

MAY 2023

# WORLD STROKE ACADEMY

News and updates from the WSO Educational Platform



## WSO/WSA at ESOC 2023

The 9th European Stroke Organisation Conference (ESOC 2023) took place on the 24th-26th of May in Munich, Germany, presenting a high quality scientific programme including major clinical trials, state-of-the-art seminars, educational workshops, scientific communications of the latest research, and debates about current controversies. The World Stroke Organization actively participated in the event, allowing attendees to learn more about the organisations' latest projects and stroke focused activities, such as:

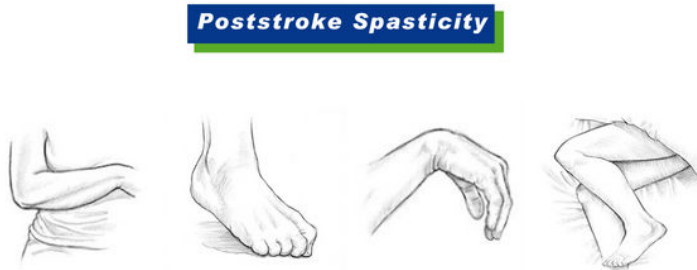
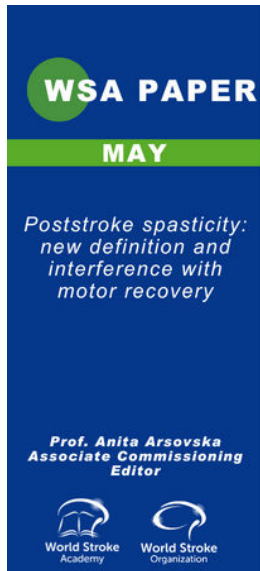
- [WSO Campaign](#)
- [WSO Future Stroke Leaders Programme](#)
- [WSO Educational Platform \(WSA\)](#)
- [WSO Stroke Support Organizations \(SSOs\)](#)
- [WSO International Journal of Stroke](#)



# May Paper of The Month



## Poststroke spasticity: new definition and interference with motor recovery



New WSA features selected for highlighting original research in the field of neurology, by WSA Associate Commissioning Editor Prof. Dr. Anita Arsovska

[READ IT HERE](#)

## Related Webinar

### Effective Management of Post-Stroke Spasticity



This WSA webinar held in October 2022 introduced a personal experience of spasticity after stroke in a stroke survivor, the topic of motor impairments and activity limitations after stroke and the benefits of treating spasticity early.

[WATCH IT HERE](#)

#### Topics and speakers:

- Spasticity after stroke: my personal experience – Diana Wong Ramos (Portugal)
- Motor impairments and activity limitations after stroke – Theodore Wein (Canada)
- Treating spasticity early: what are the benefits? – Richard Zorowitz (USA)

## WSO Management of Spasticity After Stroke Checklist

This activity is funded by an unrestricted educational grant by Ipsen.

### For HCPs

**Management of Spasticity After Stroke Checklist**  
Dr. SalmahAnim Abu Hassan, Dr. Thanalactchumy Chandra Bose,  
Assoc. Prof. Anwar Suhaimi and Prof. Lydia Abdul Latif

The Management of Spasticity After Stroke Checklist has been developed to assist the healthcare team, doctors and allied health professionals, in managing spasticity for post-stroke patients. The checklist is meant for usage both in the inpatient and outpatient setting. This activity is part of the World Stroke Academy Life After Stroke project, that aims to improve the quality of support and educational material available globally on the topic of Life After Stroke.

Question	Answer selection
<p>Is spasticity present?</p> <p>Yes <input type="radio"/></p> <p>No <input type="radio"/></p>	

By Dr. SalmahAnim Abu Hassan, Dr. Thanalactchumy Chandra Bose, Assoc. Prof. Anwar Suhaimi and Prof. Lydia Abdul Latif

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### For people with lived experience

**Management of Spasticity After Stroke: Checklist for people with lived experience**  
Dr. L. Jorge Jacinto, Prof. Dr. Anita Arsovska, Diana Wong Ramos

The Management of Spasticity After Stroke Checklist has been developed to assist patients and their caregivers in managing spasticity. Spasticity is a condition in which there is an abnormal increase in muscle tone or stiffness of muscle, which might interfere with movement, speech, or be associated with discomfort or pain. Some spasticity may also be useful in certain muscle groups as an alternative to muscle voluntary activation to provide support in transfers or standing, for example. Spasticity is usually caused by damage to the central nervous system, within the brain or spinal cord. It is frequent amongst stroke survivors and usually manifests itself a few weeks to a few months after the stroke. There is effective treatment for this condition, therefore it is important to get patients referred to a spasticity specialist once symptoms are noticed.

This activity is part of the World Stroke Academy Life After Stroke project, that aims to improve the quality of support and educational material available globally on the topic of Life After Stroke.

Question	Answer selection
<p>Do you have spasticity in your shoulders, arms or hands?</p> <p>Yes <input type="radio"/></p> <p>No <input type="radio"/></p>	
<p>Do you have spasticity in your legs, ankles or feet?</p> <p>Yes <input type="radio"/></p> <p>No <input type="radio"/></p>	

By Dr. L. Jorge Jacinto, Prof. Dr. Anita Arsovska and Diana Wong Ramos

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# Upcoming webinars

June 5th, 2pm (CEST)

## New WSO Guidelines: Methods & Final Recommendations



The banner features the World Stroke Academy logo on the left. The main text reads 'WSA WEBINAR' in large white letters, followed by 'New WSO Guidelines: Methods & Final Recommendations' and 'June 5th 2023 | 2PM CET/GMT +1'. On the right, there are five portrait photos of the speakers and moderators. The top row shows two moderators: Dr. Simiao Wu and Prof. Kolaridde Mahab. The bottom row shows three speakers: Prof. Gillian Mead, Prof. Alejandro Rabinstein, and Prof. Luciano Sposato.

- **Prof. Gillian Mead:** Methods of reviewing and collating existing stroke guidelines- using rehabilitation as an example
- **Prof. Alejandro Rabinstein:** Acute management of stroke-summary of strong recommendations and gaps in knowledge settings
- **Prof. Luciano Sposato:** Secondary prevention of stroke-summary of stroke recommendations and gaps in knowledge

[REGISTER HERE](#)

June 29th, 1pm (CEST)

## WSO Global Policy Webinar: World Health Organization HEART program, collaboration in action



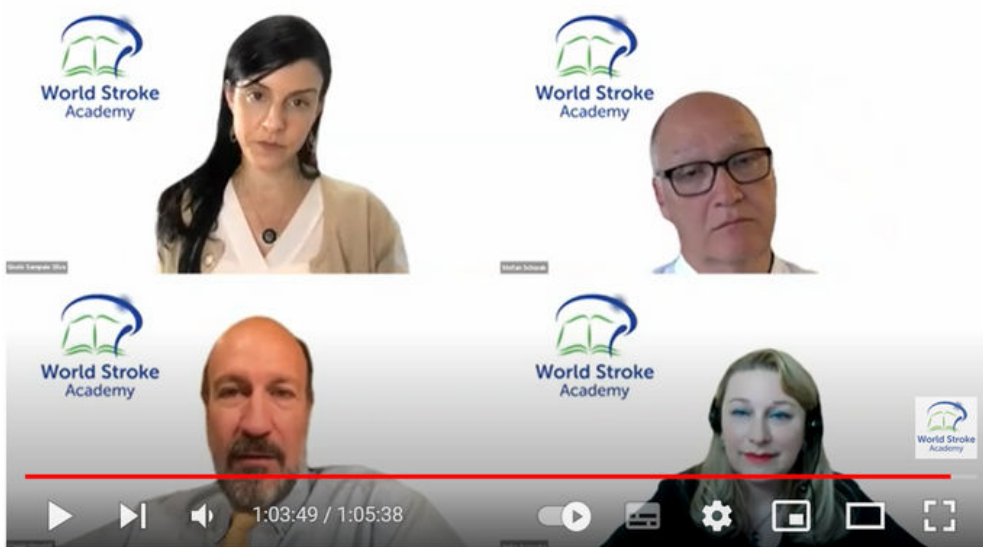
The banner features the World Stroke Organization logo on the left. The main text reads 'Global Policy Webinar' and 'World Health Organization HEART program, collaboration in action', followed by 'Tuesday 29th June 1pm CEST'. On the right, there are two portrait photos of the speakers: Dr. Taskeen Khan (Chair and Speaker) and Prof. Daniel Lackland (Speaker).

- Lecture 1: Stroke Risks and Implications for Hypertension Control: An Ongoing Pandemic and Call to Action, **Dr. Taskeen Khan**
- Lecture 2: HEARTS : a public health approach to managing hypertension in primary care to reduce morbidity and mortality from stroke and other comorbidities, **Prof. Daniel Lackland**

[REGISTER HERE](#)

# In case you missed it...

## ICH Management



[WATCH HERE](#)

May 8th 2023

- Welcome & Introduction: **Prof. Dr. Anita Arsovska**
- Starting or Resuming Anticoagulation – **Prof. Gisele Sampaio Silva**
- ICH Critical care management – **Prof. Stefan Schwab**
- Management of Subarachnoid Hemorrhage – **Prof. Claude Hemphill**
- Q&A discussion – All

## Comprehensive Stroke Care



[WATCH HERE](#)

May 18th 2023

- Welcome and introduction: **WSA & Dr. Marc Ribo**
- Advanced prehospital stroke care: **Dr. Peter Panagos**
- Stroke Unit Care: **Dr. Blanca Fuentes**
- Stroke rehabilitation – creating a vision for the future: **Dr. Mark Bayley**
- Q&A discussion - All

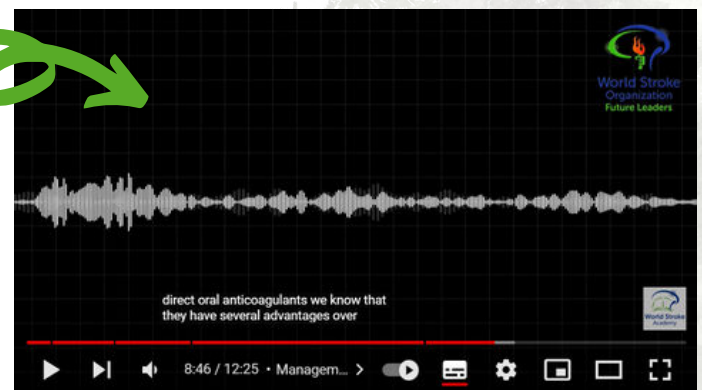
# New episodes of WSA Pearls Podcasts!

Pearls Podcasts is a podcast category of the World Stroke Academy, dedicated to non-stroke specialists, in collaboration with the World Stroke Organization Future Stroke Leaders.

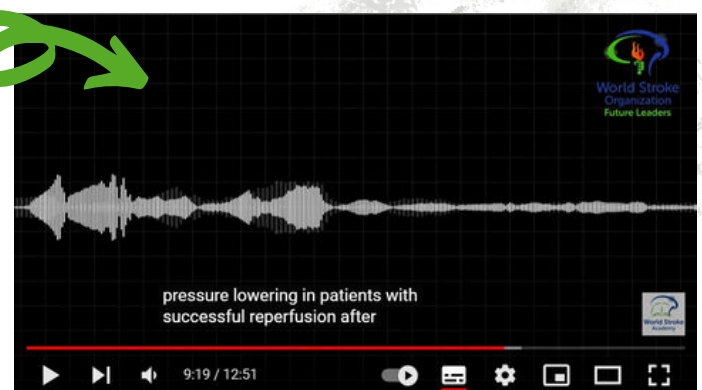
Each podcast covers diagnosis, management and/or stroke related tips. Key information is condensed in a short, simple and comprehensible 10 minute discussion. All podcast proposals are reviewed by Future Leaders mentors.



## • Antiphospholipid syndrome and Stroke by Dr. Matías Alet



## • Blood pressure management after endovascular thrombectomy by Dr. Aristeidis Katsanos



We're happy to help - contact us with your questions or proposals for e-learning content/webinars at [education@world-stroke.org](mailto:education@world-stroke.org).