

EAACI CLINICAL FELLOWSHIP FINAL REPORT

Name: Mariana Bragança

Duration of fellowship: 3 months [01.04.2024 – 30.06.2024]

Home institution: São João University Hospital, Porto, Portugal

Host institution Fundación Jiménez Díaz University Hospital, Madrid, Spain

Host supervisor: Joaquín Sastre

Project Title: “Clinical fellowship focused mainly on severe asthma, bronchial hyperresponsiveness and asthma in sports, and occupational diseases”

The allergology Department at Fundación Jiménez Díaz is composed of three outstanding units, the **Severe Asthma Unit**, accredited with excellence by the Allergology (SEAIC) and Pneumology (SEPAR) Spanish Societies, the **Bronchial Hyperreactivity and Asthma in Sports Unit**, and a **Respiratory Occupational Diseases Unit**, uniquely equipped to diagnose various forms of occupational diseases. These Units offer a comprehensive and multidisciplinary approach, which aligns seamlessly with my goal of adopting a holistic approach to complex disease in Allergology.

My goals to this clinical fellowship were deepening theoretical and practical knowledge in specific areas of allergology, with special emphasis on the management of patients with severe asthma, occupational diseases, bronchial hyperreactivity and asthma in sports, and chronic rhinosinusitis with nasal polyposis.

I had the opportunity to attend approximately 200 medical consultations and collaborate in conducting over 50 methacholine bronchoprovocation tests, nine adenosine bronchoprovocation tests, six specific inhalation tests, and two eucapnic hyperventilation tests, and collect nine induced sputum samples. I independently performed FeNO measurement (n=24), acoustic rhinometry (n=8), nasal cytology (n=6), BOT-8[®] olfactometry test (n=6), nasal fibroscopy (n=2), and rhinomanometry (n=1).

The most common diagnosed entities were allergic rhinoconjunctivitis (53%) and asthma (43%). Of notice, rhinosinusitis with nasal polyps (CRSwNP) was present in 13% of these patients, and an occupational pathology was suspected in 7% of the observed patients. A total of 20 patients with severe asthma and/or CRSwNP were under biological treatment.

Weekly, there were two meetings (on Tuesdays and Thursdays) where thematic reviews were presented, or clinical cases discussed. Additionally, every Friday I participated in the multidisciplinary session of the severe asthma unit, with several specialties, including pulmonology, ENT, clinical immunology and pediatrics. Here complex patients were presented, and management was debated to optimize these patients' care.

During this period, I also took every given opportunity to increase my knowledge in Allergology, and so participated in several courses, especially focused on asthma, immunotherapy, and molecular diagnosis.

Furthermore, I observed other procedures outside the scope of the internship, specifically for drug and food allergy, and the application and reading of patch tests. I had the opportunity to collaborate in four evaluations of inpatients with suspected drug hypersensitivity reactions.

At the end of these three months, my expectations for this internship were greatly exceeded, and the objectives I set for myself were fully achieved. I returned home with enthusiasm and eagerness to implement all the knowledge I acquired and the multidisciplinary model I aspire to. I would like to thank EAACI for this opportunity and strongly recommend this EAACI fellowship program to future participants.

I could not have dreamed or asked for such an amazing experience, both professionally and personally. Although I am not an extroverted person, I was extremely well received and felt welcome from the very first day. I have no words to thank the amazing team of the Allergology Department at Fundación Jiménez Díaz University Hospital, always eager to share their knowledge and experience with me and allowing me to be part of that incredible team. I am very grateful for this opportunity! I can only repeat what Saint-Exupéry once said "Those who pass by us, do not go alone, and do not leave us alone; they leave a bit of themselves, and take a little of us".

Sincerely,

Mariana Bragança