University Of Athens

2nd Paediatric Clinic

Allergy Department

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Karthik Nagaraju

Clinical Fellowship EAACI - 2018

Fellowship Period: 2nd September - 29th November 2018

Host Institution: Allergy Unit, 2nd Pediatric Clinic, P&A Kyriakou Hospital, National and Kapodistrian University of Athens, Athens, Greece

Host Mentor: Prof Nikos Papadopoulos

I am Karthik Nagaraju, a pulmonologist and allergist, working at VN Allergy and Asthma Research Centre, Chennai, India. I have been awarded the EAACI Clinical Fellowship 2018 and did my training and observation for a period of 3 months at the Allergy Unit, 2nd Paediatric Clinic, National and Kapodistrian University of Athens, Greece, a GA2LEN certified centre of excellence in allergy and chronic urticaria.

The aim of my fellowship was to expand my knowledge with regards to paediatric respiratory and food allergy and learn about drug hypersensitivity reactions and chronic urticaria in both children and adults.

During my stay, I had the opportunity to work with fellow residents and seniors, supervisors and consultants. The paediatric clinic has dedicated days for respiratory, food allergy, drug allergy and dermatological allergy clinics.

Respiratory clinic - Mondays and Thursdays. Observed and performed spirometry, impulse oscillometry, FeNO and skin prick testing for patients suspected with allergic rhinitis and asthma. Immunotherapy clinics were also held on these days. I observed and learned about immunotherapy practices like rush and cluster immunotherapy, venom immunotherapy and use of biologicals in respective scenarios. Observed and participated in sample acquisition for the CURE (Constructing Eubiosis Reinstatement for Asthma) study in children with asthma.

Food Allergy clinic - every Tuesday, Wednesday and Friday. Observed and performed Skin prick tests and food challenge testing protocols in patients with suspected IgE and Non-IgE mediated food allergies and also witnessed positive

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challenge results and subsequent management. Observed and followed up patients on SOTI (Specific Oral Tolerance Induction) for patients with food allergy.

Drug allergy clinic - Mondays and Thursdays. Was involved in performing and interpreting drug allergy testing using SPTs and Intra dermal tests for various antibiotics, NSAIDs and Intra venous contrast agents. Observed various protocols in drug challenge testing and interpretation of results.

Journal club: presented a paper titled "Neutrophilic Steroid Refractory Recurrent Wheeze and Eosniphilic Steroid Refractory Asthma in Children" from Journal of Allergy and Clinical Immunology in practice 2017.

Took a lesson on troubleshooting in spirometry for residents at Nosokomio Attikon - University General Hospital, Athens.

During my stay, I had the unique opportunity to attend the following conferences and CMEs:

1. Panhellenic paediatric respiratory conference in association with ERS.
2. Panhellenic pediatric allergy conference.
3. Annual Congress of the P&A Kyriakou Children's hospital, Athens, Greece.

Research experience:

1. Participated in preparation of protocol for "Systematic review of diagnostic, prognostic and therapeutic non-invasive biomarkers in Paediatric Asthma". Also helped with preparation of manuscript for search strategy for the systematic review.
2. Prepared a protocol for a study titled: "Role of Respiratory Microbiome in Asthma Control", planned upon my return to Home Institution.

During the period of November 12-26, I had the opportunity to observe at the adult allergy clinic at University General Hospital, Attiko, a centre of excellence in Chronic Urticaria and Mastocytosis, where I learnt and discussed in detail regarding various forms of drug hypersensitivity reactions, diagnosis and desensitisation protocols and various presentations of chronic and acute urticaria and mastocytosis.

During this time, I also learnt about organisation of an allergy clinic and about the healthcare infrastructure of Greece.

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I would like to thank EAACI and Prof Papadopoulos for the unique opportunity to observe, learn and work in a centre of excellence and to expand my knowledge and further my interest in the field of allergy and immunology.

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