

**Report Of The 4 Week WFN-Turkish Department Visit Programme To
The Neurology Department Of The Cerrahpaşa Medical Faculty,
Istanbul University,Istanbul, Turkey**

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I received to my greatest delight the news of my selection for the WFN – Turkish department visit programme in October, 2011 for which I am very grateful. The date of my visit was slated for March, 2012. This period I learned would be busy enough to provide a good learning experience for me. Prof Aksel Siva together with Prof Ersin Tan and Prof Wolfgang were quite helpful in providing the necessary documents I needed for obtaining my Visa although it was a bit delayed.

I arrived in Cerrahpaşa Medical Faculty, Istanbul on the 18th of March, 2012 and quickly settled into my accommodation. My academic programme had been sent earlier so I had ample time to revise it, and to plan how I would spend my time. I was warmly received by every member of the neurology department at Cerrahpaşa and I had no problem settling into the clinical and academic programmes of the department (I had to learn some Turkish in the process).

I spent my Mondays with Professor Baki Goksan at the stroke out-patient clinic. The clinic reviewed an average of 20-25 follow up cases and 5-7 new cases. There was also an in-house- carotid doppler/transcranial doppler system. The procedure was done every clinic day. I was able to learn the rudiments of carotid and transcranial doppler ultrasonography. This clinic also provided the opportunity to interact with other members of the stroke unit so; it was easy to appreciate the stroke protocols of the unit. Another stroke out-patient clinic was also run by Professor Bircen Ince on Wednesday. I was there on alternate Wednesdays.

My Tuesdays and Thursdays were spent in the Epilepsy Unit with Professors Çigdem Ozkara and Professor S Naz Yeni. I joined the Monday EEG sessions (Almost always after the stroke clinic since the EEG sessions ended later) as well as Wednesday sessions. My participation in the EEG sessions has improved my skills in reading EEG especially with video and sleep EEG to which I was relatively new. I spent the alternate Wednesdays and Fridays in the EMG Laboratory. I also spent three days in the sleep unit. The other periods were spent in the general neurology clinic, the movement disorder clinics and the headache clinics. I equally attended the daily noon meetings and the Wednesday morning neuroradiology sessions. I made a presentation titled 'Nigeria, Neurology and my Cerrahpaşa experience' in one of the noon meetings.

I wish to say that the memory of this visit will linger with me for a long time. It was 4 weeks of exciting educative forum for me and also, a call to pursue excellence. I am beginning to see the impact of this visit already as I review our patients with neurological disorders. I have adapted some of the protocols in Cerrahpaşa to our local population in Ogbomoso (especially the headache and the movement disorder protocols). Although our infrastructural challenge may linger for a while, and state-of-the art equipments may still be farfetched, I am of the opinion that quality and well trained men are not negotiable if we must map Africa's way to prominence in neurology. I wish to thank the World Federation of Neurology, the Turkish- Neurological society and the Neurology department of the Cerrahpaşa Medical Faculty for this opportunity. I wish also to thank Professor Aksel Siva and Dr Derya Uluduz for making my stay memorable.

Thank you.

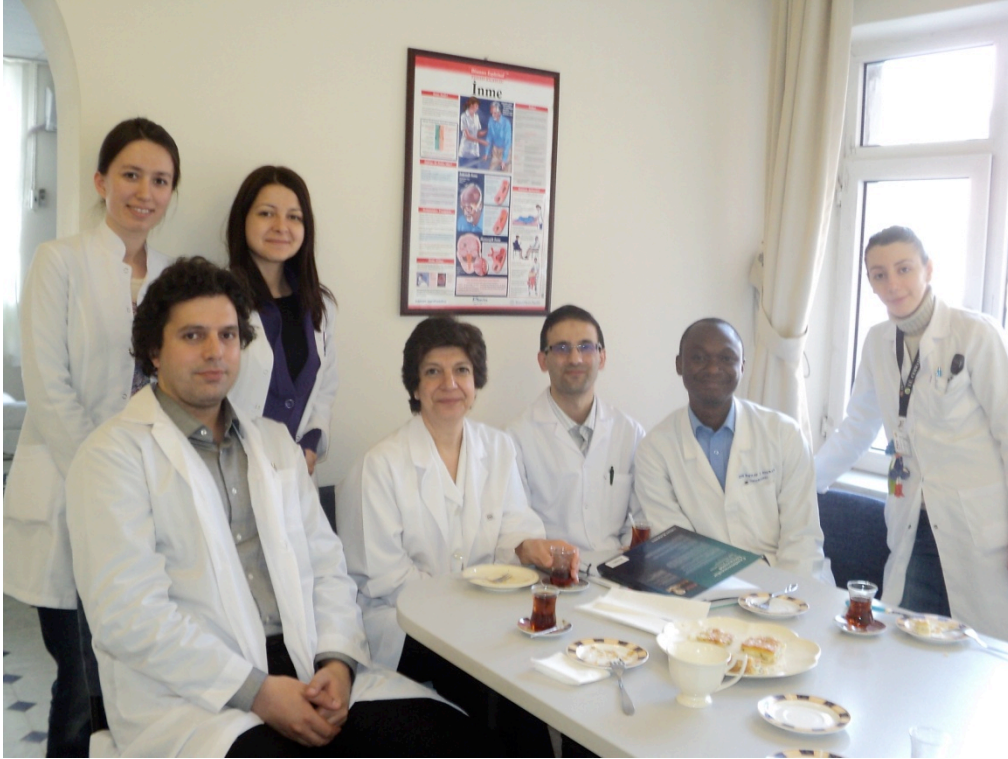
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In company of Professor Aksel Siva after my presentation at the noon meeting



At the Carotid Doppler Laboratory with some residents



In company of Professor Bircen Ince (2nd on the right, sitting) and other neurologists.