

Gintarė Paulikaitė

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To the EAACI Vice President Education & Specialty and to the EAACI Headquarters

Clinical fellowship report

June 2019

Vilnius

Clinical fellowship duration: 16 April 2018 till 13 July 2018 (3 months)

Time spent in the clinic: from 9:00 am to 4:00 pm.

Location: Barts Health NHS Trust, London Royal Hospital, Immunology service, London, UK.

The aim of my stay in London Royal Hospital Immunology service was to enlarge my clinical knowledge about the diagnosis and management of primary immunodeficiencies. As The Barts Health immunology service is one of the UK's leading specialist centres and the largest center in the UK for primary and secondary immunodeficiency, hereditary angioedema, I was able to see how clinics, laboratory work and patients care are done in these fields. Dr. Sorena Kiani, Dr. Sofia Grigoriadou and their immunology registrars were so kind to let me learn from them.

My activities included:

- **Immunology clinics** twice a week (7-8 patients a day). The clinics consisted of detailed anamnesis, examination of patients, evaluation of laboratory tests, prescription of treatment, vaccination, immunoglobulin therapy infusions and management. The great benefit I've got from being there next to the doctor while consulting the patient and listening how the doctor sincerely, thoroughly and professionally explains the situation to the patient.
- **Immunology-gastroenterology clinics** were held including a patient, an immunology and a gastroenterology specialists. These clinics were important for patients who have immunodeficiencies with other chronic gastrointestinal issues. This combination of consultation definitely improves the patients care.
- **Pediatric immunology clinics** once a month (7-8 patients a day). Consulting children with existing or suspected immunodeficiencies (hereditary angioedema, urticarias, Di George syndrome). An opportunity to attend clinics in children immunology service helps me in my

current job so much as I am an allergist and clinical immunologist in children hospital in Vilnius right now.

- **Inpatient care** every day. I was participating in prescribing acute treatment, monitoring immunoglobulins and other vital rates in patients with immunodeficiencies having severe infections who were hospitalized. Also there were several new patients diagnosed with CVID for the first time while hospitalized.
- **Allergy clinic** (5 patients). I had an opportunity to participate in an allergy clinic with one of the immunology and allergy registrars, consulting patients with angioedema, urticaria, asthma, assessing laboratory tests – specific IgEs, tryptase, prescribing treatment.
- **Weekly discussions of patients.** This involved me in solving unknown and difficult cases of patients with immunodeficiencies while discussing them with other immunology colleagues.
- **Weekly meetings with laboratory staff.** These meetings between laboratory and clinical specialists let me understand the importance of collaborations with other medical specialities, their expectations and needs.
- **Clinical trials** with hereditary angioedema (3-4 patients per month). These visits included detailed anamnesis, examination of patients, thorough clinical trial paperwork. I haven't had much practical experience in diagnosing and managing patients with hereditary angioedema before, so weekly visits of patients involved in clinical trials with hereditary angioedema helped me in gaining it and moreover finding out future treatment opportunities.
- **Audits.** I was involved in Immunology service audits of the compliance of diagnosis of CVID and SPAD with the international criteria, what let me understand these conditions deeper and think of new suggestions for diagnosing.
- **Attending lectures** – “M.tuberculosis in chronic granulomatous disease”, “Basophil activation testing”, “Diagnosing and monitoring immunodeficiency patients. Clinical cases”.

The purpose for this fellowship was to create an effective network in diagnosing and managing primary immunodeficient patients. I am grateful I had a possibility to learn this from leading specialists in these fields. I have already shared my experience and knowledge with my hometown immunologists. Moreover, contacts of excellent immunology professionals from Barts Health NHS Trust, London Royal Hospital for sure will help me dealing with my immunology patients issues in the future.

I am thankful to EAACI Fellowship program for this life changing opportunity.

Sincerely,

Gintarė Paulikaitė