

ESO focused workshop

Intracranial aneurysms

Utrecht, 22-24 October 2023



local organising committee

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1. Introduction and aim

Patients with unruptured intracranial aneurysms and aneurysmal subarachnoid haemorrhage need multidisciplinary management. The workshop aimed to make young stroke clinicians and researchers familiar with the management of patients with unruptured intracranial aneurysms and those with subarachnoid haemorrhage, other than occluding the aneurysm. We addressed high-risk groups for screening for intracranial aneurysms and how to counsel for screening. Further, we discussed the risk of rupture of intracranial aneurysms, the risk of complications of preventive surgical or endovascular treatment and how to balance these risks. Regarding patients with subarachnoid haemorrhage, we discussed the diagnosis, differential diagnosis, and how to prevent and manage complications in these patients. Finally, we provided insight into research and new developments for patients with unruptured and ruptured intracranial aneurysms.

The workshop facilitated stroke physicians to play a role in the management of these patients and by that hopefully enabled more centres to have a multidisciplinary treatment team for these patients.

2. Organisation timelines

The bid for organising a workshop on intracranial aneurysms was sent to ESO on September 2nd, 2022. On October 24th, 2022 we were informed that our bid was accepted. In January 2023, ESO and the local organising committee agreed to have the workshop held on October 22-24 (Sunday-Tuesday). ESO advertised the workshop on their website. The ESO secretariat collected the applications, that were sent to the local organising committee in June. In July all applicants were informed about the final decision regarding their application.



Those on the waiting list were informed at the end of August on whether or not they could participate. Speakers were invited in March 2023, and all speakers had confirmed before the end of July.

During the first week of March, we approached hotels and potential venues for prices and availability. In June contracts with the hotel and venue were signed. During summer all arrangements for the social programme were settled. By early September the program booklet was ready and was sent to all participants.

3. Invited faculty

We invited persons from whom we knew from experience they could give a good presentation. We invited on purpose not only 'established' speakers, but also young, early-career clinicians and researchers.

The faculty consisted of 16 speakers from the Netherlands (Utrecht, Leiden, Nijmegen, Groningen), Germany (Mannheim) and Switzerland (St Gallen). Eight speakers were women, and three were residents who had a PhD in aneurysm research. The clinical background of the speakers was Neurology, Neurosurgery, Interventional Radiology, Rehabilitation Medicine, Clinical Epidemiology, Genetics, and Neurobiology.

4. Applicants and participants

The ESO Focused Workshop was aimed at young clinicians interested in intracranial aneurysms. Young was defined as residents and staff younger than 45 years of age. The workshop was planned for forty international participants, with a focus on applicants from Europe. Per country, no more than 2 applicants were accepted. If more than 2 applicants per country were considered acceptable, we selected the two with the strongest application and put the other acceptable applicants on a waiting list. In case not all spots could be filled with applicants from Europe, applicants from outside Europe were invited.

We received 75 applications. All applicants had sent in a CV, a letter of motivation and a letter of recommendation. For the selection of the applicants, three members of the local organizing committee assessed the applicants independently from each other and made a selection per country. Thereafter, the three selections were compared. In case of full agreement, the applicant was accepted or declined. In case of dissensus, we reviewed and discussed the applicants together. This held particularly true for Belgium, Italy, Poland, Portugal and Romania, because of the many good applicants from these countries. After selecting the European applicants, we selected non-European applicants who had in our view a strong application and may very well be a good addition to the group.

We accepted 35 applicants from Europe (Armenia, Belgium, Bosnia and Herzegovina, Czech Republic, Georgia, Germany, Greece, Hungary, Italy, the Netherlands, Norway, Poland, Portugal, Republic of Moldavia, Romania, Slovenia, Spain, and Ukraine), of whom 3 declined (2 for family reasons, one for lack of visa) the invitation. One applicant on the waiting list was eventually accepted and participated. One participant from Ukraine had to cancel travel shortly before the workshop; the other participant from Ukraine managed to come despite the situation in her country. We accepted 4 applicants from outside Europe (2 from Egypt, 1 from Brazil and 1 from Canada) of whom only the applicant from Canada participated. The other three had to decline because of a lack of funding or visa problems. In total, 33 participants attended the workshop

All participants received a certificate of attendance and a goodie bag, which had a print of the skyline from Utrecht and the ESO logo and contained some gadgets and a couple of memories of Utrecht.

5. Accommodation and workshop venue

The international speakers and participants were all accommodated in the Hotel Hampton by Hilton Central Station Utrecht. This hotel is very close to the central station in Utrecht and to the city centre of Utrecht. The workshop venue was the Leeuwenbergh, reachable from the hotel by a 25- minute walk through the historic city centre from the hotel.





6. Scientific programme

For each presentation we had scheduled 20 minutes, followed by 10 minutes for questions and discussion. The faculty was reminded one week before the workshop that they were allotted 20 minutes for presentation only, to save the 10 minutes for questions and discussion. Members of the organizing committee moderated all sessions to keep the schedule and promote questions from the participants. Faculty in the audience were asked not to start with comments or questions, and were given time for questions only if there were no further questions from participants and time for discussion was not over yet. The schedule was strictly kept; none of the presentations lasted longer than 22 minutes, and all began on time.



Monday	Subarachnoid Haemorrhage and Ruptured Intracranial Aneurysms	
0830-0900	Diagnosis of subarachnoid haemorrhage and ruptured intracranial aneurysms: Clinical symptoms and sign	Mervyn Vergouwen Utrecht, Netherlands
0900-0930	perimesencephalic haemorrhage	Liselore Mensing Utrecht, Netherlands
0930-1000	other causes of subarachnoid hemorrhage	Isabel Hostettler St Gallen, Switzerland
1000-1030	screening: high risk groups, pro's and con's and items to discuss	Ynte Ruigrok Utrecht, Netherlands
1100-1130	prevention and management of rebleeding	Mervyn Vergouwen Utrecht, Netherlands
1130-1200	prevention and management of delayed cerebral ischemia	Gabriel Rinkel Utrecht, Netherlands
1200-1230	diagnosis and treatment of hydrocephalus	Fabian Wenz Mannheim, Germany
1230-1300	outcome and long term sequelae in patients with RIA	Joris de Graaf Utrecht, Netherlands
	Screening and management of patients with unruptured intracranial aneurysms	
1400-1430	ICU management in patients with SAH	Walter van den Bergh Groningen, Netherlands
1430-1500	treatment modalities for occlusion and prediction of complications	Nima Etminan Mannheim, Germany
1500-1530	risk factors for rupture and their application in prediction models	Gabriel Rinkel Utrecht, Netherlands
1530-1600		
1600-1630	follow up imaging and non-interventional methods to prevent rupture	Mervyn Vergouwen Utrecht, Netherlands
1630-1700	shared decision making in screening and management of UIA	Arwen Pieterse Leiden, Netherlands
Tuesday	Insight in research and new developments	
0830-0900	insight into the wall of aneurysms	Katharina Hackenberg Mannheim, Germany
0900-0930	New treatment modalities for aneurysm occlusion	Jeroen Boogaarts Nijmegen, Netherlands
0930-1000	genetics in intracranial aneurysms and rupture	Mark Bakker Utrecht, Netherlands
1000-1030	Novel radiological markers to predict development and growth	Irene van der Schaaf Utrecht, Netherlands
1100-1130	Development and validation of prediction tools	Nina Hilkens Nijmegen, Netherlands
1130-1200	new therapeutic targets for preventing aneurysm rupture	Nima Etminan Mannheim, Germany
1200-1230	Organoid models to study the consequences of SAH	Elly Hol Utrecht, Netherlands
1230-1245	evaluation and closing remarks	

7. Social programme

On Sunday evening October 22nd, the day of arrival, we held the registration and welcomed the participants and international faculty with a brief introduction to the event, and with drinks and snacks. Afterwards, we had a dinner with the international faculty. On Monday evening, after the scientific programme, we had a canal cruise, departing from the venue, via the canals of Utrecht to arrive at Oudaen, a medieval castle at one of the canals (Oudegracht) in Utrecht, which now is a brewery and restaurant. We started with a tasting of three local beers and then had dinner in this historic environment. The event was closed on Tuesday afternoon with a farewell lunch at the venue.



One of the participants happened to be a piano player, who played the piano during tea and coffee breaks, which contributed to the informal and friendly atmosphere.



8. Evaluation

At the end of the scientific programme on Tuesday afternoon we had an oral evaluation of the workshop:

Tips:

- temperature control of venue: was too cold on the first day.

Tops:

- safe environment to ask questions. "At the ESO congress, only older researchers will ask questions."

- well-structured program.
- information is of high quality.
- the slides were not overloaded with information.
- very relevant topics.
- real-life practice was discussed.
- extracurricular time: very friendly people.
- the length of the discussion was perfect.
- also relevant for non-academic clinicians

9. Conclusions and recommendations

In our view the main reasons for making this event a success were the housing of all participants and international faculty in the same hotel, the restricted number of participants per country, the informal atmosphere that the organizing committee tried to create, the excellent presentations with speakers keeping their time and the encouraging participants to ask questions and participate in the discussion. The flawless organization and professional audiovisual support allowed participants and speakers to focus on the content.

During the workshop, we noticed that some participants also attended the previous workshop in Bergen in 2022. Since we were not informed of which applicants already had participated in a previous workshop, we could not take this into account during the selection procedure. If ESO wishes to limit the number of workshops people can attend, or give priority to applicants who did not attend previous workshops, we suggest that ESO informs future local organising committees about applicants who already attended previous workshops



10. Acknowledgements



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