in Edinburgh and to network with faculty and other attendees.

### **Attendees**

This year we had 22 attendee from a wide range of countries mostly (but not exclusively) based in Europe - the United Kingdom, the Netherlands, Denmark, Greece, Italy, Republic of Ireland, South Africa, Portugal, China, Norway, USA, Armenia, Indonesia, Algeria, Moldova and Romania. Most participants were medical physicians but we were delighted to have representation from nurses and allied health professionals keen to follow a career in stroke research.

### **Faculty**

Consisted of the organising committee and invited speakers. We were fortunate to have internationally renowned speakers attend in person – Nikki Sprigg from Leicester, Bart Van der Worp from Utrecht (previous president of ESO), Diana Aguiar de Sousa from Lisbon, Ben Bray from London and Eleanor Davies, Chair of the Chief Scientists Office Research awards committee and Lisa Kidd from Glasgow. We also had remote presentations from Guillaume Turc, Paris and Cheryl Carcel from Sydney. Many of the invited speakers led some of the breakout sessions intended to develop research ideas. We also received in person lectures from Hanne Christensen, Copenhagen, Alastair Webb, Oxford as well as local input from Gillian Mead, Rustam Salman, Atul Anand.

### **Funding**

Grants were provided from the European Stroke Organisation which meant that attendees only had to pay £250 for 3 nights accommodation, course fees and food and drink. Travel scholarships of 250 euros were available and awarded to 3 participants from low-middle income countries. One free place at the event was awarded to the winner of the best presentation at the ESOC 2022 YSPR Workshop for Studies in Development.

## **Organisational Structure**

The workshop co-chairs are Else Charlotte Sandset (ex ESO General Secretary) and Fergus Doubal. The organising committee are Hanne Christensen, Terry Quinn, Tom Moullaali (ESO YSPR committee representative), Alastair Webb (ESO Education Committee chair), Frederike van Wijck and William Whiteley. The committee met frequently over the course of the preceding year to organise the programme and invite speakers.

## **Feedback**

We were delighted to receive positive feedback from the attendees of the course – sessions were graded as excellent or good in 97% of all responses. In the interests of transparency we attach anonymised feedback with a list of the session titles. General comments included “Great workshop – thank you so much – the effort and organisation this must take is really appreciated.” “This workshop exceeded my expectations and everything I learnt here will certainly have an impact on the next steps in my career. Thank you so much for the opportunity of participating!” “I thoroughly enjoyed this workshop, all the Faculty were enthusiastic and approachable. Lectures were well delivered. I would highly recommend it to colleagues. Thank you!”

## **Future plans**

Given the importance of nurturing future stroke researchers, the successful feedback, the niche that it occupies and that previous alumni have developed into stroke researchers we plan to continue the ESO Edinburgh Stroke Research Workshop and therefore seek further repeat funding from ESO for the 2024 workshop. This grant allows us to subsidise attendance fees to keep them affordable for junior colleagues whilst promoting attendance for those from middle or low income countries. We are also able with this input to offer support for travel scholarships for those where this is needed. We will, in conjunction with Alastair Webb use output from the course to provide educational content for the webpages of the ESO Education Committee.

Fergus Doubal

Else Charlotte Sandset

19<sup>th</sup> Dec 2023.