

## **Introduction**

This report provides an overview of the Epilepsy Training in Adult Medicine (ETAM) course, which took place in Cape Town, South Africa from 12-14 January 2026. The training aimed to enhance knowledge and clinical skills related to epilepsy care among healthcare professionals and individuals involved in epilepsy advocacy. The courses brought together a diverse group of clinicians from Ghana, Kenya, Namibia and South Africa, reflecting a multidisciplinary approach to epilepsy management.

## **Organization and Team Involvement**

### *Course Instructors & Facilitators:*

1. Prof Helen Cross, President, International League Against Epilepsy
2. Prof Arjune Sen, Centre for Global Epilepsy
3. Dr Martin Kirkpatrick, **School of Medicine, University of Dundee, Dundee, UK**
4. Dr Lenon Gwaunza, Neurodiagnostic Centre, Harare, Zimbabwe
5. Prof Gail Scher, Wits University, Donald Gordon Medical Centre
6. Prof Jo Wilmshurst, Chair International League Against Epilepsy Africa
7. Dr MV Gule, Clinical Epilepsy Research Group, Neuroscience Institute, University of Cape Town
8. Dr Naluca Mwendaweli, Department of Neurology, Groote Schuur Hospital, Cape Town

### *Organizing Committee:*

1. Prof Jo Wilmshurst, Chair International League Against Epilepsy Africa
2. Prof Gail Scher, Wits University, Donald Gordon Medical Centre
3. Dr MV Gule, Clinical Epilepsy Research Group, Neuroscience Institute, University of Cape Town
4. Ms Sarah Jacobs, Clinical Epilepsy Research Group, Neuroscience Institute, University of Cape Town
5. Mr Gus Egan, International League Against Epilepsy

12 January 2026, Neuroscience Institute, Cape Town

### **ETAM Day 1: Delegates and Local Faculty Complete the Epilepsy Training in Adult Medicine (ETAM) Course**

The first day of the Epilepsy Training in Adult Medicine (ETAM) course, sessions were delivered by Prof Helen Cross, Prof Arjune Sen, Prof Gail Scher, Prof Jo Wilmshurst, Dr MV Gule, Dr Lenon Gwaunza and Dr Naluca Mwendaweli. A total of 43 clinicians successfully completed the course, including 17 local faculty members from across South Africa and 26 delegates from Ghana, Kenya, and Namibia. This diverse cohort fostered rich discussion and a valuable exchange of perspectives and expertise.

Delegates represented both the public and private health sectors and were predominantly drawn from neurology backgrounds (consultants and trainees). The group also included individuals in academic and leadership positions, as well as a smaller number of related specialists (including epileptology, psychiatry, internal medicine, and neurophysiology) and private practice/medical officers. This breadth of professional experience strengthened peer learning and contributed to highly relevant, practice-oriented engagement.

The programme covered key foundational topics in epilepsy diagnosis and management through interactive teaching, discussion, and case-based learning. Participant engagement was strong throughout, reinforcing both the demand for and importance of continued education and capacity-building initiatives to strengthen epilepsy care across the region.

A faculty dinner was held immediately following the conclusion of Day 1 teaching activities. Faculty were welcomed with addresses by Prof Helen Cross, President of the International League Against Epilepsy (ILAE), and Prof Graham Figgen, Director of the Neuroscience Institute. Both highlighted the critical importance of initiatives such as ETAM in strengthening epilepsy training and reducing the epilepsy treatment gap across Africa.

13 January 2026, Neuroscience Institute, Cape Town

### **Day 2: Local Faculty Complete the Train the Trainer Course**

The second day of ETAM was dedicated to the Train-the-Trainer programme. All 43 faculty participants received training from Prof Helen Cross, Dr Martin Kirkpatrick, Dr Gail Scher, and Prof Jo Wilmshurst. Developed by the British Paediatric Neurology Association to prepare faculty to deliver short-course training, the programme focused on effective teaching approaches grounded in adult learning principles, with emphasis on best practice for both large- and small-group facilitation.

In preparation, faculty were assigned shortened versions of lectures delivered on Day 1 to present during the small-group sessions. The day opened with an introduction to educational philosophy, followed by practical sessions on delivering high-quality lectures and workshops. Faculty then presented their designated practice lectures within small groups, receiving structured feedback from the teaching faculty and their peers.

The day concluded with a discussion on practical considerations for successful ETAM course delivery, reflections on participant feedback, and a post-course meeting to orient and support new faculty members in preparation for day 3, which was essentially a repeat of day 1 but taught by the newly trained faculty to attendees from various backgrounds.

14 January 2026, Neuroscience Institute and Redcross War Memorial Children's Hospital, Cape Town

### **Day 3: Local Faculty Teach the ETAM Course to New Delegates**

On the third day of ETAM, the newly trained local faculty who had completed the initial two days of training delivered the one-day ETAM workshop to a new cohort of participants (repeating the Day 1 programme they had previously attended). Given the number of newly trained faculty and registered attendees, the workshop was delivered across two venues.

Faculty from Kenya, Namibia, and Ghana led the ETAM workshop at Red Cross War Memorial Children's Hospital, supported by Prof Helen Cross, Dr Martin Kirkpatrick, Prof Gail Scher, and Prof Jo Wilmshurst. Dr Dilraj Sokhi and Dr Desmond Koffie served as faculty leads, coordinating and guiding delivery of the programme.

The remaining South African faculty delivered the workshop at the Neuroscience Institute, led by newly trained faculty leads Prof Andre Mochan and Dr Aayesha Soni. This group was further supported by Dr MV Gule, Prof Arjune Sen, Dr Lenon Gwaunza, and Dr Naluca Mwendaweli.

A total of 30 attendees participated across the two venues, split evenly between sites. Participants represented a multidisciplinary group, including medical doctors, internal medicine registrars, medical students, nurses from both public and private health sectors, and neuropsychology students.



























