

Clinical Fellowship Report:

Managing Severe Food Allergy: From diagnosis to everyday care

Name, Country: Aitana Alberdi Callejo, Spain.

Type, duration, and location of the Fellowship: Clinical Fellowship, 3 months (2 January-31 March) 2026, Royal Brompton Hospital, London , United Kingdom.

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

Supervisor: Dr. Guy Scadding

Clinical Fellowship Report

Overview

It was a great honour to be awarded the EAACI Clinical Fellowship and to complete my training period at the Royal Brompton Hospital.

The main objective of my fellowship was to deepen my clinical and practical knowledge in adult allergology, with particular focus on severe food allergy, drug allergy, rhinitis, allergen immunotherapy, and biologic treatments for asthma. A central aim was to understand the full pathway of severe food allergy management, from accurate diagnosis to long-term patient education and everyday care.

Clinical Activity

Duration and Workload

- Duration: 3 months
- Average weekly working hours: approximately 40 hours per week
- Total patients observed: 720 approximately
- Average patients per week: 60-75

Weekly Clinical Structure

Monday

- **Morning – Food Challenge Unit (Medical Day Hospital)**: I attended supervised food challenge sessions, where I prepared quantified doses of food allergens for oral administration in patients with suspected food allergies. I participated in clinical history taking, patient monitoring during challenges, and case discussions with consultants and residents.
- **Afternoon – Specialist Food Allergy Clinic (Dr Isabel Skypala)**: I joined Dr Skypala's specialised food allergy clinic, gaining valuable insight into the dietary management of food-allergic patients. This included understanding nutritional adequacy, risk assessment, and patient education strategies for long-term management.

Tuesday

- **Rhinology Clinic (Joint Allergy–ENT Service)**: Under the supervision of Dr Guy Scadding and Dr Kostadin Stoenchev, alongside ENT specialists, I participated in the joint rhinology clinic. I observed and progressively gained experience in performing and interpreting rhinoscopies.
I learned to differentiate between allergic and non-allergic rhinitis to manage complex cases requiring tailored therapeutic approaches.
I also assisted the nursing team with virtual follow-up consultations for patients undergoing oral immunotherapy and skin testing.

Wednesday

- **Morning – Face-to-Face Allergy Clinic (Dr Guy Scadding)**: This clinic involved the assessment of complex allergy cases, including food and drug allergy, urticaria, and

rhinitis. We reviewed national and EAACI guidelines and discussed evidence-based management strategies.

- **Afternoon – Allergy Consultations:** I joined Dr Scadding and Dr Stoenchev in further allergy consultations, engaging in detailed case discussions and exploring both clinical and research aspects of allergology. We discussed cases in detail and explored several clinical and research topics within the field.

Thursday

- **Video Allergy Clinic (Dr Stoenchev):** I participated in virtual consultations covering a wide spectrum of allergic diseases, including drug allergy, food allergy, and chronic urticaria.
- On three occasions, I joined the Respiratory Team (Dr David Watchorn) in their clinic for complex asthma cases. I gained experience in interpreting spirometry, FeNO measurements, and imaging results, and also attended ward rounds, contributing to discussions regarding patient care plans.
I observed multidisciplinary discussions regarding advanced therapeutic strategies, including biologic treatments, and attended MDT meetings to review challenging cases and optimise management plans.

Friday

- **Morning – Drug Provocation and Allergy Testing:** I assisted with controlled drug administrations and participated in preparing medications for skin prick tests, intradermal tests, and graded oral challenges.
I worked closely with the nursing team, learning the preparation of different drug concentrations and understanding safety protocols during provocation procedures.
- **Afternoon – Multidisciplinary Team Meeting (MDT):** I participated in the weekly MDT meeting, where food and drug challenge results were reviewed, and complex cases were discussed. I regularly presented between one and three cases per week, contributing to therapeutic decision-making, including immunotherapy indications.

Objectives and Outcomes

During my fellowship, I achieved the following objectives:

- Gained structured exposure to high-complexity severe food allergy management
- Strengthened my knowledge of allergen immunotherapy and biologic therapies
- Improved my practical skills in performing and interpreting skin tests and provocation tests
- Increased my confidence in multidisciplinary case discussions
- Enhanced my ability to manage allergy patients within an integrated, team-based model

The fellowship met and exceeded my initial expectations, both clinically and academically.

Personal Reflection

This fellowship has represented a transformative stage in my professional journey, arriving at a particularly meaningful moment as I prepare to begin a new professional chapter. The experience has not only strengthened my clinical expertise but has also provided me with greater confidence and clarity as I move into the next stage of my career.

Working at the Royal Brompton Hospital allowed me to experience first-hand how a leading European referral centre structures the management of complex allergic diseases. I was especially inspired by the integrated and multidisciplinary model of care, where allergists, dietitians, respiratory physicians, ENT specialists, pharmacists, and specialist nurses work in close collaboration to provide comprehensive and patient-centred management. Observing and participating in this system has shaped the way I understand quality in allergy care.

Beyond technical skills, this fellowship refined my clinical reasoning in severe food allergy and complex drug allergy cases, enhanced my ability to discuss challenging scenarios in multidisciplinary meetings, and strengthened my confidence when presenting cases in an international environment. It also broadened my perspective on healthcare systems and reinforced the importance of adaptability, communication, and teamwork.

As I transition into my new professional stage, I feel better prepared to take on responsibilities, to contribute actively to structured allergy pathways, and to continue developing within the field of allergology with a more mature and international outlook.

Conclusion

The EAACI Clinical Fellowship at the Royal Brompton Hospital has been an invaluable and deeply enriching experience, both professionally and personally. It has allowed me to significantly expand my knowledge in the field of allergy, particularly in the management of severe food allergy, while gaining exposure to high-complexity cases and advanced multidisciplinary decision-making.

This opportunity comes at a pivotal moment in my career, as I embark on a new professional stage. The skills, confidence, and perspective gained during these three months will undoubtedly shape my future clinical practice. I feel better equipped to contribute meaningfully to allergy services, to promote multidisciplinary collaboration, and to continue pursuing excellence in patient care.

I am profoundly grateful to the European Academy of Allergy and Clinical Immunology for awarding me this fellowship. Without the support of EAACI, I would not have been able to live this experience as a physician, immerse myself in such a prestigious centre, and broaden my knowledge so extensively in the field of allergology. This programme truly represents a unique opportunity for professional growth and international collaboration.

Acknowledgements

I would like to express my sincere and heartfelt gratitude to Dr Guy Scadding for his supervision, generosity, and continuous support throughout my fellowship. His clinical expertise and commitment to excellence have been truly inspiring.

I am also extremely thankful to Dr Isabel Skypala for welcoming me into her clinics and sharing her invaluable knowledge. I am particularly grateful to Dr Skypala for everything she has taught me about the management of severe food allergy and for her exceptional dedication to teaching. Her guidance and enthusiasm for education have made a profound impact on my learning during this fellowship.

My appreciation also extends to Dr Stoenchev, Natallia Ellis, and all members of the nursing and allied health professional teams, whose professionalism, generosity in teaching, and collaborative spirit greatly enriched my daily clinical experience.

I would also like to express my deepest gratitude to my Head of Department in Spain, Dr Carlos Blanco, for encouraging me to take this opportunity and allowing me to embark on this fellowship. His support has been essential in enabling this international experience. I am equally thankful to my residency tutor, Dr María Teresa Belver, for her continuous guidance and mentorship throughout my training and for encouraging my professional development within the field of allergy.

Finally, I am sincerely grateful to EAACI for granting me this fellowship and making this experience possible. This opportunity has been a defining moment in my development as a physician and has strengthened my commitment to advancing in the field of allergology.