

## **EAACI Clinical Fellowship Final Report 2018**

**Name:** Murat Türk

**Project title:** Chronic urticaria

**Home Institution:** Erciyes University School of Medicine, Division of Allergy and Clinical Immunology, Kayseri, Turkey

**Home Supervisor:** İnsu Yılmaz

**Host institution:** Universitätsmedizin Berlin, Charité, Department of Dermatology, Venereology and Allergology, Berlin, Germany

**Host Supervisor:** Marcus Maurer

**Duration of Fellowship:** 1<sup>st</sup> September – 24<sup>th</sup> November 2018

I was lucky enough to be awarded with EAACI Clinical Fellowship 2018 and spent 3 months observing and practicing at a leading urticaria center in Charité Universitätsmedizin Berlin. At the end of these three months, all of my planned goals and more were achieved.

The aim of my clinical fellowship was to gain expertise in clinical and laboratory aspects of chronic inducible and spontaneous urticaria.

I approximately spent 7 hours a day in the department. During my stay, I had the chance to;

1. Observe and apply provocation tests (FricTest, TempTest, etc) for chronic inducible urticaria
2. Attend weekly meetings (research seminars, journal club, and patient-care, clinical research and laboratory research meetings)
3. Attend international meetings (Braykinin Symposium, Angioedema School and UNEV expert workshop)
4. Gain clinical experience on how to diagnose and treat chronic urticaria, especially understanding the underlying pathophysiological mechanisms and novel treatment options
5. Spend time in the integrated laboratories. I observed and/or partly performed cell isolation, basophil activation test,  $\beta$ -hexosaminidase release assay and flow cytometry. Also gain insight about the basic laboratory principles and applications
6. Prepare a paper with Dr. Marcus Maurer (*How to discontinue omalizumab in chronic spontaneous urticaria? Allergy, In press.*) Also, we are still working on an original article and a review, and hope to publish them soon.
7. Design and conduct a proof-of-concept study and discuss the results with experts for future research

Finally, and most importantly for me, I had chance to meet experts and researchers in this field. My stay definitely helped me to better understand how an experienced urticaria center should be and will guide me for my future research. I would strongly recommend this experience to junior allergists.

I would like to thank Dr. Marcus Maurer for his guidance, precious advices and warm welcome; all the team members for their valuable help and patience; Dr. İnsu Yılmaz for his support; and the EAACI for this fruitful opportunity.

Murat Türk

EAACI Clinical Fellowship 2018 Awardee