



Highlights from the CSF Disorders Day, Queen Elizabeth Hospital Birmingham, 2016

IIH UK Trustees and Information Rep attended the CSF Disorders day organised by Miss Susan Mollen and Dr Alex Sinclair at the Postgraduate Centre, University Hospitals Birmingham on 14th October. We were able to sponsor this event again thanks to our wonderful fundraisers, it has become an annual event and we aim to be able to sponsor future years too. It was such an informative event with interactive sessions which were quite fun. One of which covered the topic IIH without Papilloedema. (IIHWOP) The clinicians present were asked whether a patient could have IIHWOP. Some clinicians were unsure and one said you couldn't but after DR Sinclair explained that it was indeed possible to have IIH without papilloedema, reassuringly for patients, those less sceptical accepted the fact.

The breaks were spent networking with the clinicians present, we had prepared information packs containing our literature which were given to attendees with advice on how to order more. We also took along some of our awareness merchandise, our squishy brains proved very popular. 😊

The following report was written by Miss Ruchika Batra, Fellow in Neuro-ophthalmology, Birmingham Neuro-ophthalmology Unit, University Hospitals Birmingham

The management of patients with Idiopathic Intracranial Hypertension (IIH) and other cerebrospinal fluid (CSF) disorders requires a multi-specialty approach involving specialists in neurosurgery, neurology, neuroradiology and neuro-ophthalmology. This symposium, aimed at all members of the multi-speciality team, was designed by Miss Susan Mollan, Consultant Neuro-ophthalmologist at University Hospitals Birmingham and Dr Alexandra Sinclair, NIHR clinician scientist fellow, Institute of Metabolism and Systems Research at University of Birmingham. The day was supported by major grants from IIHUK, BASH (The British Association for the Study of Headache) and the West Midlands Research and Training Fund.

The aims of the symposium were:

- To initiate debate and discussion on a selection of the more challenging and controversial issues facing the multi-speciality team managing IIH and CSF disorders.
- To provide a synopsis of the latest scientific research

The opening session entitled 'How I do that....' was a useful update on procedures used in CSF disorders. Dr James Mitchel (Neurology) delivered a practical guide how to use ultrasound to help with lumbar punctures.

This was followed by Mr Mike Potts, (Orbital surgeon, Bristol), who gave a pragmatic approach to optic nerve sheath fenestration, its successes and complications. Another interesting talk in this session was from Mr Rishi Singal (Upper GI surgeon, Birmingham). In Birmingham we are successfully running a randomised control trial called the IIH:weight study (IIH:WT), where willing patients with active IIH are being randomised to either community weight watchers or bariatric surgery. Mr Singal gave a useful synopsis of metabolic (bariatric) surgery, comprising of the national guidelines for the surgery and an overview of laparoscopic gastric banding, gastric bypass surgery and sleeve gastrectomy.

Dr Nick Higgins (Neuroradiology, Cambridge) illustrated a link between spontaneous intracranial hypotension and its relationship with idiopathic intracranial hypertension (IIH) through a case report. Mr James Barber (Neurosurgeon, London) presented his experience and an overview of the exciting role of telemetric intracranial pressure (ICP) monitoring and its use in IIH, hydrocephalus, craniofacial disorders and following CSF diversion procedures. The morning closed with the speed science symposium and showcased the work of clinicians and translational scientists.

GLP-1 and IIH	Dr Hannah Botfield, Postdoc Research Fellow Birmingham
Androgen metabolic profile in IIH	Miss Catherine Hornby, Medical Student, Birmingham
Difficulties in making animal IIH models	Dr Maria Schmidt Uldall ,PhD student, Copenhagen
Does intracranial pressure in non-IIH patients correlate with percentage body fat? The BODPOD study	Dr Ben Wakerley, Consultant Neurologist, Oxford and Gloucester
Paton’s Lines: one hundred years on	Miss Jennifer Kim, ST4 Ophthalmology, Manchester
Lumbar Puncture, the patient experience	Dr Will Scotton, ACF Neurology, Birmingham

A summary of the speed science symposium

Professor Rigmor Jensen, (Neurologist, Danish Headache Centre, Copenhagen) was the keynote speaker. She presented a thorough and valuable overview of IIH-related headaches and the associated prognostic factors based on her research.

A guide for the non-ophthalmologists on Optical Coherence Tomography (OCT) was presented by Mr Tim Matthews (Neuro-Ophthalmologist, Birmingham). He ran through the theory and mechanics of OCT and then showed how easy it was to use and how helpful it is in clinic to image the eye and optic nerve.

The Great Debate was keenly awaited by the audience! “This house believes stents are better than shunts for Idiopathic Intracranial hypertension,” was chaired by Mr Graham Flint, Neurosurgeon (Birmingham). It featured Dr Nick Higgins who proposed the Motion with Mr Conor Malluci (Neurosurgeon, Liverpool) against. Both speakers presented highly convincing, well-researched arguments, however, the audience were ultimately in favour of shunting as the procedure of choice.

The closing session entitled ‘Cases under pressure.....you decide’ was an entertaining and interactive symposium. The audience were asked their opinion on cases that Miss Mollan and Dr Sinclair had prepared from their joint clinic in Birmingham. A panel of two highly experienced neuroradiologists, Dr Swarup Chavda and Dr Satheesh Ramalingam (Birmingham) commented on the neuroimaging (scan) findings in both high pressure (such as IIH) and low pressure syndromes. The cases were interesting and challenging clinical cases. The audience enjoyed their role in decision-making using the electronic keypad voting system.

The CSF disorders day was successful, well-received and well-attended by doctors, nurses and orthoptists in the fields of CSF disorders. It provided useful clinical and scientific facts relevant to each speciality. The next CSF day will be Wednesday 27th September 2016, with a theme of CSF: kids

to adults. It will feature the speed science session, case carousel, another great debate and keynote speaker will be Grant Liu, Professor of Neurology and Ophthalmology, University of Pennsylvania: *'From the diagnostic criteria to diagnostic dilemmas: IIH in kids and adults'*.

A selection of photo's from the day.



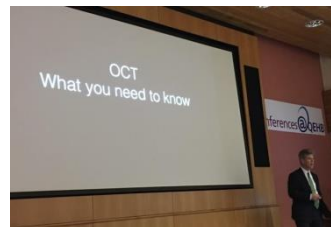
Miss Susan Mollan and Dr Alex Sinclair, organisers of the CSF Disorders Day



Professor Rigmor Jensen, Consultant Neurologist, Danish Headache Centre, Denmark



Our stand in the break area.



Dr Tim Matthews



Dr Ben Wakerley



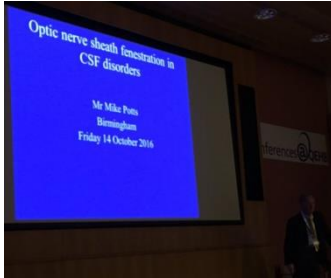
Interactive session



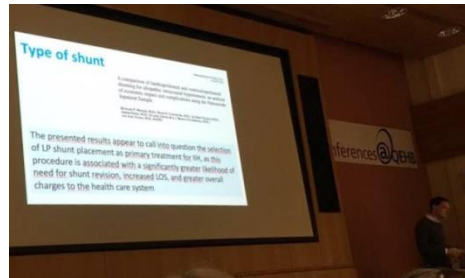
Dr Will Scotten



Dr Nick Higgins



Mr Mike Potts



Mr Connor Malluchi



Hannah Botfield