

Mariam Movsisyan

REPORT

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Hospital La Paz, Madrid, Spain

I am Mariam Movsisyan, an assistant of the department of Allergy of Yerevan State Medical University, Yerevan, Armenia. I have been awarded with EAACI Clinical Fellowship 2017 and spent 3 months taking practice in Department of Allergy at University Hospital La Paz, Madrid, Spain.

The aim of my stay was to learn from the medical practice and research culture of a world-leading institution aiming to use them in the daily practice and to broaden my knowledge about the diagnosis and management of drug hypersensitivity reactions, especially drug severe cutaneous adverse reactions, to enlarge my knowledge about the diagnosis and management of hereditary angioedema and chronic urticaria.

I had the opportunity to work with Dr. Rosario Cabañas, Ana Fiandor, Javier Domínguez Ortega. I could work and take part in many diagnostic procedures with all the staff in a warm atmosphere.

During my clinical internship, I attend daily clinical activities in Allergy department which include attendance at the general Allergy Clinic, Urticaria/Angioedema Clinic, Food Allergy Clinic, Drug Allergy clinic and Respiratory Allergy Clinic.

In Drug Allergy Unit, I visited patients with different types of drug reactions: immediate and non-immediate. I was involved in the diagnosis and management of drug hypersensitivity reactions – clinical evaluation, collection of detailed anamnesis, skin (patch, prick and intradermal) and drug exposure (oral, parenteral) tests. I used to participate in almost 30-40 drugprovocation tests per week at Day Hospital. During my stay I saw three patients with Stevens-Johnson syndrome and two patients with DRESS syndrome.

Furthermore, I was also involved in the workup in outpatient clinic. I saw approximately 25-35 patients per week with chronic urticaria and angioedema, hereditary angioedema, food allergies, followed for the procedures of skin test (patch, prick, prick-prick, Temp test, Frick test). For some days I worked with patients with respiratory allergies, took part in performing of spirometry and bronchial provocation tests.

Some days I spent in the laboratory of Immunoallergy with Maria Luisa Caballero and in La Paz University Hospital Health Research Institute (IdiPAZ) with Rosa Rodriguez and Teresa Bellon. Within this stay, I took part in performing of Western Blot and Dot Blot methods, lymphocyte transformation test and participated in preparing of allergen extracts.

This training program realized my wish to deepen my knowledge and improve my skills in every sphere of Allergology. But mostly I was interested in drug hypersensitivity area. I had an opportunity to see different interesting and disputable clinical cases, be part of their whole diagnostic process and management.

I have got more experience in performing and evaluating skin tests, interpretation of drug provocation test results. During my stay, I also gained knowledge in scientific area – the discussion of the articles and research themes of the unit was a little part of our daily work. I have participated approximately in 12 sessions, which was conducting in Allergy unit each Tuesday.

We prepared an article about lymphocyte transformation test as a diagnostic tool for fixed drug eruption. Another article about comparison of patients with severe cutaneous adverse

reactions between Armenian and Spanish population is in the process. Moreover, during my fellowship, I have participated in:

- ✓ “Curso de dermatitis contacto”, 15 of February
- ✓ “5th Symposium on Biomedical Research”, 16-17 of March
- ✓ “Curso de expert en asma y Allergia”, 22 of March.

My medical practice in the Allergy Unit of La paz Hospital was a useful experience, because it gives an international experience, a new professional, scientific and social vision of the Allergy field.

I would like to thank the whole team of Allergy Unit and Rosario Cabañas for patience and warm welcome making my stay successful.

Sincerely,

Mariam Movsisyan