

Issue 59 | Volume 1 | 2020

Newsletter



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The EAACI Media Library

The EAACI Media Library gives you access to hundreds of scientific items to view on-demand from wherever you are in the world.



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→ Learn more about the Media Library here with Karin Hoffmann- Sommergruber

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President's Desk

At the onset of the New Year we wish you and your families a prosperous and healthy 2021!



Marek Jutel
EAACI President

*Dear colleagues and friends,
Dear EAACI family,*

At the onset of the New Year we wish you and your families a prosperous and healthy 2021!

2020 has been a year filled with difficult tribulations that have directly impacted our sector's activities and personal life - and a year to overcome these together through new creative solutions. Clinicians and researchers worldwide have had to adjust to the pandemic: exploring new ways of working, keeping up with the new findings, overcoming the staggering pressure in hospitals and research centres, and learning new opportunities for knowledge exchange.

While this year has been undoubtedly challenging, through your support and the close-knit nature of our EAACI Family - embracing a vast membership of over 12,000 dedicated researchers, clinicians, allied health professionals, National Allergy Societies, and Patient Organisations from all around the globe - we were nonetheless able to achieve momentous new milestones for our Academy during this time.

At the height of uncertainty, EAACI was a pioneer in organizing a highly successful digital event, without ever foregoing scientific quality. The EAACI Congress 2020 saw for the first time

the participation of over 8000 delegates attending from the safety of their homes. The pandemic has shown us that innovation is one of humanity's greatest strengths through trying times: we took the 2020 congress motto of "Bridging innovations into allergy and asthma prevention" at heart, and delivered a new format that will be replicated and finetuned in the coming years.

Likewise, FAAM-EUROBAT 2020 - another fully digital event - enabled our food allergy and BAT experts to deliver a tightly packed and highly informative scientific programme. Through this event we already saw the newly established confidence of our faculty and delegates in the use of modern technologies. We can only look forward to enhancing our upcoming digital events: Winter School on Basic Immunology Research, SAM, ISAF, and of course our Hybrid Congress 2021 - where we will interweave the element of inter-personal exchange that is unique to our congresses and that many of us have been missing.

In 2021 we would be happy to see you taking the opportunity of sharing knowledge and the most recent developments in our field by attending the EAACI Hybrid Annual Congress 2021 physically in Krakow, Poland, and online, from wherever in the world you are based.

Throughout the pandemic, our vast network

of researchers also worked tirelessly to provide the most current updates regarding COVID-19 and allergic diseases, immunology, and asthma. Compounded in EAACI's COVID-19 Resource Centre with over 70 publications, we can observe the evolution and breadth of findings on this unknown virus that took us by surprise and its links to our specialty, which we can use to continuously guide best practices and recommendations worldwide.

In 2020, EAACI published three new state-of-the-art guidelines, which we invite you to spread and implement in your practice to ensure optimal patient care: "Efficacy and Safety of treatment with dupilumab for severe asthma: A systematic review of the EAACI Guidelines - Recommendations on the use of biologicals in severe asthma"; "EAACI Biologicals Guidelines - Recommendations for severe asthma"; and the "EAACI Guideline on the effective transition of adolescents and young adults with allergy and asthma".

In 2021 we look forward to publishing the update of the EAACI Global Atlas of Asthma, and to developing the new EAACI Guidelines on Environmental Science. In addition, a large number of task forces were approved and will start 2021 with new exciting mandates, continuing to yield a variety of comprehensive position papers. Our NASC-JM Committee aids in spreading this research internationally through translations of the most important manuscripts and guidelines.

Our three EAACI journals, Allergy, PAI and CTA, now under the same publisher, will continue to be in the spotlight as references for allergy experts and researchers, with rapidly increasing impact positioning "Allergy" as the top scientific journal in our field.

2020 has seen the important launch of EAACI's Research and Outreach Committee, which is undertaking great strides to facilitate allergy, asthma and clinical immunology research through the coordination and support of the research community. High quality and reproducible data will be supported by leveraging resources into a joint information exchange network. Ultimately, it will boost the best experimental research through multi-centre collaboration and strengthen the validity of experimental medical results.

EAACI is also developing an innovative e-learning platform, which will provide the optimal conditions for Continuous Medical Education. Combining interactive e-learning modules with webcasts, live streams, webinars, recommended reads and assessments, the platform will open numerous possibilities to acquire CME credits conveniently and from a reliable and renowned source.

To reward our members - who have been on this journey with us for many years or are just starting to be

acquainted with our activities - 2020 also saw the launch of the MyEAACI Membership platform, specifically tailored to help you get the most out of being an EAACI member, through the latest technology and analytics.

Through all of these new activities, EAACI will continue to be the centre of excellence for state-of-the-art research on allergic diseases, asthma and clinical immunology and a hub providing support for training and career development within the fundamentally revolutionizing healthcare system, with the goal of improving patients' quality of life.

Allergic diseases, clinical immunology and asthma are multifaceted diseases, and require a multisectoral approach to be tackled effectively. This is why EAACI's links to a variety of stakeholders are constantly nurtured and strengthened.

The EAACI Strategic Forum on Allergic Diseases and Asthma organised on 21 November 2020 ensured discussions between the EAACI Leadership, international organisations, regulatory bodies, the European Commission and industry partners, to align on best practices and common challenges and together come up with the best solutions.

The advocacy efforts in the EU also advance strongly: EAACI and EFA have answered numerous EU calls, produced a statement on Europe's Beating Cancer Plan, and in 2020 launched a Youth Parliament composed of young patients and medical experts within the Interest Group on Allergy and Asthma, which has developed recommendations on "Growing up with Allergy and Asthma - How EU policymakers can support young allergy and asthma patients live better lives".

Advocating for allergic diseases calls for the bilateral support and involvement of patients and Patient organisations: EFA, our partner in activities at the EU level; our committed Patient organisation committee which ensures the patient perspective is present in our events, activities and communication channels; and our task forces dealing with public outreach.

We look back at 2020 with a bittersweet feeling: a year with many struggles for global health, but also a year with many breakthroughs, accomplishments, and innovative approaches that open new windows of opportunities to all our members and stakeholders.

We thank you for your endless support in all our activities and wish you a healthy, prosperous and happy New Year 2021!

Marek Jutel



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**Dear friends,**

This year 2020 commenced as a promising, fruitful and proficient year. However, history comprises joys and sorrows and the hopeful year has turned in a period of farewells and somewhat obliged procrastination. If I am to think about positive things over the numerous challenges and mourns encountered during 2020, those would be summarised in adaptation, change and tackling uncertainty. Above all, it has been a year of reshaping personal priorities and of redesigning daily activities. A year to thank all the readers of the EAACI Newsletter and to thank all the contributors who have made it possible.

This short article will regrettably be the last article of the up-to-date format of the EAACI Newsletter. With the beginning of 2021, we change the format and still inform you about our ongoing activities such as Task Forces, meetings, award winners, fellowship reports etc.) which will be published on the "NEWSFEED" corner on the EAACI website.

As current Newsletter editor and until the next elections of 2021 I will manage this activity within the Scientific Media Communication Committee.

I would like to thank the preceding Newsletter Editors for their trust, suggestions and help throughout the years, and also thank all the many different members of the HQ staff for their tireless help and assistance. Finally, I would like to thank all of you, dear friends and readers, for your continuing interest and support which has made my job so enjoyable.

Dario Antolin-Américo

Editor's column**Dear EAACI friends,**

I hope you and your families are healthy and well.

This issue of the newsletter is full of news of scientific achievements and activities within EAACI, as we seek for professional excellence and meet the needs of our more than 12,000 members.

Would you like to know more about details of the main conclusions of the membership survey led by María Torres? I cordially invite you to look inside these pages and gain a sense of the feelings and impressions of EAACI's members, and discover the communication needs of EAACI members after reading the interesting and elegant article written by María.

Moreover, if you are a respiratory health professional, you may also have participated in the survey about asthma and COVID-19. Want more data? Look inside!

A great many members are using the EAACI Media Library almost every day to watch talks, or review posters or position papers. In this issue, the new Website Editor, Filippo Fassio, from Italy, throws some light on how to use it. I take this opportunity to invite you to navigate through the hours of valuable content including practical recommendations for your daily practice.

The Basophil Activation Test Meeting (EuroBAT 2020) and the Food Allergy and Anaphylaxis Meeting (FAAM) took place this year on **October 16–17**. The BAT in-vitro technique has evolved from being a promising technology to its use in clinical practice in some centres. Have a look at the excellent summary written by Bernadette Eberlein and if you would like to know more about in-vitro diagnosis, the article by Alexandra Santos, Edward Knol and Bernadette Eberlein will clarify some interesting aspects.

Juniors: did you know about the Mentorship Programme and that it's celebrating its 10th anniversary? Mattia Giovannini explains all: why don't you take advantage of it and become an active mentee?

Are you planning to apply for the EAACI Exam next year? Knut Brockow reveals the challenges faced for the 2020 exam which, due to safety reasons, had to be postponed. Take a look at the article inside.

Different Task Forces and position papers are introduced in this EAACI Newsletter issue, including details on the "Experts' perspective on the use of adrenaline autoinjectors in Europe", "Respiratory diseases and allergy in farmers working with livestock" and on the systematic review of "Dietary factors during pregnancy and atopic outcomes in childhood". Moreover, in news from our journals, details of PAI's 30th anniversary and of Allergy's articles will surely complete your needs in terms of scientific content.

Wishing you the very best for 2021 and hoping that all your scientific and personal goals will be accomplished next year.

Dario Antolin-Américo



Dario Antolin Américo
EAACI Newsletter Editor



Expert opinion

Pick your next EAACI Event!



Basophil activation tests for allergy diagnosis

The basophil activation test (BAT) uses flow cytometry to measure the expression of activation markers on the surface of basophils, following stimulation with allergens or other biological triggers. In recent years, the BAT has emerged as the most widely used cellular in vitro test for the diagnosis of type I allergies, namely food, insect venom, respiratory and drug allergies.

The BAT is useful to detect the elicitor of an IgE-mediated reaction to food if conventional diagnostics are inconclusive and a provocation test is expected to be positive or more difficult to conduct. For instance, the BAT discriminates between allergy and tolerance in peanut-sensitised children and can identify allergic patients at risk of developing a severe reaction or of reacting to a small amount of allergen. Also effective for milk, egg, and hazelnut allergies, alpha-gal in red meat and for other food allergens, the BAT provides the clinician with additional information, including monitoring of spontaneous tolerance induction such as in cow's milk allergy in young children.

The BAT can also be used in diagnostics of hymenoptera venom allergy and is particularly helpful in cases in which skin tests and specific IgE antibodies are negative, or inconclusive. Moreover, in cases of double sensitisation to bee and wasp venom and a clinical reaction to only one insect species, and in cases of insect stings that cannot be clearly assigned to a particular insect species from the clinical history, BAT can support diagnostics.

The sensitivity of the BAT to house dust mite, pollen, latex or cat hair ranges between 91-100% for both extracts and

recombinant major allergens, and specificity ranges between 96-100%. However, due to the good sensitivity of conventional diagnostics, cellular tests are less needed for diagnostic purposes in routine clinical practice. Noticeably, the BAT was able to diagnose more than 50% of cases of local allergic rhinitis to *D. pteronyssinus* and was more sensitive than detection of nasal specific IgE and less time-consuming than nasal provocation tests.

The sensitivity of the BAT for most drugs is significantly lower than its sensitivity to the food, inhalant or venom allergens mentioned above, but an allergy workup in drug reactions can include the BAT before considering drug provocation tests, particularly when conventional tests are not available for that drug or when it is unethical to perform provocation tests.

Lastly, in monitoring clinical response to therapeutic approaches, BAT can serve as a suitable follow-up parameter such as during allergen-specific immunotherapy (e.g. for oral immunotherapy in peanut, egg and cow's milk allergies as well as in insect venom and pollen allergy). Potentially BAT detects successful immunotherapy before clinical improvement. In addition, BAT can be useful in monitoring desensitisation protocols in drug allergy or in the use of anti-IgE-antibodies for asthma and chronic urticaria.

Standardisation and quality control for routine use are currently being explored by a dedicated EAACI Task Force. New methods and the use of components are expected to expand the range of clinical applications of the BAT in the future.



Bernadette Eberlein
EuroBAT 2020 Chair



Alexandra Santos
FAAM 2020 Co-Chair



Edward Knol
EAACI Vice-President
Congresses



EAACI Hybrid Congress 2021

Harmonizing Research and Patient Care in Allergy, Asthma and Immunology

10-12 July 2021

Physical Congress in Krakow & Digital Congress



ISAF Digital 2021

International Severe Asthma Forum

17 April 2021

Digital Meeting



SAM Digital 2021

Skin Allergy Meeting

12-13 March 2021

Digital Meeting



Winter School Digital 2021

22-24 January 2021

Digital Meeting

For more information and registration to our events visit EAACI.org



Advocacy and Outreach

Survey on asthma management during COVID-19: Identifying the impact on health care



In July 2020, the EAACI Asthma Section launched a survey about the impact of the COVID-19 outbreak on the health care provided to asthma patients. The survey was thoroughly disseminated through EAACI channels, including website, mass e-mail and official EAACI and JM social media accounts. Moreover, the initiative was also promoted among EAACI peer societies. The main goal of the survey was to evaluate the state of health care offered to asthma patients during the COVID-19 outbreak, with a focus on the performance of lung function tests, both for diagnosis and follow-up. Overall 339 clinicians (mainly allergists, pulmonologists and pediatricians) and allied health professionals taking care of adults and/or children with asthma participated in the survey. The group was comprised of both EAACI members and members of peer societies. Of note, the participants developed their professional activity in public or private institutions of more than 50 different countries in Europe, America, Asia and Africa.

The survey results show that face-to-face visits were replaced in most cases by remote phone consultations, especially during the follow-up period. Most centres did not continue performing lung function test (spirometry, impulse oscillometry, methacholine provocation, etc.) during the peak of the outbreak, neither for diagnosis nor for management. Moreover, the majority of institutions that conducted spirometry during the lockdown only performed one procedure per day and per device. Therefore, the clinical history and evolution of the patient were used as the main criteria to initiate, withdraw or modify the dose of anti-asthmatic treatments. Many participants identified portable and personal peak expiratory flow (PEF) devices as an effective and safe option to monitor lung function during the outbreak, although PEF implementation in the clinic was scarce, due to logistical reasons. As of July 2020, most of the participating centres had not resumed lung function tests and many stated that it was not possible to know when that would happen. The participants believed that for the remaining outbreak period lung function tests should be limited to selected cases and conducted only after the health facilities have been adapted to the new safety requirements. Finally, participants stated that there had been a moderate deleterious impact on the quality of health care provided to asthma patients which had translated into a moderate worsening of their clinical condition.

These results illustrate how the current situation impacts patients' health far beyond SARS-CoV-2 infection. This survey, organised by the EAACI Asthma Section, has analysed the features and status of the health care offered to patients during the outbreak, and illustrates how EAACI is committed to help find solutions to overcome the current difficulties and to improve the health state of patients with asthma and allergic diseases.



Ibon Eguiluz
EAACI Asthma Section
Secretary



Matteo Bonini
EAACI Asthma Section
Chair

Advocacy and Outreach



Tips for using the EAACI Media Library and other EAACI online resources

Surely one of the most interesting and useful parts of the EAACI website – but still perhaps not very well known – is **the EAACI Media Library**. You can reach it from the homepage by clicking on the Media Library icon, or from the top menu (Science -> Scientific Resources); alternatively, you can reach it directly here: medialibrary.eaaci.org.

The Media Library gives you access to thousands of items of different scientific content, including guidelines, consensus documents, and position papers, digital EAACI newsletters, and over 1000 webcasts and about 150 presentations from EAACI conferences. Most of this content is freely accessible.

To search for content that interests you, either simply use the search bar at the top of the page to search by title, author, type of content, year (etc.) or use the search bar in combination with the small yellow "filter" button. This filter button, allows you to refine your search by selecting topic, type of content, event (for example EAACI, FAAM, PAAM, ISMA, etc.), year of publication, and also allows you to sort the results by relevance, view count, date of publication, date of upload.

Using these simple tips, you can always stay up to date on scientific content from major EAACI events.

In addition to the Media Library, which is certainly at the heart of the EAACI website's scientific communication, I would also like to highlight the **EAACI COVID-19 Resource Centre** which was implemented soon after the outbreak of the SARS-CoV-2 pandemic and which reports a constantly updated selection of scientific articles on this topic. You can reach it from the EAACI website's top menu (Science -> COVID-19 Resource Centre) or reach it directly here: eaaci.org/science/covid-19-resource-centre.html.

The **EAACI websites** are very important communication tools for reaching our members and the wider scientific community (www.eaaci.org) and also our patients (patients.eaaci.org). Consequently, I am truly honoured to have been elected last June to be the new EAACI Website Editor. I am fully committed, together with the Scientific Communications Committee and EAACI HQ staff, to continuing to make scientific content available of the highest quality, and to trying to ensure the best user-experience for all website visitors.

Enjoy your browsing!



Filippo Fassio
EAACI Website Editor
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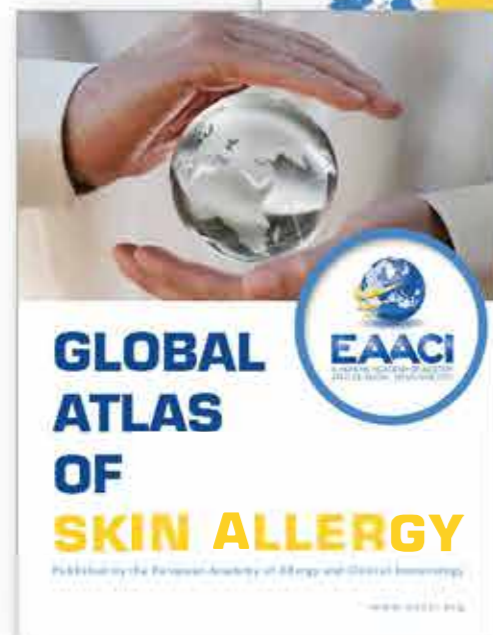


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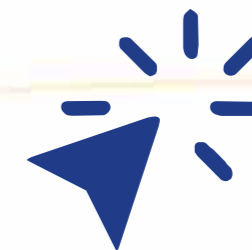
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In the Spotlight

EuroBAT 2020



Bernadette Eberlein
EuroBAT 2020 Chair

The 11th EuroBAT Meeting was held on October, 16, 2020 as a digital meeting with pre-recorded main presentations, followed by live and chaired discussions with the speakers.

The first session, "Detection of allergenicity", opened with a presentation on antigen determinants of antibiotics by Cristobalina Mayorga, followed by one on the relevance of insect venom allergens by Bernadette Eberlein, then another about tropomyosin allergenicity of novel foods by Annette Kuehn.

In the second session, "Advanced methodology", Alexandra Santos talked about "Integrating the BAT and MAT to diagnose food allergy", Oliver Hausmann discussed "Biomarkers of chronic spontaneous urticaria" and Régis Joulia presented "Basophil degranulation by using avitin-based probes".

Each of the first two sessions was followed by a break during which

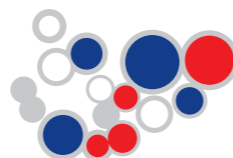
voice-over posters about drug, insect and food allergy, and about new methods, were presented.

The meeting closed with a session on "Standardization and globalization of BAT", with presentations by Sarita Patil ("Automated BAT data analyses") and Hans Jürgen Hoffmann ("European Task Force BAT-EQA") followed by a round table discussion with all participants on the globalised exchange of experience for BAT quality assurance.

The digital FAAM-EuroBAT meeting was a great success with over 300 participants for the EuroBAT part. We are looking forward to the next meeting, hopefully again as a live event in two years' time.

A lot of the content from FAAM-EuroBAT 2020 will be turned into exciting e-learning modules in 2021. Stay tuned on the EAACI website for more information.

EUROBAT



The digital FAAM-EuroBAT meeting was a great success!



EAACI Awards 2021



Established to honor the 20th anniversary of IgE 1967-1987

Call for nominations!

The EAACI PhARF award recognizes the outstanding achievements of young investigators and aims to encourage further progress in allergy research.

The award will be presented during the Opening Ceremony of the EAACI Hybrid Congress 2021 - in Krakow (July 10, 2021).

The most prestigious Award in the field of Allergy

EAACI PhARF Award 2021 \$50.000

This is a prize awarded annually since 1987 to a scientist who has enriched the field of allergy through outstanding, creative and independent research. The research should have contributed to a better understanding of allergic inflammation as well as improving diagnostic procedures and treatment, enabling more optimal patient management regimens.

The EAACI PhARF Award is sponsored by Thermo Fisher Scientific, ImmunoDiagnostics.

Aspects taken into consideration are:

- Research in the forefront
- Quality and level of independence
- Professional implication on career

Anyone is welcome to nominate a candidate, who should be no older than 45 years of age during 2020, including a motivation and providing 3-5 of the most important articles.

**Nominations must be received
by 31st of January 2020**

Contact Chiara Hartmann for more information
chiara.hartmann@eaaci.org

ThermoFisher
SCIENTIFIC





EAACI Exam 2020 cancelled despite meticulous preparations



The European Examination in Allergy and Clinical Immunology unfortunately did not take place this year due to COVID-19 and was postponed until 2021. EAACI has hosted it annually since 2008, during which time many candidates, including members of numerous national societies, have successfully passed the examination after testing their knowledge of allergology and clinical immunology.

Exam preparations for 2020 began in autumn 2019 with the appointment of representatives from EAACI sections, Working Groups, and Interest Groups to the Exam Committee. The resulting committee forms the Working Group responsible for the generation of new questions covering each area of allergology and clinical immunology. Basic teaching materials illustrating how relevant questions should be constructed were made available to the representatives. Currently, the pool of questions for the exam is insufficient, as it contains only 4–7 times the required number of questions for one exam and a basic requirement for a good exam is that the questions remain unpredictable. The Exam booklet comprises 120 questions for the basic and pediatric tracks of the exam, which partly overlap.

Each new question goes through a

quality checking process during the months following its creation, to improve the focus of the central message and to ensure that the knowledge tested is relevant. Next, new questions are introduced through a secure channel to the general pool (database). For most of the questions, feedback is provided. Ileana Ghiordanescu worked tirelessly with me throughout this process and was officially appointed as EAACI Exam Secretary. Peter Schmid-Grendelmeier shared his experience in a two-day online meeting dedicated to the evaluation of the new questions and their inclusion in the database, for which we are very thankful.

Finally, questions for the new 2020 Exam were selected and distributed to ensure they cover the whole spectrum of allergology and clinical immunology. In the process, many of the older questions were discarded, corrected, reformulated, and sharpened. Dario Röthlisberger and Maja Fluri from the Institute of Medical Education (IML) had a crucial role in changing, relocating, and sorting questions to be used for the next exam. Also, their expertise in designing ideal questions has been most valuable. Furthermore, they made possible the access to the database and the secure exchange of questions and information between all



Knut Brockow
EAACI Exam
Committee Chair

Photo credit:
Eva-Maria Fellhas



involved, for which I thank them very much!

In parallel with these activities, the previous exam blueprint illustrating all areas in allergology and clinical immunology to be covered by the questions was modified to meet the actual database requirements. Hence, each question had to be re-assorted into the new blueprint to fit one or more specific topic/area by myself and Ileana.

COVID-19 began during the preparations for the exam and, of course, has been ongoing throughout the rest of the year. With the cancellation of the in-situ London Congress and the move online, a decision was made to postpone this year's exam since no venue was available. (Since the exam is particularly important for our Swiss colleagues as a part of their national allergology exam, backup plans were proposed, with either an exam in autumn 2020 to be held in Zurich, or a safer online exam. However, as the security of the question pool could not be ensured at such short notice, the online exam could not be organised this year and, as a result of the current financial situation caused by COVID-19, the EAACI Board of Officers reluctantly finally decided to postpone the exam until 2021).

We are all looking forward to the next exam and will make certain it happens next

year, during which we also plan to update our study literature recommendations for candidates and to continue to sort, improve and ultimately increase the number of questions in the exam question pool.

A big thank you is due to the Exam Committee members (Norbert Mülleneisen, Stefanie Eyerich, Stefania Arasi, Paula Kauppi, Vibha Sharma, Hille Suojalehto, Jiri Litzman, Thulja Trikamjee, Anna Bodajko-Grochowska, Joana Vitte, Maia Rukhadze, Maria Marta Escribese Alonso, Elisa Boni, Ibon Eguiluz Gracia) and individual guideline/position paper authors who provided 87 new excellent questions this year! Overall, the Pediatric Section created the highest number of new questions – especially important since their particularly small question pool needed urgent expansion to remain an active part of the exam.

The continuous success of the exam is largely due to the time, enthusiasm and commitment given by members of the EAACI Exam Committee, by the IML team, and by EAACI HQ staff. I would like to thank all those who have so actively contributed to the exam over the years by providing questions and welcome all colleagues who would be willing to contribute in the future.





From the EAACI Family



From the EAACI Family

30 years of PAI

Looking back... and to the future

It all started more than 30 years ago when the first editor-in-chief, Bengt Björkstén, was approached by the publisher Munksgaard with the idea of launching a new journal on pediatric allergy and immunology. From the beginning, Bengt was striving for a journal with high scientific standards, a real endeavour when starting a journal from scratch. Fortunately, he was helped by some of the best scientists in the field: Hugh Sampson, Patrick Holt, Stefan Croner, Max Kjellman and others who supported PAI from the beginning.

During the 8 years of his editorship, Bengt was able to bring PAI to a top scientific level and when he gave over the journal to the second editor-in-chief, John Warner, PAI already had an established scientific reputation. During the 13 years of his editorship, John went through some of the major changes in the publishing field by going from paper to electronic. Together with his wife Jill, the Managing Editor, they saw a rising number of submissions and articles published. During that time, PAI also became the official journal of the pediatric section of EAACI.

Ulrich Wahn took over the journal in 2010. His editorship witnessed a thriving journal, with the increasing involvement of JMAs. PAI also connected to social media, was more present during EAACI meetings, and nurtured ties not only with EAACI but also with pediatric allergists and immunologists throughout the world.

The future of PAI clearly lies in our global community. Being part of a relatively small group of specialists is a strong asset, as PAI knows the community and the community knows PAI. But finally, behind every journal there are dedicated people: the editorial office and the publisher, the associate editors, the editorial board, the reviewers, and finally the contributors and the readers. Thanks to all, together we make PAI strong!



Philippe Eigenmann
PAI Editor-in-Chief

EAACI Mentorship Programme approaches its 10th anniversary

The EAACI Mentorship Programme (MP) was launched in 2011 and is now approaching its 10th anniversary as an established scientific collaboration between junior and senior members of EAACI. The programme has been a successful initiative designed to promote the education of young scientists and clinicians, and to enhance junior members' (JMs') capacity as professionals in the allergy and clinical immunology fields.

The MP team is currently coordinated by Mattia Giovannini (Allergen Immunotherapy Interest Group JM Representative) in collaboration with Beatriz Moya (Food Allergy Interest Group JM Representative) and Burcin Beken (Pediatric Section JM Representative), under the supervision of Carmen Riggioni (JMA Chairperson) and Pasquale Comberiati (JMA Secretary).

The MP has a global reach, allowing professionals worldwide to access high-quality mentoring in our interest areas. The main objective of the programme remains to create a platform for younger physicians and scientists to communicate with experienced EAACI professionals, and for them to receive general advice and answers to queries or observations, and hopefully to initiate scientific collaborations.

The MP's 2020 call for applications received over 100 mentor and mentee responses, showing the capacity of the programme to reach a wide audience in our fields. After the application review process, selected mentees have been enrolled in the MP and each assigned to a mentor. Following this, a specific project and timeline of collaboration will be agreed between the pairings to enhance the scientific contents of the initiative. Furthermore, participants will also have the opportunity to submit a proposal for a hot topic review to be published in one of the EAACI journals.

We are looking forward to announcing the new MP pairings soon and are convinced that this ongoing programme will continue to help our JM's build new skills that will aid them in starting successful professional careers.

EAACI MP Team



Carmen Riggioni
JMA Chairperson



Pasquale Comberiati
JMA Secretary



Mattia Giovannini
MP Coordinator



Burcin Beken
MP Team Member



Beatriz Moya
MP Team Member





From the EAACI Family



From the EAACI Family

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Allergy

taking a leading role in publishing COVID-19 research

In the midst of the COVID-19 pandemic, there has been a plethora of international collaborations and a solidarity in research working towards understanding the pathogenic mechanisms of SARS-CoV-2 infection and risk factors of COVID-19. This crisis is unprecedented and so there is limited medical information on how best to treat the large number of patients with asthma and allergic diseases. Allergy, as one of the world's leading journals in allergy and clinical immunology, has responded to the COVID-19 pandemic by publishing top-tier research and recommendations to clinicians for patient care in this area.

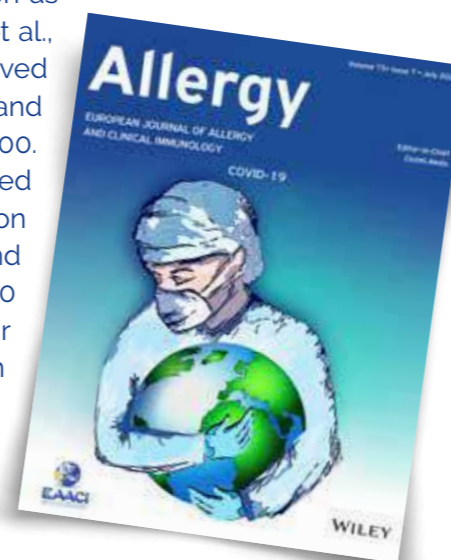
The COVID-19 research published in Allergy has received a great deal of attention, reaching record Altmetric scores, a measure of the online presence of an article and its scientific impact. Notably, our first paper published on COVID-19 and allergies on the 19 February 2020 was the first paper showing infection by human-to-human contact and mentioning diabetes and hypertension as main risk factors. The paper (Zhang et al., Allergy, 2020, 75, 1730–1741) has received over 1900 Google Scholar citations and an impressive Altmetric score of 700. Since that paper, we have published over 50 articles on the association between COVID-19, allergies and asthma, including a compendium of 150 questions answered by experts in their respective fields in collaboration with EAACI's Junior Member Association. The COVID-19 articles have been promoted by the journal posting links



Cezmi Akdis
Editor-in-Chief, Allergy



Laura Alberch,
Managing Editor, Allergy



to the articles across various social media platforms and on the journal's webpage (www.journalallergy.com). The collection of COVID-19 articles can be found in the EAACI COVID-19 Resource Centre and in the Allergy COVID-19 Virtual Issue on the Wiley website.

The EAACI Position Papers (see Box 1) published in Allergy come at a pivotal time when healthcare systems are pushed to the limits and physicians should perform a risk/benefit assessment analysis prior to treatment. Recommendations for physical distancing are reinforced and medical practitioners are directed to perform telemedicine where possible. The need for suitable personal protective equipment is stressed to prevent spread of the virus and for personal safety. In general, discontinuation of treatment is not recommended for non-infected patients; by contrast, hospitalisations may expose patients to an increased risk of SARS-CoV-2 infection, and the coughing or sneezing of asymptomatic patients facilitates viral transmission. The consensus reached for the treatment of confirmed COVID-19 patients varies according to disease type and should be considered on a case-by-case basis. These EAACI statements are practical guidelines based on current clinical evidence and need to be

regularly updated with new incoming information.

The number of COVID-19 research papers are increasing daily and thousands of articles have been published to date. The urgency for data has exponentially increased the number of articles, blogs and news report – some, unfortunately, with limited scientifically robust data. A major threat during this pandemic has been the spread of misinformation. Our journal Allergy contributes to the United Nation Communication Response efforts against 'fake news' by disseminating COVID-19 evidence-based science which is freely accessible to everyone. All of the COVID-19 articles in our journal are free access.

The growing international reputation of our journal and evidence of how we continue to innovate is illustrated by our improved new Impact Factor of 8.71, a 43% increase since the new team took over in January 2018. We would like to take this opportunity to thank all our authors for submitting their leading research to Allergy, as well as thanking the whole editorial team and the many reviewers for offering their valuable time and expertise to develop content and provide constructive comments on the journal's manuscripts.

Box 1. EAACI Position Papers on the treatment of allergy and asthma patients during the COVID-19 pandemic

1. Bousquet J, Akdis C, Jutel M, et al. Intranasal corticosteroids in allergic rhinitis in COVID-19 infected patients: An ARIA-EAACI statement. Allergy. doi:10.1111/all.14302
2. Sokolowska M, Lukasik Z, Agache I, et al. Immunology of COVID-19: mechanisms, clinical outcome, diagnostics and perspectives – a report of the European Academy of Allergy and Clinical Immunology (EAACI). Allergy. doi:10.1111/all.14462
3. Klimek L, Jutel M, Akdis C, et al. Handling of allergen immunotherapy in the COVID-19 pandemic: An ARIA-EAACI statement. 2020;75(7):1546-1554. doi:10.1111/all.14336
4. Pfaar O, Klimek L, Jutel M, et al. COVID-19 pandemic: Practical considerations on the organization of an allergy clinic – an EAACI-ARIA Position Paper. Allergy. doi:10.1111/all.14453
5. Vultaggio A, Agache I, Akdis CA, et al. Considerations on biologicals for patients with allergic disease in times of the COVID-19 pandemic: an EAACI Statement. Allergy. doi:10.1111/all.14407
6. Bousquet J, Jutel M, Akdis CA, et al. ARIA-EAACI statement on Asthma and COVID-19 (June 2, 2020). Allergy. doi:10.1111/all.14471
7. Klimek L, Jutel M, Bousquet J, et al. Management of patients with chronic rhinosinusitis during the COVID-19 pandemic – An EAACI Position Paper.



Allergy College: Promoting a career in allergy among undergraduate students

During the 2019 EAACI Annual Congress in Lisbon, the JM Board embarked on a new initiative, the Allergy College, aiming to increase the visibility of the allergy field among medical students throughout Europe. The idea arose in reaction to the low presence of allergy in most training programmes at science and medical universities. The project is in line with EAACI's commitment to promote the recognition of allergy as a career choice. Of note, the initiative works to support the training and education of young physicians and researchers but reaches out specifically to undergraduate students.

Following EAACI's strategic goal of promoting the allergy specialty, a group of medical students were engaged across Europe. Each student was assigned a mentor, who was an EAACI JM, to guide them through the application process. Eligible medical students were selected based on a motivation letter and their CV. The winners were sponsored to attend EAACI's Annual Congress where they had the opportunity to present case reports and case series on specific allergy topics. The special session for medical students provided an opportunity for them to interact and learn about key allergy topics.



Leticia de las Vecillas
JMA-Allergy College coordinator



Ibon Eguiluz-Gracia
JMA Past Chair



Carmen Riggioni
JMA Chair

The experience

In this pilot programme, 9 out of 18 candidates were selected from 8 different European countries (Spain (2), Portugal, Poland, Romania, UK, The Netherlands and Italy) and were paired with 8 mentors. After the Congress, a feedback survey for students and mentors revealed an impressive satisfaction with the initiative (Figures 1A and 1B), giving us the encouragement to continue and to spread this programme to science students too. Furthermore, students continued to disseminate the Allergy College programme in their home institutions, giving interviews on university webpages explaining the experience to their classmates. (<https://www.unisr.it/en/news/2019/6/alberto-guarnaccia-unico-invited-student-italiano-congresso-eaaci>).

By enrolling in the Allergy College, undergraduate science and medical students have the opportunity to build useful skills to start a successful professional career, go deeper in understanding aspects of the allergy and immunology fields, and to consider them as a potential career of choice.

For 2020 the number of applicants increased and also expanded to science students. Unfortunately, the 2020 edition had to be postponed due to the pandemic.

Next steps

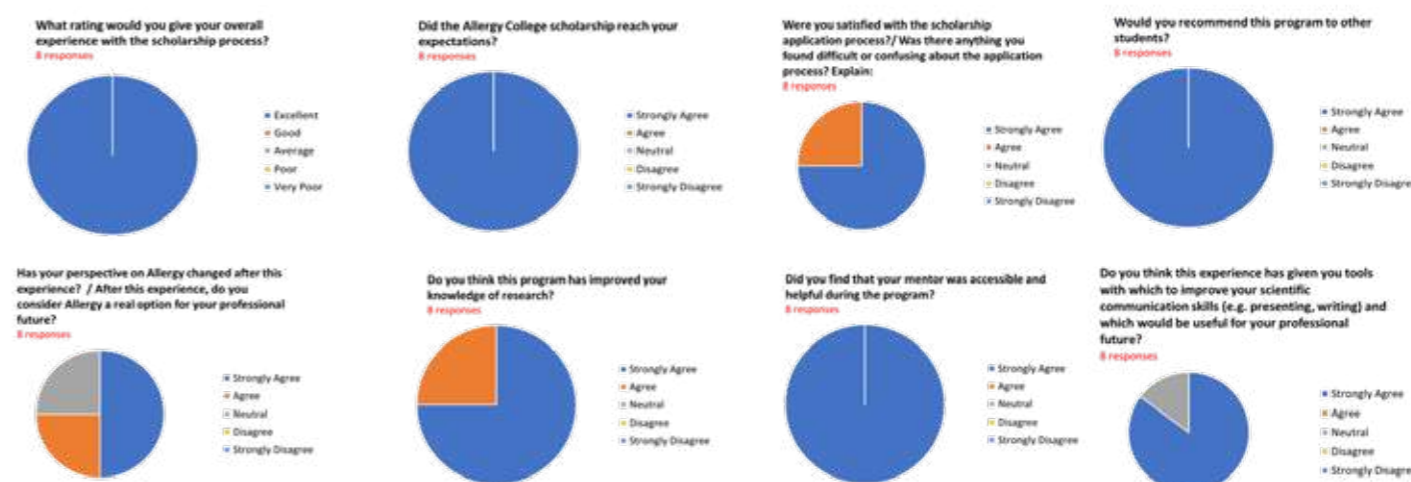
After the successful first edition and the great number of applicants from medical and science schools during the launch of the second edition, we decided to run the next Allergy College during the 2021 EAACI Annual Congress, turning the physical poster presentation into a specific virtual session.

The main objective of the Allergy College has been to promote a higher recognition of the specialty as a career choice and ultimately to attract an increasing number of students. Therefore, this programme is integrated in the bigger EAACI strategy of promoting the allergology specialty and its teaching at university level.

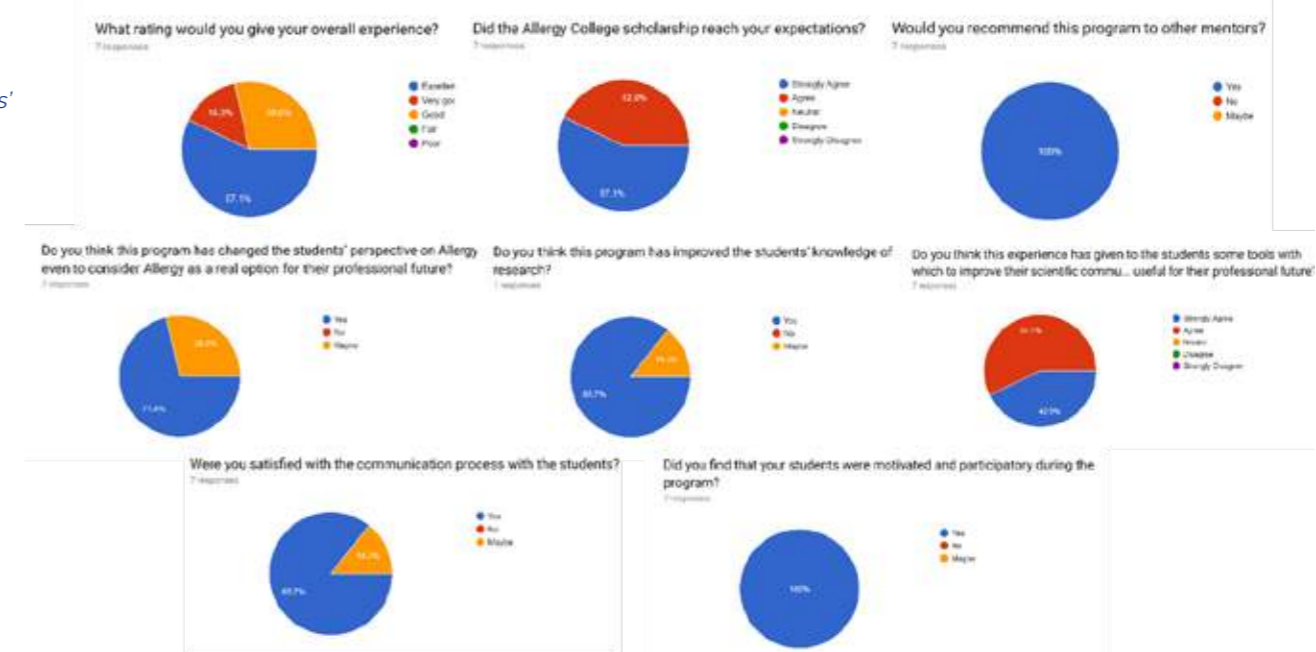
We really believe it is a successful initiative to promote allergy to future professionals and is crucial to further the awareness of allergology as a career option around Europe.

We invite you all to promote the programme within your home institution and professional networks. If you are interested in becoming a part of this initiative, please contact the JM Board for details or check out the EAACI webpage.

Figure 1
A. Results of the students' feedback survey



B. Results of the mentors' feedback survey



Advocacy and Outreach

Advocacy and Outreach



Florin-Dan Popescu
EAACI Social Media Editor



Social Media Microblogging brief report from the digital Congress #EAACI2020

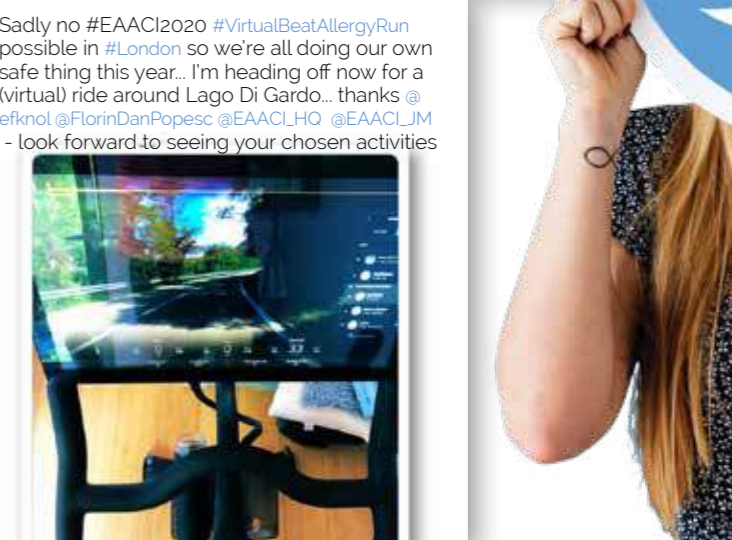
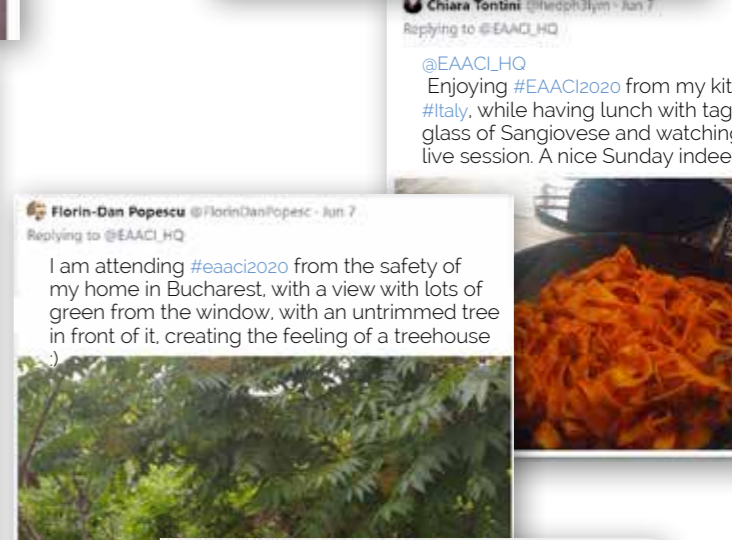
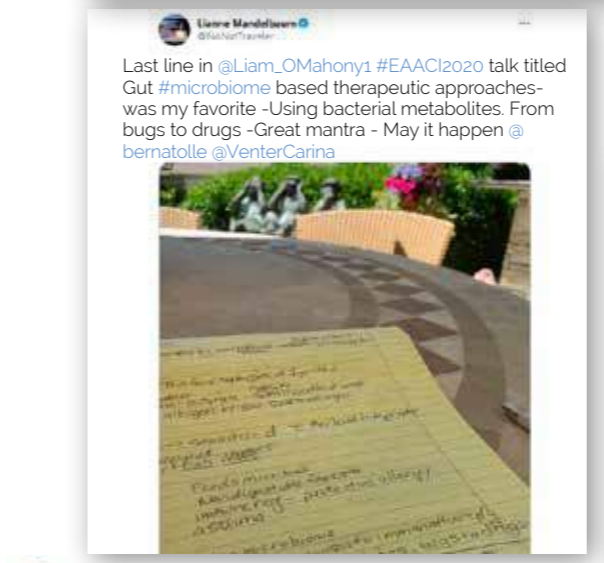
#EAACI2020 was a scientific event like no other – a fantastic ground-breaking allergy, asthma and clinical immunology meeting as an entirely digital experience. For the first time, health care professionals around the world had simultaneous and instantaneous online access to knowledge shared at this leading allergy and clinical immunology congress, and had a fantastic opportunity to share and discuss news via microblogging on Twitter. Great keynote speakers and state-of-the-art symposia, high-quality lectures and presentations, interactive sessions and discussions were all designed to match the expectations of online participants. A lot of work went on behind the scenes by the organisers, and this was well recognized online in posts, underlying that the success of this digital congress may be a turning point for future allergy meetings.

Engagement by social media allergy activists, influencers and supporters at #EAACI2020 created record-breaking analytics for EAACI events, according to the Symplur healthcare hashtag database. The microblogging impact of the congress hashtag started high, with more than 6.25 million impressions from almost 3000 tweets on the first day of the online event¹, reaching the unprecedented number of 22,413,000 impressions from 10,419 tweets (average 15 tweets per hour) and 864 online participants². The scientific discussions in #TweetsAfter continued as

microblogging with 1 million impressions in the first 24 hours after the digital event³.

The great interactive workshop on how to use social media to enhance allergy clinical practice had important learning objectives, and the presentations performed as EAACI Social Media Editor and by Dr. Alberto Alvarez-Perea (Spain), gained more than two hundred participant-views and more than forty great evaluations during the online event. Moreover, a lot of #AmazingPictures during the #EAACI2020 were taken by Twitter allergy activists and EAACI friends during the fantastic digital congress from the safety of their homes⁴. #BeatAllergyRun great photos were also posted by many of the physically active event organizers⁵.

#EAACI2020 had an impressive microblogging success and we are already looking forward to #EAACI2021!





From the EAACI Family



From the EAACI Family

EAACI awards 2020 ▶ My personal view



Santiago Quirce

Professor Santiago Quirce: *Clemens Von Pirquet Award for Clinical Research*

I've been invited to give my impression and feelings about being a recipient of the prestigious Clemens von Pirquet Award for Clinical Research 2020. It was a big surprise and a great honour that the Academy nominated and eventually awarded me with this important distinction.

I've spent all my professional career dedicated to the field of allergy and asthma, both as a practising allergist and a clinical researcher. I have had the opportunity to meet many colleagues from around the world and collaborate with some of them on different projects, of which I have been particularly proud. This collaboration and networking has served not only to modestly contribute to the advancement of our discipline but, above all, to establish permanent collaborative networks and partnerships which have in turn allowed younger colleagues to connect with active and productive groups in our field. Being the head of a big allergy department at La Paz Hospital in Madrid, I have welcomed many colleagues and fellows in training from Europe and America, which has allowed me to share my views and knowledge but also to learn from their different perspectives and contributions. I definitely think that the progress of our specialty should be based on exemplary training and on our providing optimal opportunities to the new generations of allergologists and clinical immunologists.

After being awarded the EAACI medal, I received many congratulations from friends and colleagues, and I would like to thank them all for being so generous. But there are two greetings that make me feel more sentimental and even blurred my vision for a while. I received an official letter from the city mayor of my hometown (a small fishing village called Santoña, Santander) and another from the Dean of the University of Cantabria, where I attended medical school. Both letters reminded me of the importance of your roots in your professional development and the need to contribute as much as you can to the society which you belong to – which now is a big and very wide one. I realise that I am very much in debt to many people who have helped me over the years, and several of them belong to our Academy, for which I am deeply grateful.



Mübeccel Akdis

Professor Mübeccel Akdis: *Paul Ehrlich Award for Experimental Research*

I would like to thank the European Academy for awarding me the prestigious Paul Ehrlich Award for Experimental Research.

Working in the Swiss Institute of Allergy and Asthma Research, my major research contributions have been on mechanisms of allergen tolerance, high dose allergen exposure models in humans, mechanisms of allergen-specific immunotherapy, functions of T regulatory cells, NK regulatory cells and recently IL-10 producing human B regulatory cells, as well as the demonstration of immunological effects of rhinoviruses on T and B cells and breaking of immune tolerance to allergens, and identified an angiogenesis promoting novel B cell subset.

I am truly honoured to receive the award. It is an even a greater honour to be placed in such distinguished ranks as those of the past honourees, most of whom have been colleagues, and all of whom have made important contributions to the field of allergy and asthma.

Professor Jose M OlaGuibel: *the Charles Blackey Award*

I have always considered the EAACI Awards to be an excellent initiative which encourages a wider recognition of excellence in the development of our specialty of allergology.

Therefore, I am especially honoured and pleased to have received the EAACI Charles Blackey Award. This award is given in recognition of a contribution to the development of the specialty of allergology in Europe, something which is really of the essence of a pan-European organisation such as EAACI.

I have no doubt that the award is in recognition of the work of the UEMS working group, led by Dr Roy Gerth van Wijk and coordinated by Dr. Norbert Mülleneisen, which developed the new European Training Requirements (ETR) for training residents in allergology. The ETR is a wonderful gift which will strengthen our specialty, since it lays the foundations for high quality and homogeneous specialised training throughout Europe. Many people belonging to the UEMS and EAACI family and to the National Societies Forum have contributed to this major effort; and I am proud to have been able to collaborate with such a large and excellent workgroup.

I can only thank EAACI and its Executive Committee for this generous acknowledgment.



Jose M OlaGuibel

Professor Nikos Papadopoulos: *EAACI Fellow*

A fellowship represents a strong bond between an individual and an institution. It also builds a community, sharing values and vision. I'm not sure my bond with EAACI – a 30-year-old one – could become stronger: from being a Junior Member, I have explored and taken advantage of many of the opportunities the Academy has to offer, even helping shape some of them.

Still, after so many years, there are activities which I find highly exciting, supporting my quest to understand hypersensitivity mechanisms and to better treat allergic patients. However, it is the active aspect of the EAACI Fellowship I am most proud of: that of values and vision! Being part of a relatively small but highly active scientific community, we have the opportunity but also the responsibility to point towards and support wider human values. In our times of ethical vagueness, fake news and conspiracy theories, communities need trustworthy sources to refer to.

The Academy is in a unique position to serve as an advocate for a better environment, a diverse and balanced planet, promoting health. In this regard, both the serving officers and the groups of individuals such as the Fellows who, through their activities, remain close, have a key role to play. I am thus particularly proud and happy to continue being part of the EAACI family, its legacy and force, now as a FEAACI!



Nikos Papadopoulos



From the EAACI Family

EAACI Membership Survey: re-evaluating members-views and needs

In April and May 2020, EAACI launched a membership survey to look deeply into the needs of EAACI members with regards to the Academy's communications. The survey, comprised of 16 questions, was thoroughly disseminated through EAACI channels, including on the website, by mass email and via official EAACI and Junior Member (JM) social media accounts. The main goal of the survey was to get feedback from the EAACI membership about the overall performance of the Academy's communication strategy, and to gain insights into the key information our members want to have access to and the preferred channels they would like to be used.

Almost 500 EAACI members actively participated in the survey, including JMs. Regarding professional background, there was a fair distribution among physicians, basic scientists and allied health professionals. The survey revealed that mass emails and the website were the preferred channels for EAACI members to get information about the Academy's activities. Scientific program and faculty were the

aspects most considered when deciding whether or not to attend an EAACI event.

Most members consider the Media Library a paramount resource offered by the Academy,

with many participants indicating that they would like updates about its content to be disseminated on the website or via mass emails. Although a higher proportion was observed among JMs, many regular members also said they are active on social media channels and follow the EAACI, EAACI JM or Allergy journal social media accounts. Overall, over 70% of participants were satisfied or very satisfied with the communication strategy developed by the Academy.

The results of this survey were especially useful to evaluate the performance of EAACI communication channels, including the identification of areas of potential improvement. EAACI members highlighted the need to adjust coordination between the different social media channels, to focus social media accounts on scientific content, and to expand the resources available in the EAACI Media Library. All these actions are necessary steps on the way towards a member-oriented society, which will ultimately help EAACI to meet the scientific and professional requirements of the Academy's members.



Maria José Torres
ExCom Member,
Member at large

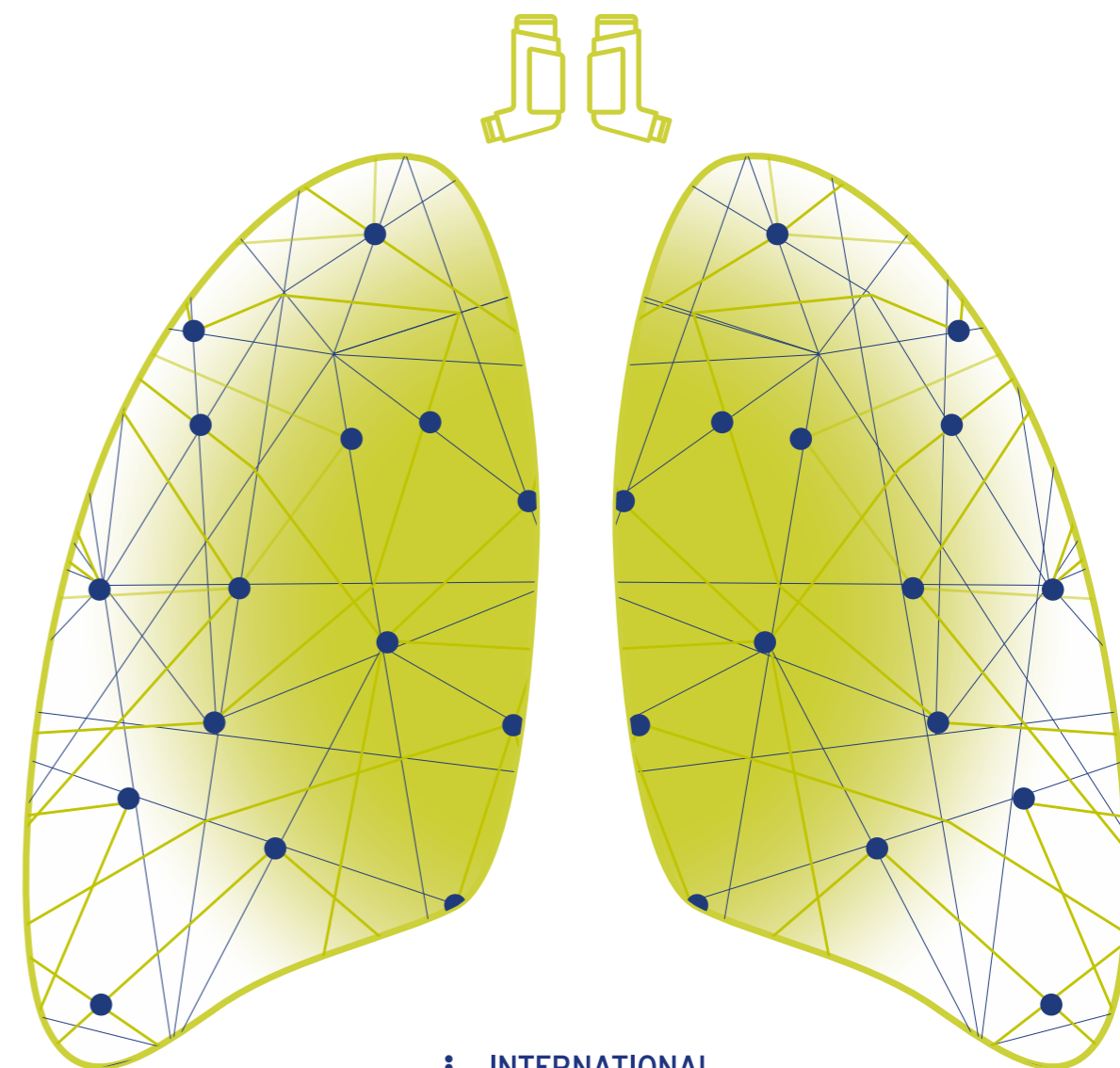
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The EAACI Task Force clinical epidemiology of anaphylaxis: experts' perspective on the use of adrenaline autoinjectors in Europe

Magdalena Kraft
EAACI Task Force on
Clinical Epidemiology of
Anaphylaxis, member



The EAACI Task Force on Clinical Epidemiology of Anaphylaxis sought to investigate how experts from specialised tertiary allergy centres behave in their daily practice regarding the number of AAIs prescribed for one patient, and which factors influence their decisions. Twenty-six experts (participants at the 5th International Conference of the Network for Online Registration of Anaphylaxis (NORA e.V.)) answered a standardised questionnaire: 68% usually prescribed one AAI, while 32% prescribed two. Pediatricians and physicians with less experience tended to prescribe two AAIs more frequently. Respondents were more likely to prescribe two AAIs if the patient was a child, had a previous severe reaction, had mastocytosis, asthma, cardiovascular disease, or high body weight, or lived far from an emergency department. Regulatory/reimbursement aspects were a major factor in prescribing decisions in our survey.

Our findings confirm the lack of consensus regarding the number of AAIs to prescribe among experts, although respondents followed EAACI guidelines in terms of identifying patients at higher risk for whom provision of AAIs should be considered. We conclude that there is a need for a larger, representative survey among physicians from different European countries to understand their prescription behavior, and for more data on adrenaline treatment in anaphylaxis to support current recommendations.

REFERENCE

Kraft, M., Dölle-Bierke, S., Turner, P.J., Muraro, A., Fernandez-Rivas, M., Grabenhenrich, L. & Worm, M. (2020). EAACI Task Force on Clinical Epidemiology of Anaphylaxis: experts' perspective on the use of adrenaline autoinjectors in Europe. *Clin Transl Allergy* 10(12). <https://doi.org/10.1186/s13601-020-00317-y>.

Anaphylaxis is a life threatening disease and the treatment of choice is immediate administration of intramuscular adrenaline. Thus, worldwide medical guidelines recommend patients with a history of anaphylaxis to be prescribed with an adrenaline autoinjector (AAI).

How many AAIs should be prescribed for one patient is an open question, as an AAI may be accidentally used incorrectly; one standard dose might be not enough for every patient, and in some very rare cases, an AAI may not even work. Therefore the European Medical Agency recommends the prescription of two AAIs for all patients. On the other hand, AAIs are expensive, expire within several months, and have to be carried all the time.

Discrepancies in guidelines and expert opinions on how many AAIs should be prescribed and carried may confuse patients. For that reason it is important to understand what factors influence physicians' decisions. This perspective should be taken into consideration during guideline development, decision making by regulatory health agencies and the development of standardised training for young physicians to provide best possible standards of patient care.



TASK FORCE NEWS:

High IgE as a robust biomarker in atopy, allergy and parasitic infestations: could "less be worse"?

The EAACI Immunology Section Task Force for AllergoOncology was founded in 2014 and investigates the unique immunologic interface between allergy, IgE immune responses and oncology. One key area of interest stems from observations that high IgE levels in atopic individuals are associated with lower prevalence of some tumour types such as lymphoma, glioma and pancreatic cancer. Work by the Task Force has previously highlighted that, whilst immune tolerance is not desired in treating cancer, IgE-mediated immune surveillance, often targeted to cancer cells, might be. The world's first clinical trial of a recombinant anti-cancer IgE is presently ongoing in the UK, pioneered by members of the Task Force.

The most recent EAACI position paper by the Task Force for AllergoOncology (Ferastraoaru et al., 2020) for the first time presents collective evidence that, apart from roles in allergy pathology and anti-parasite immunity, IgE could be a biomarker for cancer risk: in both retrospective and prospective studies, undetectable or ultralow IgE serum levels <2.5 kU/L seem to correlate with significantly higher rates and risk of developing new malignancy (17.65%). This brings to light a completely new aspect of the biological roles of IgE antibodies. The measurement of IgE levels should be further investigated in large cohorts and may unexpectedly offer additional information for the clinicians treating allergies, immunodeficiencies and parasitic infections in routine clinical practice. In the end, moderate IgE levels may perhaps contribute to a robust and balanced immune defence. This new EAACI position paper by Ferastraoaru et al. sheds light

on these insights, with potential impacts in allergy and beyond.

Commenting on the position paper findings, Erika Jensen-Jarolim, Task Force Chair, said: "The Task Force members are intrigued and excited about this new perspective in our cross-disciplinary field, which is fully in line with the AllergoOncology concept. Less could be worse." Task Force Secretary Sophia Karagiannis said: "Emerging data warrant further investigation into IgE immune responses. In future, ethical issues, the diagnostic consequences and how to communicate the results to patients should be addressed in a risk-benefit analysis".



The AllergoOncology Task Force during a workshop in Vienna (November 2019) which was dedicated to the preparation of this position paper.

REFERENCE

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BECOME AN EAACI MEMBER

Over 13,000 professionals are already members of the largest medical association in Europe in the field of Allergy and Clinical Immunology.



Science in Brief



Dietary factors during pregnancy and atopic outcomes in childhood

A subgroup of the EAACI Task Force on Nutrition and Immunomodulation recently published a systematic review focusing on dietary factors in relation to childhood atopic outcomes. Maternal dietary intake during pregnancy, described by using food patterns, foods, and macro and micronutrients has been reported to show associations with offspring allergy outcomes.

The systematic review included studies up to February 2019 and summarised 95 papers: 17 papers from randomised controlled trials (RCTs) and 95 papers from observational studies. Observational studies included many different designs, and dietary intake was described and analysed using a range of definitions and cut-off points which made comparisons unlikely. Nevertheless, there were associations found between the following dietary factors and reduced allergic outcomes: vitamin A (allergic rhinitis), vitamin D (asthma, allergic rhinitis, sensitisation) copper (food allergy, eczema, allergic sensitisation), vitamin C (food allergy, allergic sensitisation), vitamin E (eczema, asthma), calcium (eczema), zinc (eczema, asthma), beta-carotene (eczema), magnesium (eczema), dairy/probiotic containing foods (eczema, allergic rhinitis), Mediterranean and Western diet (asthma/wheeze), Mediterranean and soy/fish/nuts diet (allergic sensitisation), fruit and vegetables (asthma, eczema), fish (sensitisation), nuts (asthma, allergic rhinitis), fish/fatty fish (asthma) and meat (asthma).

Meta-analyses were performed on intake of vitamins C, D, E and omega-3 fatty acids. Results from the RCTs indicated that vitamin D supplementation in pregnancy in doses higher than recommended by most countries (Odds Ratio (OR): 0.72; 95% Confidence Interval (CI): 0.56 – 0.92) is associated with a reduced risk of wheeze/asthma, but may increase the risk for food allergy (not significant). Although a positive trend for omega-3 fatty acid intake was noticed for prevention of offspring asthma/wheeze, it did not reach statistical significance in the meta-analysis (OR: 0.70; 95% CI: 0.45 – 1.08).

The group concluded that more studies using similar interventions in terms of dose, duration and timing is required. They also recommended that validated methods for dietary intake should be used and that study findings should be reported taking dietary guidelines into account. RCTs studying dietary patterns are needed and should be supported by mechanistic studies focusing on the immune indices, microbiome and epigenetic/genetic factors. Baseline dietary assessment and measurement of nutrient status may also assist with interpreting study findings.



Carina Venter
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Respiratory diseases and allergy in farmers working with livestock: An EAACI Position Paper

Farmers constitute a large professional group worldwide. In developed countries farms tend to become larger, with a concentration of farm operations. Animal farming has been associated with negative respiratory effects such as work-related asthma and rhinitis. However, being born and raised or working on a farm reduces the risk of atopic asthma and rhinitis later in life. A risk of chronic bronchitis and bronchial obstruction/COPD has been reported in farmers working with livestock and in confinement buildings. This position paper reviews the literature linking exposure information to intensive animal farming and the risk of work-related respiratory diseases, and focuses on prevention.

Animal farming is associated with exposure to organic dust containing allergens and microbial matter including live microorganisms and viruses, endotoxins and other factors like irritant gases such as ammonia and disinfectants. These exposures have been identified as specific agents/risk factors for asthma, rhinitis, chronic bronchitis, COPD and reduced lung function. Asthma and rhinoconjunctivitis have been associated with exposure to swine, dairy cattle, horse and sheep. Chronic bronchitis and COPD have been associated with exposure to livestock, including dairy cattle, swine and horses.

The mechanisms of asthma and rhinitis in farmers may vary from IgE-mediated allergy involving farm allergens, to non-IgE-dependent innate immunity responses to microbial agents, or dust-, chemical-, or other irritant-induced airway reactivity. IgE-mediated asthma is characterised by highly reversible airway obstruction while non-atopic asthma tends to show low reversibility. The role of atopy in asthma and rhinoconjunctivitis in farmers working with livestock is oftentimes unclear.

Published studies on dust and endotoxin exposure in livestock farmers do not show a downward trend in exposure over the last 30 years, suggesting that the workforce in these industries is still overexposed and at risk of developing respiratory disease. In cases of occupational asthma and rhinitis, avoidance of further exposure to causal agents is not recommended, but it may not be obtainable in agriculture, mainly due to socio-economic considerations. Hence, there is an urgent need for focus on farming exposure in order to protect farmers and others at work in these and related industries from developing respiratory diseases and allergy.



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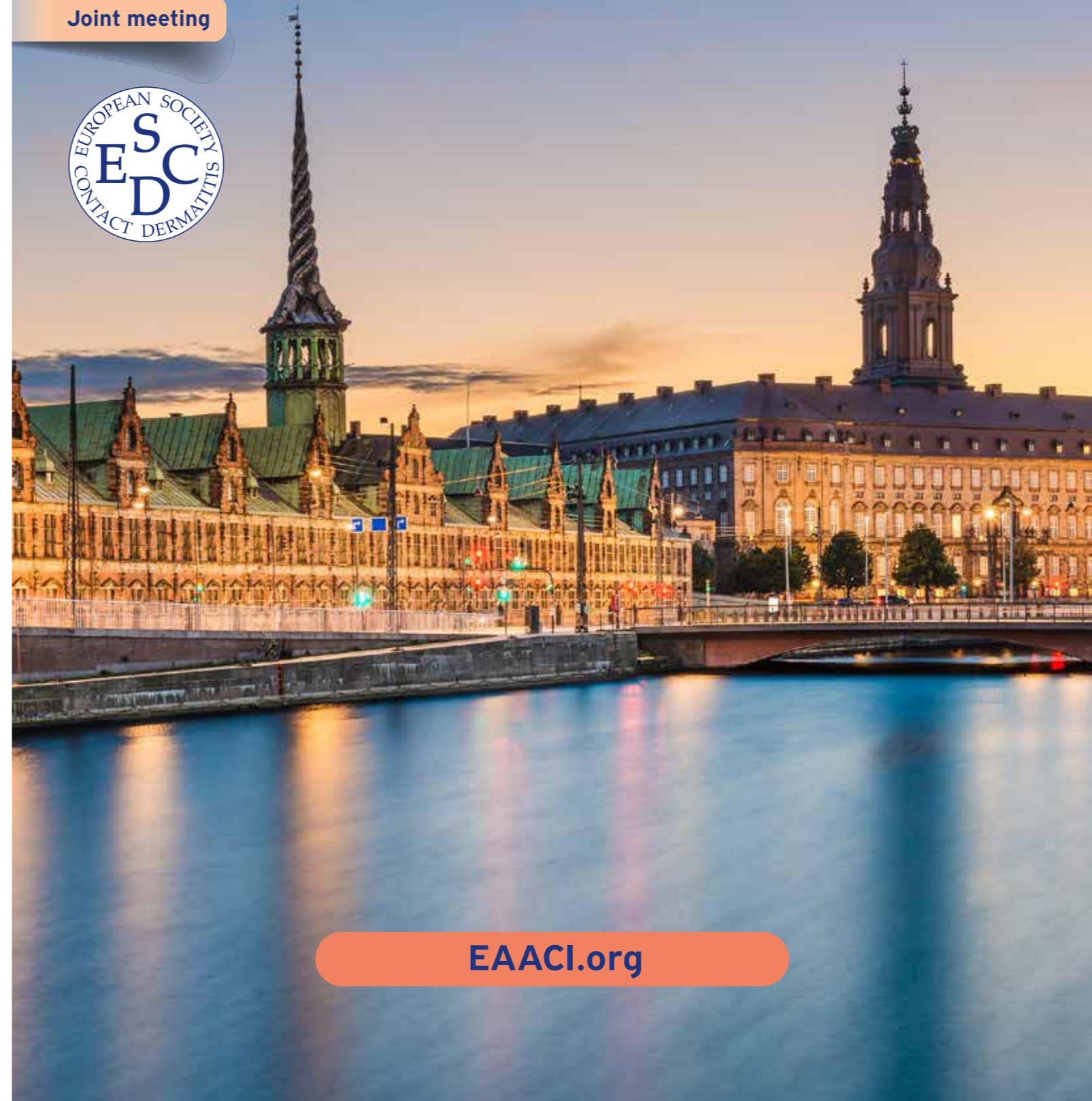


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