

Project Title: Honorary clinical fellowship

Name, Country: Carlos Alberto Blanco Mota, Spain

Type, Duration, and Location of Fellowship: Clinical Fellowship, April 1 - June 30, 2024, Royal Brompton Hospital, London, United Kingdom.

Host Institution and Supervisor Name: Royal Brompton and Harefield hospitals; Heart, Lung and Critical Care Clinical Group.
Supervisor: Professor Stephen Durham

Clinical Fellowship Report:

Overview of Activities:

It was a privilege to be awarded with the Clinical Fellowship 2024 prize of the European Academy of Allergy and Clinical Immunology (EAACI), and I'm very fortunate to share this experience with the amazing team of the Royal Brompton Hospital.

During my fellowship, I was deeply involved in various clinical activities, primarily focused on adult allergology. My experience encompassed observing and actively participating in patient care, conducting diagnostic procedures, and discussing complex cases with leading specialists in the field.

The number of patients observed during this period was approximately 500-650, averaging around 45 patients per week over 13 weeks. The average daily workday was about 8 hours, resulting in an effective working time of 40 hours per week.

Below is a detailed account of my daily activities, patient interactions, and the clinical settings in which I was present.

Monday:

- **Morning:** Attended food challenge sessions at the Medical Day Hospital, where I prepared quantified doses of food and protein for oral administration to patients with suspected food allergies. I engaged in patient history-taking and case reviews with consultants and fellow residents.
- **Afternoon:** Accompanied Dr. Isabel Skypala in her specialized food allergy clinic, where I gained additional insights into diet and nutrition management in allergic patients.

Tuesday:

- Participated in the Rhinology Clinic under the supervision of Professor Stephen Durham, a joint service between allergology and otorhinolaryngology. I observed rhinoscopies, learned about both allergic and non-allergic rhinitis, and participated in nasal provocation tests with pollen extracts. I also assisted the

nursing team with follow-up consultations for patients undergoing oral immunotherapy and skin testing.

Wednesday:

- **Morning:** Observed the allergology clinic led by Professor Durham. This session involved reviewing interesting cases, discussing national and European allergology guidelines, and learning from Professor Durham's extensive clinical and research experience.
- **Afternoon:** Joined Dr. Guy Scadding in allergology consultations, where we discussed cases in detail and explored various clinical and research topics in allergology.

Thursday:

- **Morning:** Either accompanied Dr. Scadding in his allergology consultations or participated in drug and food provocation tests. I also utilized this time for clinical session preparation or to complete courses like the "EPIC" program, earning certification.
- **Afternoon:** Prepared for the Friday clinical session and engaged in additional professional development activities.

Friday:

- **Morning:** Assisted with controlled drug administrations, preparing medication, taking patient histories, and discussing cases with colleagues.
- **Afternoon:** Participated in the Multidisciplinary Team Meeting (MDT), where the team reviewed weekly food and drug challenge results, discussed complex cases, and made decisions regarding immunotherapy. I regularly presented 1 to 3 cases that have been observed during the week.

Besides these regular daily tasks, I was involved in the following additional activities:

Pulmonology Department:

- Observed patient management in the Pulmonology Day Hospital and ward settings on two occasions, focusing on the evaluation of patients for biological drug therapy for asthma. This involved both multidisciplinary assessments and the interpretation of diagnostic tests like spirometry, FENO, and imaging. I also joined ward rounds, contributing to the discussion of patient care plans.

Research Involvement:

- During the fellowship time I participated in a research project collecting data analyzing a group of immunotherapy patients of the Royal Brompton Hospital
- I familiarized myself with ongoing and past research projects led by Professor Durham's team, particularly in the field of immunotherapy, with publications in prestigious journals such as New England, JAMA, and JACI. I also observed and participated in certain currently ongoing studies, regarding both immunotherapy

and biological drug treatment of allergic diseases, dealing with the collection, processing, and labeling of nasal samples in the laboratory.

Achieved Objectives: During my fellowship at the Royal Brompton Hospital, I successfully achieved the objectives set out for theoretical knowledge, practical skills, and research activities in allergology. I deepened my understanding of immunological processes and allergic reactions through active participation in specialized clinics and discussions with leading experts. I gained practical experience in both *in vitro* and *in vivo* techniques, including antigen preparation, skin testing, and provocation tests. Additionally, I engaged in teaching and research activities, contributing to interhospital sessions and observing advanced research projects. This fellowship has significantly enriched my expertise and practical skills in the field of allergology.

Conclusion: In summary, this fellowship at the Royal Brompton Hospital has been an invaluable academic experience. It allowed me to significantly deepen my knowledge in allergology, collaborate with distinguished professionals outside my home country, enhance my English skills, and share different approaches within our specialty. I am grateful to the EAACI for this unique opportunity, which has substantially contributed to my professional development.

Acknowledgements: I would like to express my sincere gratitude to Professor Stephen Durham, Dr. Isabel Skypala, Dr. Guy Scadding, and the entire team at the Royal Brompton Hospital, for their guidance and support throughout this fellowship. I also extend my thanks to the EAACI for providing the financial support that made this enriching experience possible; as well as to my home hospital team, specially my supervisor Dr. Elisa Haroun Díaz, and the Head of Service, Dr. Francisco Javier Ruano Pérez, for their invaluable and continuous support.