

EAACI Clinical Fellowship 2025 Final Report

Name: Serena Traversi

Project Title: Food Allergy and Respiratory Allergy Observership

Fellowship Duration: 01/01/2025 – 31/03/2025 (3 months)

Host Institution: Allergy Unit, Hospital Regional Universitario de Málaga, Spain

Host Supervisor: Dr. Francisca Gómez Pérez

Home Institution: University of Brescia, Brescia, Italy

Home Supervisor: Prof. Claudia Agabiti Rosei

I was honoured to be awarded an EAACI 2025 Clinical Fellowship, which allowed me to spend three months (from January 1st to March 31st, 2025) at one of the leading European centres for allergy care and research: the Allergy Unit at the Hospital Regional Universitario of Málaga, Spain.

This fellowship aligned closely with my professional aspirations, offering an invaluable opportunity to deepen my knowledge, especially in food and respiratory allergies, fields in which Málaga's expertise is internationally recognized.

During this enriching experience, I was primarily involved in the management of severe asthma and food allergies. I had the opportunity to work closely with a multidisciplinary team, participate in outpatient clinics, and observe advanced diagnostic and therapeutic procedures.

I actively took part in various clinical activities throughout the week. Clinical activities usually started at 8 a.m. and ended around 3 p.m., from Monday to Friday.

On Mondays and Wednesdays, I attended the Severe Asthma Outpatient Clinic, where an average of 10 patients were examined daily. In this setting, I had the opportunity to evaluate patients undergoing biological therapy, perform spirometry and nasal provocation tests, and observe rhinoscopies.

Tuesdays were primarily dedicated to oral food challenges in patients with suspected food allergies, with approximately eight patients evaluated per day.

On Thursdays and Fridays, I was involved in follow-up consultations within the Food Allergy Unit, contributing to the ongoing management and monitoring of allergic patients.

Under the guidance of my host supervisor, Dr. Francisca Gómez Pérez, I had the chance to assess and manage a large number of cases involving patients with food allergies, particularly those sensitized to vegetables (with different patterns of sensitization such as LTP, profilin, storage proteins, and PR-10), egg, cow's milk, and seafood.

Additionally, I had the unique opportunity to evaluate patients receiving sublingual immunotherapy for lipid transfer protein (LTP) allergy, a treatment currently available only in Spain. This was a particularly valuable experience, as it allowed me to gain insight into a therapeutic approach not yet available in other countries.

I also contributed to the compilation of patient databases related to food allergies, which will be used for future research projects. Moreover, I was involved in the clinical assessment of

patients participating in high-level scientific studies, which enriched my understanding of research protocols and innovative treatments in the field of LTP allergy. The Food Allergy Unit has a Research Laboratory, where predoctoral and postdoctoral personnel conduct research focused on various aspects of food allergy. As a result, I had the chance to become familiar with several *in vitro* techniques applied in the diagnosis of food allergies, such as the Basophil Activation Test, ELISA, RAST, ALEX, and ISAC.

Given the strong emphasis on continuous education at the Allergy Unit of the Hospital Regional Universitario of Málaga, I had the pleasure of attending weekly clinical sessions reviewing important topics or challenging cases.

This fellowship provided me with invaluable clinical and scientific insights that will significantly contribute to my professional development and future clinical practice.

I would like to express my sincere gratitude to Prof. María Josefa Torres Jaén, Dr. Francisca Gómez Pérez, and Dr. Ibon Eguíluz Gracia. Their dedication and willingness to help me grow as a physician have been truly inspiring.

I am deeply grateful to all the physicians, nurses, and administrative staff at the Hospital Regional Universitario of Málaga for warmly welcoming me and allowing me to work alongside them. Their professionalism and kindness made this experience not only educational but also deeply meaningful on a personal level.

A heartfelt thank you also goes to EAACI for granting me this important fellowship and for supporting the training of young specialists across Europe. I am truly grateful for this opportunity, which has had a profound impact on my growth as both a clinician and a researcher.

Sincerely,

Serena Traversi

A handwritten signature in dark ink, reading "Serena Traversi". The script is cursive and elegant, with the first name "Serena" written in a larger, more prominent style than the last name "Traversi".