

- ❖ **Name & Designation** : Dr. Kamal Kumar Gera, Junior Resident
- ❖ **Address** : Deptt. of Respiratory Medicine, VP Chest Institute, University of Delhi, Delhi-110007
- ❖ **Name of the International Conference/ Seminar/Symposium/ Workshop** : American College of Allergy, Asthma & Immunology 2014
- ❖ **Title of the abstract accepted** : Effect of nasal polyposis on nocturnal sleep disturbances, daytime sleepiness and sleep specific quality of life disturbances in patients presenting with allergic rhinitis
- ❖ **Date & Venue** : Georgia, USA, 6-10th November 2014.
- ❖ **Money sanctioned** : ₹ 1,00,000/-
- ❖ **Money reimbursed** : ₹ 1,00,000/-

Participation Report

I had a privilege to attend the American College of Allergy, Asthma and Immunology 2014 Annual Scientific Meeting held in Atlanta, Georgia from 06th to 10th November 2014. There were around 150 sessions, 33 workshops, 395 scientific research abstracts and clinical case reports. Various aspects of allergy and immunology were thoroughly reviewed and discussed with the participation of faculty and delegates from round the globe.

Academic Highlights of the Training/Workshops

The American College of Allergy, Asthma and Immunology 2014 Annual Scientific Meeting, one of the largest gatherings of researchers in the field of allergy and immunology provided a detailed comprehensive review of the latest information for the diagnosis and treatment of allergic disorders. Workshops held, helped us to learn methods to diagnose allergic disorders and different aspects of immunotherapy.

New Development presented at the Training/Workshops :

The workshops and sessions emphasised on various aspects of aeroallergens, insect allergy, work related illnesses, oral food challenge, aspects of asthma control, management of rhinitis, use of fiber optic rhinoscope, treatment of anaphylaxis, aspects of immunodeficiency, eosinophilic esophagitis, eczema, urticarial, angioedema, drug allergies, eruptions and immunotherapy. The following aspects were highlighted :

- Most common types of pollen and fungal spores found in the atmosphere.
- Insects that can cause reaction in humans and their evaluation and treatment plans.
- Manifestations of work related illnesses.
- Aspects of food allergy and oral food challenge.
- Asthma statistics, control and care.
- Evaluation and treatment of anaphylaxis.
- Upper airway allergic disorders: evaluation and treatment.
- Aspects of evaluation and management of allergic rhinitis and rhinosinusitis.
- Periostin tissue expression in allergic rhinitis.
- Indications and use of fiber optic rhinoscope.

- Immunodeficiencies in children.
- Evaluation and management of allergic skin reactions.
- Updates in clinical immunology.
- Pathophysiology of allergic contact dermatitis and patch testing.
- Recent developments in basic immunology and genetics in relation to allergic disorders.
- Effects of allergic and non-allergic rhinitis on asthma.
- Strategies for the efficient and accurate diagnosis of hereditary angioedema (HAE).
- Use of recombinant C1 inhibitor for treatment of hereditary angioedema.
- Different ways of immunotherapy.
- Role of climate change in allergic disorders.
- Aspects of immunoglobulin replacement therapy.
- Diagnosis and management of food protein-induced enterocolitis syndrome (FPIES).
- Aspects of oral allergy syndrome.
- Utility of high attenuation mucus and other radiological features in allergic bronchopulmonary aspergillosis.
- Targeted gene therapy in treatment of X-linked Hyper-IgM syndrome.

New Development resulting from the Training/Workshops

By attending the Annual Meeting, I gained the scientific perspectives on the clinical, basic science, and translational discoveries that are shaping the future of adult and paediatric allergy. I could learn about the current trials and research strategies that are ongoing in management of allergic disorders. I learned about the epidemiological patterns in the prevalence of rhinosinusitis and occupational factors related to it. Immunotherapy was also discussed extensively leading to removal of doubts.

8. Participant's contribution to the Training / Workshops

I represented my country and presented my research work entitled "Effect of nasal polyposis on nocturnal sleep disturbances, daytime sleepiness and sleep specific quality of life disturbances in patients presenting with allergic rhinitis" in the meeting. I highlighted the importance of chronic rhinosinusitis and nasal polyposis in allergic rhinitis. I also emphasised their impact on severity, quality of life and sleep in patients with allergic rhinitis. Chronic rhinosinusitis and nasal polyposis, when present, add to the morbidity and adversely affect the quality of life. They also had a significant negative impact on sleep related parameters in these patients. My presentation added that the importance of nasal polyposis cannot be ignored and the efforts should be made to diagnose chronic rhinosinusitis and nasal polyposis in patients with allergic rhinitis and treat them appropriately. This will help to ameliorate the sufferings of these patients. The discussions were very fruitful and most of the members agreed to my conclusions.