

EAACI Clinical Fellowship Final Report 2021

Name: Dr. Nida Öztop

Home Institute: Istanbul University Istanbul Medicine Faculty, Istanbul, Turkey

Host Institute: Department of Dermatology and Allergy Biederstein, Technical University of Munich, Germany

Home Supervisor: Prof. Dr. Asli Gelincik

Host Supervisor: Prof. Dr. med Knut Brockow

Duration of fellowship: 3 months

Project Title: Hidden triggers of idiopathic anaphylaxis and development of algorithm in idiopathic anaphylaxis

I was so lucky that I was awarded the EAACI Clinical Fellowship Program 2021. It gave me an excellent opportunity to observe and practice at a specific allergy center of the Technical University of Munich, Department of Dermatology and Allergy Biederstein, Germany. With the great support of the host institution, I could achieve all of my planned goals at the end of my three-month fellowship program. This report briefly describes what I've done during my EAACI Clinical Fellowship (short term).

The working day started at 8.00 am and finished at about 5.00 pm every day in the department. Every morning, I attended Prof. Dr. med Knut Brockow's visits and had a chance to discuss patients' results. At the same time, while examining patients, I could improve my knowledge with Prof. Dr. med. Knut Brockow's lectures. Every wednesday, I joined Prof. Dr. med Tilo Biedermann's visits to discuss the complicated cases with the whole allergy team. Furthermore, I learned educational information about venom allergy, mainly how molecular techniques can be used and interpreted at Prof. Dr. med. Knut Brockow's and Prof. Dr. med. Tilo Biedermann's visits. Moreover, I joined the sting provocation tests in the operation room together with a colleague, learned how to implement a sting provocation test, and discussed the results every thursday. Also, I had the chance to make this provocation by myself under the supervision of my colleagues. During my fellowship, I observed and made more than 20 sting provocation tests.

Due to the COVID-19 pandemic and increased vaccination, many patients were suspected of vaccination reaction. I had the opportunity to learn how to approach a patient who reacts with the Biontech or Moderna COVID-19 vaccines, how polyethylene glycol provocation can be done, and how to manage these patients.

In addition, for the patients who have wheat dependant exercise-induced anaphylaxis (WDEIA), I observed how to make a provocation with cofactors and increasing doses of wheat. Additionally, I was able to evaluate many patients with a history of drug allergy during the day with assistant doctors who helped me a lot at every stage of my fellowship, and I performed intracutaneous and provocation tests. Furthermore, in the clinic with my colleagues, I had the opportunity to apply chemotherapy desensitization which we often implement in our country, Turkey.

Besides clinical observation, I worked on a project about “*hidden triggers of idiopathic anaphylaxis.*” In recent years, in addition to standard anaphylaxis and mastocytosis diagnostics, in the Technical University of Munich, Department of Dermatology and Allergy Biederstein, a skin prick test and IgE panel of suspected elicitors for idiopathic anaphylaxis in patients with unexplained anaphylaxis and non-steroidal anti-inflammatory drug hypersensitivity have had employed. I collected patients’ letters from 2018 to 2021 retrospectively and had analyzed them. In this study, we aimed to investigate the usefulness of determining sensitization to a panel of allergens typical for idiopathic anaphylaxis in the skin prick test and the blood of patients with idiopathic anaphylaxis and of those with non-steroidal anti-inflammatory drug hypersensitivity. After analyzing the result, we showed that patients with WDEIA were identified by these series in patients who had idiopathic anaphylaxis before the allergy examination. Also, I made a presentation at the department about the project result, and we would like to publish it as soon as possible. Also, we will inform EAACI about our publication result.

I would like to thank Prof. Dr. med. Tilo Biedermann for admitting me in his clinic. Furthermore, my special thanks are to Prof. Dr. med. Knut Brockow, who shared his knowledge with me from the beginning to the end of my fellowship program, provided all his support while preparing my project, considered me a part of the team, answered sincerely all of my questions, and contributed to my education. I am so grateful to him for giving me this opportunity to have such a fruitful experience. It is my greatest wish to continue this collaboration, both professionally and personally. Additionally, I would like to thank Dr. Teressa Nau, Dr. Martin Valentin Vitus, Dr. Valentina Faihs, Dr. Rebekka Schnuppe, and nutritionist Mrs. Claudia Kugler, who supported me a lot during my fellowship, for their excellent friendship and accepting me as part of their teams. I am sure that I made perfect friendships and hope this friendship will continue in every field. Other thanks should be for all the nurses in the clinic who enabled me to work collaboratively. Additionally, I cannot express my gratitude to all my colleagues at the Istanbul University İstanbul Medical Faculty, especially my mentor Prof Dr.

Aslı Gelincik, and Associate Professor Semra Demir, who supported me in every aspect of this experience. I am fortunate to be able to work with such an excellent team both in Turkey and Germany. I hope this collaboration will continue with both centers.

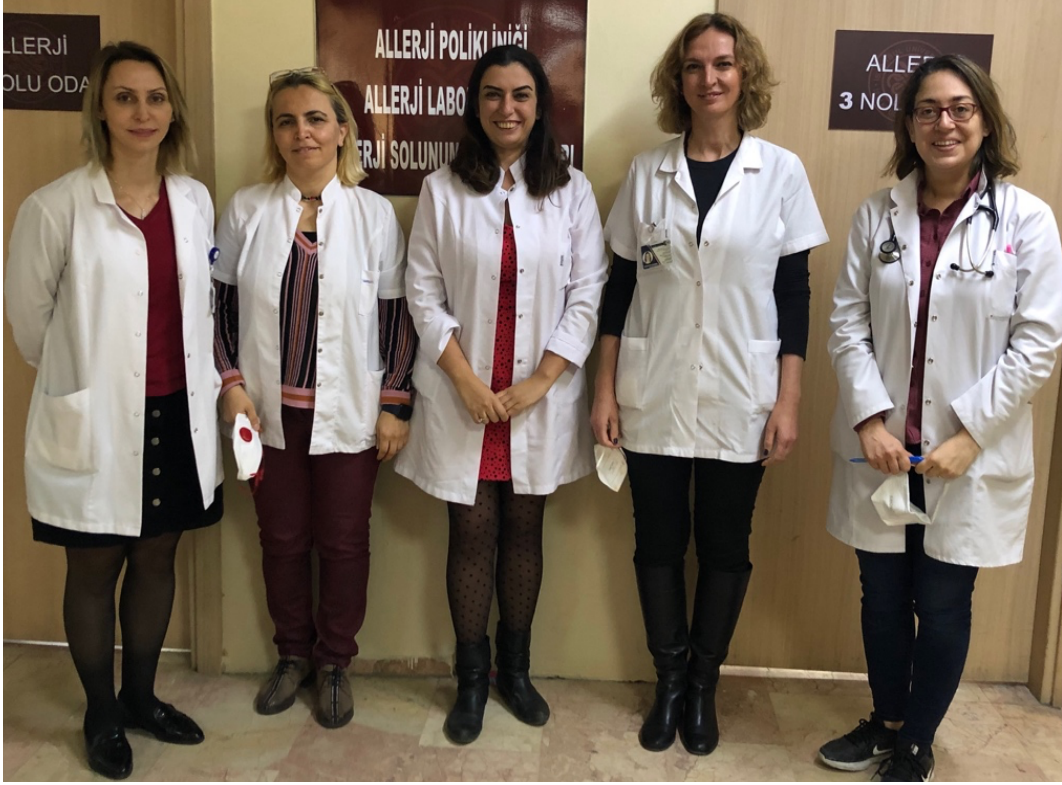
This EAACI fellowship has helped improve my knowledge by learning molecular technology and making beautiful collaborations. I would like to thank EAACI for this opportunity and strongly recommend this EAACI fellowship program to future participants.

Sincerely,

Dr. Nida ÖZTOP



The team at Department of Dermatology and Allergy Biederstein, Technical University of Munich,



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