

Clinical Fellowship report

Name of the fellow: Pavel Kolkhir

Type of Fellowship: Clinical Fellowship 2014

Home institution: First Moscow State Medical University (Moscow, Russia)

Project title: Urticaria & Angioedema

Host institution: Universitätsmedizin Berlin, Charité, Department of Dermatology, Venereology and Allergology, Berlin, Germany

Duration: 26.09.2014-24.12.2014

All my personal goals for the Clinical Fellowship 2014 at the Charité as the host clinic were achieved.

1. Knowledge of characteristic epidemiological and clinical features of skin allergic diseases, urticaria and angioedema in particular, in German population was obtained by attending:

- urticaria consultations (with more than 200 patients with urticaria, angioedema, mastocytosis, autoinflammatory syndromes etc. observed, at least 20 hours spent by week);
- grandrounds;
- Journal club;
- Research seminars;
- and labmeetings.

2. Knowledge of skin allergic diseases and state-of-the-art methods of their diagnosis and treatment was expanded and deepened; and of novel approaches and techniques being introduced in our specialty, e.g.:

- nuances of omalizumab treatment for various forms of CU;
- the use of TempTest and FricTest devices as provocation tests in inducible urticaria;
- new tools for assessing urticaria and angioedema activity and quality of life.

3. I learnt more about principles and peculiarities of dermatology and allergology practice in Germany and gained some clinical experience by:

- attending allergic diseases consultations, especially urticaria and angioedema;
- participating in Urticaria Day (1st of October 2014, Berlin, Germany), Bradykinin Symposium (15-16 October 2014, Berlin, Germany) and Charité/UNEV/icare/GA²LEN Angioedema School (16-17 October 2014, Berlin, Germany);

4. A good rapport and cooperation with German colleagues was established and a number of common projects have been planned or are already underway:

- the design of a study on cyclosporine in the treatment of chronic spontaneous urticaria was developed;
- two review articles on chronic spontaneous urticaria in rheumatic diseases were written and are currently being prepared for submission to international peer-reviewed journals;

- the application for DAAD (German Academic Exchange Service) Grant was submitted.

5. I actively participated in EAACI's life during the time of Clinical Fellowship and gave an oral talk at the 3th Skin Allergy Club of the EAACI Dermatology Section (17-18.10.14, Zurich, Switzerland)

6. I became more familiar with the German language and culture and visited Berlin Museum of Medical History at the Charité.

Conclusion: the time I spent at Charite was an impressive experience that allowed me not only to improve my knowledge in clinical allergology but also to launch a research project and to prepare a number of papers on chronic urticaria. It definitely helped me better understand my future scientific and clinical goals. The role of this Fellowship in my career and self-development cannot be underestimated.

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