



# SFCNS Swiss Brain Health Plan

2<sup>nd</sup> Stakeholder Meeting

**2024** 05 December

10:00-18:30 | Zentrum Paul Klee, Bern

## Program



Organized by **IMK** Institute for medicine and communication Ltd.

## Mot de bienvenue de la conseillère fédérale Elisabeth Baume-Schneider

La promotion de la santé cérébrale et la prévention des maladies neurologiques et psychiatriques sont d'une importance capitale pour la Suisse. Le nombre de personnes atteintes dans leur santé psychique est en augmentation. Cette tendance, déjà présente avant la pandémie de Covid-19, a été mise davantage en lumière et s'est renforcée depuis.

Pour répondre aux besoins des personnes affectées dans leur santé psychique et de leur entourage, il est essentiel de disposer de suffisamment de places pour une prise en charge et un accompagnement professionnel, tant en stationnaire qu'en ambulatoire. Parallèlement, il est essentiel d'encore mieux comprendre les raisons qui expliquent cette augmentation et de renforcer autant que possible la prévention. L'ambition est que chacune et chacun dispose des ressources qui lui permettent de mener une vie satisfaisante et digne et d'être, avec ses potentialités et ses fragilités, intégré dans la société. La promotion de la santé psychique constitue une priorité de notre Stratégie nationale de prévention des maladies non transmissibles.

Je remercie les participantes et participants pour leur engagement, dans le cadre de leurs responsabilités respectives, et leur souhaite une rencontre fructueuse.



**Elisabeth Baume-Schneider**  
Conseillère fédérale  
Cheffe du Département fédéral de l'intérieur

# Welcome

## Welcome to the SFCNS Swiss Brain Health Plan 2<sup>nd</sup> Stakeholder Meeting

It is our great pleasure to welcome you to the **SFCNS Swiss Brain Health Plan 2<sup>nd</sup> Stakeholder Meeting**, here at the Zentrum Paul Klee, Bern.

This Swiss Brain Health Plan implements the Swiss Brain Health Strategy in accordance with the EAN Brain Health Strategy, launched by the WHO and the European Academy of Neurology EAN in 2022.

The joint goal is **awareness creation about brain health as a whole** and to **initiate prevention programs**. The strategic task force of the Swiss Brain Health Plan consists of the about 50 authors of the publication «**The Swiss Brain Health Plan 2023-2033**».

The Swiss Brain Health Plan will be developed further by SFCNS as it involves many specialties of the neuro field. The goal of the 2<sup>nd</sup> Stakeholder Meeting is to strengthen information and awareness creation among all stakeholders i.e. politics, hospitals, patient organizations, researchers, insurances, companies and the public.

During the 2<sup>nd</sup> SFCNS SBHP Stakeholder Meeting representatives of the Swiss Healthcare system, politicians, patients as well as national and international experts will illustrate and explain the importance of good brain health across lifespan.

## Why is Brain Health so important?

*Good Brain Health is vital to reducing the large and growing healthcare burden associated with brain disorders. This strategy recognizes that Brain Health goes beyond the absence of disease or treatment of disorders or rehabilitation and encompasses preventive measures to decrease the incidence of brain disorders, enabling individuals to function and cope with life situations. (EAN)*

We hope that our event will be of a great interest to you and look forward to the exchange with you.



**Prof. Claudio L.A. Bassetti, MD**  
Chair, Swiss Brain Health Plan (SBHP)  
Vice-President, European Brain Council (EBC)  
Past President, European Academy of  
Neurology (EAN)



**Prof. Luca Remonda, MD**  
SFCNS President

# Program | Thursday, December 05, 2024

09:00-10:00

Welcome coffee & registration

10:00-10:20

## Welcome & Introduction

Claudio Bassetti, Bern, Chair, Swiss Brain Health Plan – SBHP

Petra Baeriswyl, Bern – Prevention and Healthcare – Federal Office of Public Health

Pierre Alain Schnegg, Bern Government Councillor, Director of Health, Social Affairs and Integration

10:20-12:00

## Session I: Roadmap of the Swiss Brain Health Plan (SBHP)

Moderation: Luca Remonda, Aarau | Giovanni Frisoni, Geneva

10:20-10:45

### Overall update of the 5 pillars

Claudio Bassetti, Bern

10:45-11:00

### Research

Indrit Bëgue, Geneva

11:00-11:15

### Awareness

Raphael Guzman, Basel

11:15-11:30

### Brain Health & School

Alexandre Datta, Basel; Tobias Iff, Zurich

11:30-11:45

### Empowering patients

Martin D. Rosenfeld, Zurich

11:45-12:00

### Prevention: example of Migraine friendly workspace

Susanne Wegener, Zurich

12:00-13:00

Lunch / Networking

13:00-14:00

## Session II: Patient's voice

Moderation: Martin D. Rosenfeld, Zurich | Alice Accorroni, Geneva

13:00-13:30

### Never give up

Daniel Albrecht (World Champion Alpine Ski Race), Fiesch

13:30-14:00

### The critical role of Lived Experience in research

Mizue Frey (Expert by lived experience and researcher), Lausanne

14:00-15:15

## Session III: National Roundtable

(under the auspices of the FC and National Health Minister)

Moderation: Thomas Zeltner, Bern | **NN**

### Conference of the cantonal ministers of health (GDK)

Kathrin Huber, Bern

### Swiss Health Promotion (Gesundheitsförderung Schweiz)

Thomas Mattig, Bern

### Swiss School of Public Health (SSPH+)

Antoine Flahault, Geneva

### Federal Office for Public Health FOPH (BAG)

Petra Baeriswyl, Bern

### National Council Switzerland (Nationalrätin)

Christine Bulliard-Marbach, Freiburg

15:15-15:45

Coffee Break / Networking

15:45-16:45

## Session IV: International Roundtable

Moderation: Kristina Adorjan, Bern | Claudio Bassetti, Bern

|                          |                        |
|--------------------------|------------------------|
| Claudio Bassetti         | – Switzerland          |
| Thomas Mokrusch          | – Germany              |
| Silja Nicoline Angellsen | – Norway               |
| Alfred K. Njamnshi       | – Cameroon             |
| Christopher Chen         | – Singapore            |
| Riaz Khan                | – United Arab Emirates |

16:45-17:45

## Session V: Societal transitions

Moderation: Urs Fischer, Bern | Luca Crivelli, Lugano

16:45-17:00

### Research and brain health

Valerio Mante, Zurich

17:00-17:15

### Brain capital

Rym Ayadi, Barcelona, ES

17:15-17:30

### The parental brain and its implications for wellbeing

Valentina Rotondi, Lugano

17:30-17:45

### Digital and brain health

Tobias Nef, Bern

17:45-18:30

Farewell Apéro

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## SBHP Board & Scientific Committee

**Prof. Claudio Bassetti, MD**, Neurology, Bern – Chair, SFCNS Swiss Brain Health Plan

**Prof. Kristina Adorjan, MD**, Psychiatry, Bern

**Prof. Indrit Bègue, PhD**, Psychiatry, Geneva

**Prof. Alexandre Datta, MD**, Neuropediatrics, Basel

**Harald F. Grossmann**, IMK AG, Basel

**Prof. Raphael Guzman, MD**, Neurosurgery, Basel

**Prof. Luca Remonda, MD**, Neuroradiology, Aarau

**Martin D. Rosenfeld**, FRAGILE Suisse – Swiss patient organisation for people with brain injuries, Zurich

**Prof. Susanne Wegener, MD**, Neurology, Zurich

**Prof. Thomas Zeltner, MD**, The Swiss Red Cross, Bern

# Speakers and Moderators 2<sup>nd</sup> Stakeholder Meeting

**Alice Accorroni, MD**

Geneva University Hospitals (HUG) Neurology,  
Geneva

**Daniel Albrecht**

World Champion Alpine Ski Race, Fiesch

**Silja Nicoline Angellsen**

Senior Advisor, Norwegian Directorate of Health  
Norwegian Brain Health Strategy, Oslo, NO

**Prof. Rym Ayadi, PhD**

Euro – Mediterranean Economists Association –  
EMEA, Barcelona, ES

**Petra Baeriswyl**

Federal Office of Public Health FOPH, Prevention  
and Healthcare Provision Directorate, Prevention  
Non-communicable diseases Division, Bern

**Christine Bulliard-Marbach**

National Council, Freiburg

**Prof. Christopher Chen, MD, PhD**

National University of Singapore, Memory Aging  
and Cognition Centre Department of Pharma-  
cology, Singapore, SG

**Prof. Luca Crivelli, PhD**

University of Applied Sciences and Arts of  
Southern Switzerland (SUPSI), Manno; Swiss  
School of Public Health (SSPH+), Manno, Zurich

**Prof. Urs Fischer, MD**

Bern University Hospital, Neurology, Bern

**Prof. Antoine Flahault, MD**

University of Geneva, Institute of Global Health  
Geneva, Swiss School of Public Health, Zurich,  
Geneva

**Mizue Frey**  
Lausanne

**Prof. Giovanni Frisoni, MD**

Geneva University Hospitals (HUG) Memory  
Centre, Department of rehabilitation and  
geriatrics, Geneva

**Kathrin Huber, lic. rer. soc., MPH**

Conference of the cantonal ministers of health  
(GDK), Bern

**Tobias Iff, MD**

Center for Pediatric Neurology Neuropediatrics,  
Zurich

**Prof. Riaz Khan, MD**

Synergy Brain Health & Lifestyle Medicine  
(in collaboration with Reem Hospital in Abu  
Dhabi, UAE), Psychiatry & Psychotherapy FMH  
Addiction Psychiatry FMH, Abu Dhabi, AE

**Prof. Valerio Mante, PhD**

ETH Zurich, Institute of Neuroinformatics Infor-  
mation Technology and Electrical Engineering,  
Zurich

**Prof. Thomas Mattig, PhD**

Swiss Health Promotion (Gesundheitsförderung  
Schweiz), Bern

**Pierre Maudet**

National Council, Geneva

**Prof. Thomas Mokrusch, MD**

Bundesverband NeuroRehabilitation e.V.; German  
Brain Council (GBC); Federal Association of  
NeuroRehabilitation (BNR) Neurologie, Elzach, DE

**Prof. Tobias Nef, MD**

University of Bern, Clinical Neuroscience Bern  
ARTORG Center for Biomedical Engineering  
Research, Gerontechnology and Rehabilitation  
Group, Bern

**Prof. Alfred K. Njamnshi, MD**

University of Yaoundé I (Cameroon) Biomedical  
Sciences, Neurology, Neuroscience, Yaoundé, CM

**Prof. Valentina Rotondi, PhD**

University of Applied Sciences and Arts of  
Southern Switzerland (SUPSI) Department of  
Business, Health and Social Economics, Lugano

**Pierre Alain Schnegg**

Governing Council, Bern

Dean's Office, Murtenstrasse 11, Bern

10:30-12:00

Participants on site

Workshop I: CAS in Brain Health

Moderation: Marcel Arnold, Bern | Coordination: David Tanner, Bern

International

Siljja Angellsen, Alfred K. Njamnshi, Thomas Mokrusch, Riaz Khan, Christopher Chen

National

Marcel Arnold, Simon Jung, Kristina Adorjan, Bogdan Draganski, Mirjam Heldner, Claudio Bassetti, Andrea Klein, R. Wiest, Simon Jung

13:00-17:00

Participants on site

(by invitation only)

Participants online

(by invitation only)

Workshop II: Update on National Brain Plans

Moderation: Claudio Bassetti, Bern | Kristina Adorjan, Bern

Introduction

Prof. Andrew Chan, Vice-Rector International and Academic Careers of the University Bern

Siljja Nicoline Angellsen, Norwegian Brain Plan;  
Alfred K. Njamnshi, Cameroun, Yaoundé Declaration;  
Thomas Mokrusch, German Brain Plan; Riaz Khan, UAE Brain Plan;  
Christopher Chen, Singapore; Claudio Bassetti, Swiss Brain Plan;  
Kristina Adorjan, Swiss Brain Plan

Matilde Leonardi, Italian Brain Plan; Anna Okvist, Swedish Brain Plan;  
Harris Eyre, Rice University Baker's Institute; Suzanne Dickson, EBC;  
Elena Moro, EAN; Geert Dom, EPA

Societies supporting Swiss Brain Health Plan



# Partner Companies 2024

We would like to thank the following Partner Companies for their generous support.

## Diamond Partners 2024



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## Partner 2024



# General Information

Date

Thursday, December 05, 2024

Venue

Zentrum Paul Klee

Monument im Fruchtländ 3

3006 Bern

Language

English

Registration

Online via **swiss-brainhealth2024.congress-imk.ch**

Registration is free but commits you to attend. If you are unable to attend, please cancel your registration in writing at participants@imk.ch.

Credits

|                                                      |           |
|------------------------------------------------------|-----------|
| Swiss Neurological Society (SNS)                     | 8 credits |
| Swiss Society of Neurosurgery (SSNS)                 | TBC       |
| Swiss Society of Neuropediatrics (SSNP)              | 4 credits |
| Swiss Association of Neuropsychologists (ASNP)       | 5 credits |
| Swiss Society of psychiatry and psychotherapy (SSPP) | 4 credits |

Professional Congress Organizer (PCO)

**IMK** Institute for medicine and communication Ltd.

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# SFCNS Congress 06



October 29–31, 2025

SwissTech  
Convention Center  
STCC, Lausanne

[sfcons2025.congress-imk.ch](https://sfcons2025.congress-imk.ch)