

EAACI CLINICAL FELLOWSHIP FINAL REPORT

Project Title: Food Allergy and Skin Allergy Observership

Name: Laís Ferreira Lopes Brum Country: Brazil

3 Months Clinical Fellowship , Berlin, Germany

Host Institution: Charité Universitätsmedizin Berlin, Germany. Campus Benjamin Franklin.

Supervisor Name: Martin Metz

During my EAACI Clinical Fellowship at Charité – Universitätsmedizin Berlin, I participated mostly in the clinical activities across different doctors and departments and clinical settings.

The main clinical activity took place in the outpatient clinics from Monday to Friday, generally from 08:00 to 12:00 and from 13:00 to 16:00. There were no outpatient clinics on Wednesday and Friday afternoons; these periods were therefore used for scientific activities, including manuscript preparation, literature review, and academic writing. During each outpatient session, I observed approximately 12 patients, corresponding to approximately 48–60 patients per week in the outpatient setting. I attended allergy (mostly skin allergy) outpatient clinics on a regular basis throughout the fellowship, under the supervision of several physicians, including Dr. Melba Muñoz, Dr. Manuel Pereira, Dr. Thomas Butgereit, Dr. Markus Magerl, Dr. Emek Kocatürk, Dr. Polina Pyatilova, Dr. Dimitra Gialama, Melissa Afshar-Bakshloo, Eva Grekowitz and Dr. Torsten Zuberbier.

This provided me with the opportunity to observe different clinical approaches and gain broad exposure to a wide range of allergic, inflammatory, and mast cell-related skin diseases.

The main conditions observed included:

- Chronic spontaneous urticaria
- Inducible urticarias
- Angioedema
- Atopic dermatitis
- Prurigo nodularis
- Mastocytosis and mast cell-related disorders
- Other inflammatory and allergic skin diseases

A particularly valuable aspect of the fellowship was the opportunity to observe patients receiving advanced targeted therapies and biological treatments, including several recently developed therapies that are not yet routinely available in Brazil. This experience allowed me to gain a better understanding of the practical indications, treatment strategies, monitoring, and clinical response associated with these therapies.

I also attended the Asthma Outpatient Clinic under the supervision of Dr. Karl-Christian Bergmann. During these sessions, I observed patients with different asthma phenotypes and gained practical exposure to the clinical assessment and management of patients with respiratory allergic diseases. The experience provided an opportunity to observe the integration of clinical history, disease control assessment, treatment strategies, and the use of advanced therapies in patients with asthma.

I spent additional 2 periods in the pediatric department at Campus Virchow, under the supervision of Dr. Susanne Lau and Dr. Kirsten Beyer. During these activities, I observed pediatric patients with a particular focus on food allergy and oral food challenges. This was particularly relevant to my clinical practice, allowing me to learn different approaches to the diagnosis, investigation, and management of allergic diseases in children.

I also had the opportunity to spend approximately one week in the research laboratory, where I was introduced to experimental approaches related to mast cell biology. During this period, I followed the experimental process from the isolation of mast cells from skin tissue through to their activation, gaining insight into the laboratory methods used to investigate mast cell function. The activities were primarily observational and educational. I followed the different stages of the experimental process and discussed the underlying methodology and scientific rationale with the laboratory team. This experience was particularly valuable because it allowed me to connect the mechanisms studied experimentally with clinical conditions.

In addition to the clinical activities, I participated in scientific and educational events during the fellowship. I attended the Bradykinin Symposium, which provided an opportunity to update my knowledge of bradykinin-mediated diseases, particularly angioedema. I also participated in the First AirwaysCARE Forum, held on 15 September 2026 in Berlin, which addressed contemporary aspects of airway diseases .

During the fellowship, I also contributed to the writing of the scientific article "Understanding the course of urticaria: From acute to chronic and to remission", as a co-author. The manuscript has been accepted for publication in *Current Treatment Options in Allergy* (<https://link.springer.com/article/10.1007/s40521->

026-00427-

1?utm_source=rct_congratemailt&utm_medium=email&utm_campaign=oa_20260929&utm_content=10.1007%2Fs40521-026-00427-1). In addition, I wrote a case report entitled “A case of acute urticaria during *Helicobacter pylori* eradication”, which is currently undergoing finalization and preparation for submission and publication.

One of the most valuable aspects of the fellowship was the opportunity to observe the use of new biological and targeted therapies that are not yet available in Brazil. Observing these treatments in routine clinical practice provided valuable insight into their indications, practical management, monitoring, and clinical outcomes.

The experience in the pediatric department further strengthened my knowledge of pediatric allergic diseases, particularly food allergy and allergic skin diseases. The laboratory experience complemented the clinical activities by providing a better understanding of mast cell biology and the experimental processes involved in studying mast cell activation.

The fellowship also significantly contributed to my academic development through participation in scientific events and collaborative manuscript preparation.

Overall, the fellowship allowed me to expand my clinical knowledge, become familiar with innovative diagnostic and therapeutic approaches, strengthen my understanding of translational allergy research, and establish valuable academic and professional interactions with specialists in different areas of Allergy and Immunology.

The knowledge and experience acquired during this fellowship will be directly applicable to my clinical practice and academic activities in Brazil, particularly in the management of pediatric and adult allergic diseases and in the development of research and educational activities in Allergy and Immunology.

Acknowledgements

I would like to express my sincere gratitude to all the physicians and members of the Institute of Allergy team who welcomed me during my clinical fellowship and generously shared their knowledge, experience, and clinical expertise throughout this period. I am especially grateful to Dr. Manuel Pereira and Martin Metz for giving me the opportunity to undertake this fellowship at Charité – Universitätsmedizin Berlin. I am also deeply thankful to all the physicians who supervised and included me in their outpatient clinics, discussions, and academic activities. Their openness, teaching, and willingness to share their clinical experience made this fellowship an invaluable learning experience, both professionally and personally.