

## **Dear members of the ILAE**

I am writing to indicate my commitment to standing for the election of becoming a member of the Executive Board of ILAE-EMR.

Currently, I am the vice secretary-general of the Egyptian Society Against Epilepsy (ESAE), Chapter of the International League Against Epilepsy (ILAE), and I Joined ILAE COVID Taskforce as a representative of the Eastern Mediterranean region to try to transmit our situation regarding our Telemedicine and research position in the COVID era.

I am a Professor of Neurology at Cairo University; I was promoted in 2014. After completing my residency training at the Neurology department, Cairo university hospitals, I have focused on the epilepsy clinic, since 2004. In 2010, I became the moderator of the Epilepsy clinic and, thenceforth, shared in upgrading it into an Epilepsy Unit. I also joined many international educational EEG and Epilepsy courses. I am the principal investigator of ongoing national research in my university, focused on drug-resistant Epilepsy.

Ever since I became vice secretary of the Egyptian chapter of ILAE in 2010, I have been struggling to promote epilepsy education for health care providers and to ensure that all individuals across Egypt have the necessary educational and research resources needed to understand, diagnose and treat persons with epilepsy, which is a goal that I truly believe in and I fully support.

I have learned how important the League is in the global efforts to improve the lives of people with epilepsy

I believe that the ILAE- EMR must change their dynamics working more harmonically to construct 3 or more epilepsy centers for more complicated cases in our region in addition to fighting against the stigma and misconception between junior physicians and also the general population.

Attending different ILAE Endorse educational courses along with different summer schools, teaching courses & ILAE conferences in the last 10 years have brought forth tremendous experience, that I hope to convey in a well-structured way without traveling to economize money and time, and to support countries with limited resources in the region, which have insufficient services from Neurologists /Epileptologists.

If elected as a member of the executive board, I will continue to strive to serve the ILAE-EMR constituency and to further attain our common goals as we stand up together in the fight for epilepsy.

It is important to continue working together in partnership with other ILAE chapters and international organizations to promote epilepsy education and research.

My vision is to implement the ILAE strategic goals related to education, advocacy, publications, and research to bring forth change/improvements in my region:

### **Education**

Currently, we have been working on extensive training of neurologists and neurophysiologists in presurgical evaluation in Egypt, and I aspire with the teamwork with the executive board members to not only broaden the project to include other countries to create a multidisciplinary team for presurgical evaluation in the Eastern Mediterranean region, especially regarding countries with limited resources, but also to provide educational courses/ diplomas for junior staff and family medicine department on epilepsy mimics, diagnosis, and emergency management of status epilepticus to decrease the mortality rate.

### **Research**

There are research gaps that remain unbridged acknowledging the different requirements across Eastern Mediterranean communities, we need to work as a team and collaborate with experts in different aspects to conduct a different project that serves the epidemiological study about morbidity and mortality related to epilepsy in our region.

Since 2020, we have started research on Epilepsy's Genetic field and we aim to generalize our experience to the region. In addition to conducting multiple research papers on the DRE; epidemiology, response to Ketogenic diet in adults, patients with PNES.

Over the past years, we have established effective pathways for the evaluation of Patients with DRE in Cairo University (software for archiving/epilepsy registry, psychometric battery, improving the video EEG unit, and started level III in surgical

treatment evaluation) and I will work to spread that along with our country then disseminate along with different epilepsy chapters in the Eastern Mediterranean region.

Furthermore, I am working through upgrading the outpatient clinic to an epilepsy unit, that would be considered an epitome and model in my region. Moreover, I want to further research one of my area of interest, control and manage risk factors of sudden unexpected death in epilepsy (SUDEP).

**Awareness and improvement of the services**

Introduction and supply unavailable new drugs from Europe and Western countries to the Eastern Mediterranean region and increase their availability in most of the governmental and non-governmental hospitals is greatly needed.

Increasing the awareness of the community is extremely crucial, we celebrate Epilepsy day /Purple day annually and trying to increase the awareness among the medical student and paramedical, teacher, and between patient caregivers.

**Finally, I was able to understand how the ILAE functions, and I am very interested to continue to improve and develop the effort that has been done over the last years. I would be grateful for your support.**

Yours sincerely,

**Nirmeen Adel Kishk,**

**Moderator of Epilepsy Unit Cairo University, Egypt**