

Report of 3 months Clinical Fellowship at Allergy Department of the University Hospital La Paz from 1st May 2018 until 31th July 2018

I spent the first month in the Respiratory Allergy Unit, where I stayed about 7 hours a day for 5 days a week. In this outpatient clinic there were about 10-12 patients everyday affected by asthma, eosinophilic bronchitis and rhinitis. I could learn how to perform specific anamnesis and request appropriate prick test, blood analysis and the importance of molecular diagnostics, especially for prescribing immunotherapy.

I actively participated in the execution of spirometry, methacoline inespecific bronchial provocation test, allergen specific nasal and bronchial provocation test. I observed also provocation test with aspirin in patients with suspected Aspirin-Exacerbated Respiratory Disease.

I also attended to the patient training in the use of inhaled drugs, understanding the crucial importance of this practice for improving management of asthma.

One day a week I attended the meeting with Pneumologists, dedicated to the discussion and multidisciplinary treatment of patients affected by severe asthma, particularly focused on new monoclonal antibody drugs.

During the second month I frequented Ambulatory dedicated to Urticaria/Angioedema during 4 days/week and the Ambulatory of Eosinophilic esofagitis one day/week. We managed about 10 patients during 7-8 hours a day. In this period I learnt the diagnostic work up and therapy of acute and chronic urticaria, the specific tests for dermographism and inducible urticaria (frick test, temp-test, ice-cube test, etc). I looked into the characterization of various types of angioedema caused by bradykinin (hereditary and acquired) or histamine. Hospital La Paz is a Reference center for Hereditary Angioedema so I focused my attention on the importance of evaluating the patient's quality of life, and carefully collecting data about the attacks. Furthermore I could observed the management of specific therapies, the importance to introduce prophylaxis in some cases and the education in self-administered therapy.

The ambulatory dedicated to Eosinophilic Esofagitis represented for me an important chance to deep into this rare and not very well-known disease, its pathogenesis, diagnosis and treatment. It was very interesting to participate at the multidisciplinary discussion with the Gastroenterologists for proposing a new protocol of the disease management.

The last month I spent my working day (7-8 hours a day) at the Allergy Day-Hospital, attending patients with drug and food allergy. Everyday we performed about 10 drug or food provocation tests and we could see about 4 new patients and 6 control visits. I followed the diagnostic phase with prick and intradermal tests for drugs and contrast agents. I understood also the importance to perform specific *in vitro* test (Basofil Activation Test and Lymphocyte Transformation Test) for selected patients with the purpose to detect immediately or delayed hypersensitivity to drugs. I could directly learn how to conduct these procedures attending at Immunoallergy Laboratory.

Furthermore I learned how to perform a desensitization drug protocol, particularly I followed a desensitization process to Lenalidomide in a patient with Multiple Myelome, who needed to keep the treatment despite a recent hypersensitivity reaction

During the months I spent at La Paz Hospital I also participated to several Conferences about asthma, angioedema and allergy in general (about 3 times a month, inside the Hospital and also in different locations of the city). I attended the weekly didactic meeting every Tuesday and the collegial discussion of clinical cases on Thursday. I could also participate in a practical training on Biostatistics (16 hours). When I had the possibility I also visited hospitalized patients together with the Allergy Fellows in Training.

In conclusion this clinical fellowship has been an essential opportunity not only to develop my allergy background but also to improve my relationship skills and to learn Spanish. At La Paz Hospital I found a centre of excellence for diagnosis and treatment of allergies and with opportunity for research. After this interesting experience, I would like to improve the management of allergies in my Hospital, mostly in some field like Eosinophilic Esophagitis and food allergies. I would like also to deepen in drug desensitization because it is an emergent opportunity to provide to the patients a first choice therapy despite of a hypersensitivity reaction.

I would like to express my warmest thanks to all the employees of La Paz Hospital Allergy Department, the Chief of the Service, all the doctors, the nurses and the laboratory technicians. I found there a welcoming and friendly working environment. From the first day I felt very good as I was at home and I learned a lot from everybody.