

Paediatric vascular neurology

with Dr Christine Fox

Talking points

Knowledge & Comprehension

1. What is the difference between ischemic and haemorrhagic strokes?
2. What are the symptoms of a stroke, and why is it important that it is diagnosed quickly?
3. What have the VIPS studies discovered? What is the SCOUTS study hoping to discover?

Application

4. If you were designing a study like SCOUTS, what would you measure to help you better understand post-stroke epilepsy in children?
5. Christine's work activities are varied and include working with patients, teaching and supporting students, and conducting research. In what ways might her different work activities support each other? For example, how could diagnosing and treating patients inform her research design?

Analysis

6. How do the side effects of medication impact quality of life for children and young people compared to the side effects of having seizures?
7. How would the ability to better predict which children are at risk of post-stroke epilepsy improve the quality of care given to patients in the aftermath of a paediatric stroke?

Evaluation

8. What do doctors need to consider when balancing risks and benefits when prescribing medication to children and young people?
9. Christine says that having hard conversations with patients and parents is a challenging part of her work, but that "those challenges are also what make the work meaningful." What do you think Christine means by this? To what extent would you find a career in paediatric vascular neurology meaningful?

Activity

Childhood stroke is rare, but it is important for medical professionals and the general public to understand the signs of childhood stroke, how it is treated and the impact that later complications such as epilepsy can have on a child's life. Working in a small group, create a script for a short podcast episode to raise awareness of childhood stroke. You might want to include:

- Explanations of the signs and symptoms of a stroke, and how they might differ for children
- The reasons why it is essential that a stroke is diagnosed as quickly as possible, the immediate steps a doctor will take after diagnosis, and the longer-term support after childhood stroke
- How childhood stroke may sometimes lead to epilepsy, and the impact this may have on the physical, emotional, educational and social life of a child

Decide who the target audience is for your podcast - for example, you might aim it at teenagers, teachers, parents/carers or healthcare professionals. Think about how you can keep the podcast informative and engaging for this particular audience, while being respectful of the emotional nature of the topic.

Imagine that you are having Christine as a guest on your podcast. What questions could you ask her to learn more about the VIPS I, VIPS II and SCOUTS studies, and to deepen your audience's understanding of the topic as a whole? What might different target audiences want to ask her if they had the opportunity?

Once you have written your script and questions, share it with others and ask for their feedback. How might you use their feedback to improve it? How has creating the podcast episode improved your own understanding of the topic?

More resources

- See how Ethan (youtube.com/watch?v=1vVh448bFto), Bailey (youtu.be/YEfWKmR84EQ?si=i2BJ9K3yTkQkxc6t) and Jess (stroke.org.uk/stroke/childhood/i-am-young-person/jess-story) talk about their experiences of life after childhood stroke.
- Explore the resources provided by the International Pediatric Stroke Organization: community.internationalpediatricstroke.org/resources
- Learn more about paediatric stroke on the American Heart Association website: stroke.org/en/about-stroke/stroke-in-children
- The Aneurysm and AVM Foundation Youth Ambassador Program empowers young people to raise awareness of strokes and support innovative research: taafonline.org/TAAF-Youth-Ambassador-Program