

AIT Bulletin

A QUARTERLY NEWSLETTER



CLINICAL SPOTLIGHT

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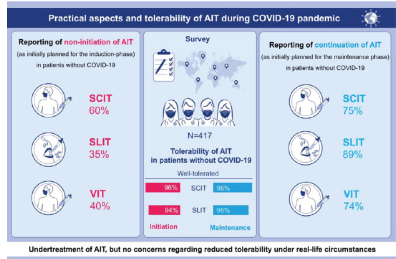
As an allergist and program director with an interest in physician wellness, I have been fortunate to work with a number of like-minded physicians to assess and address wellness in Allergy/Immunology. In a survey we developed in 2018, we found that approximately 35% of allergists were experiencing burnout. Unfortunately, since the start of the pandemic, psychological distress has increased. The article featured in this issue provides important information and suggestions to help maintain your own wellness during this ongoing pandemic. Further resources we developed include the Physician Wellness Toolkit on the AAAAI website and the Annals of Allergy and Immunology March 2021 issue which features several articles on physician wellness. We presented our findings at national meetings and continue to develop programming and resources to help the allergy community. Surveys of wellness/burnout among fellows-in-training and a follow up survey of practicing allergists assessing the impact of the pandemic on wellness are being prepared for publication.

AIT FROM ALK

COVID-19 Pandemic and Allergen Immunotherapy: EAACI Survey

Pfaar O, Agache I, Bonini M, Brough HA, Chivato T, Del Giacco S, et al.

During the coronavirus pandemic, there's been an increase of uncertainty regarding the safety of allergen immunotherapy (AIT). The European Academy of Allergy and Clinical Immunology (EAACI) conducted the first international retrospective survey in atopic diseases. A panel of AIT experts created 27 standardized questions to investigate practical aspects and the tolerability of AIT during the COVID-19 pandemic.



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Following a survey of 417 physicians, it was concluded that there were no concerns regarding reduced tolerability of AIT during the pandemic under real-life circumstances. However, the data indicated a high grade of undertreatment of AIT, which could have a long-lasting negative impact on allergic patients' clinical care.

[Click to read full study](#)

Pfaar O, Agache I, Bonini M, Brough HA, Chivato T, Del Giacco S, et al. COVID-19 pandemic and allergen immunotherapy - an EAACI Survey. Allergy. 2021;76(11):3504-3516. doi: 10.1111/all.14793.

INVESTIGATOR INSIGHTS

We spoke with **Priya Bansal, M.D.** to discuss the key takeaways from the publication **Clinician Wellness During the COVID-19 Pandemic: Extraordinary Times and Unusual Challenges for the Allergist/Immunologist** and how clinical wellness has evolved. Watch below and read the full publication [HERE](#)!

Investigator Insights: Priya Bansal, M.D.

Clinician Wellness During the COVID-19 Pandemic: Extraordinary Times and Unusual Challenges for the Allergist/Immunologist

Bansal, P., Bingemann, T.A., Greenhough, M., Hoffmann, G., Nanda, A., Oppenheimer, J., et al. Clinician Wellness During the COVID-19 Pandemic: Extraordinary Times and Unusual Challenges for the Allergist/Immunologist. The Journal of Allergy and Clinical Immunology. 2020; 146(3):462-469. doi:10.1016/j.jaci.2020.04.001



WHAT'S NEW IN RESEARCH?

Innate and Adaptive Immunity in Allergic Airway Disease

Scadding GK, Scadding GW

After recent findings on the involvement of innate immunity in allergic airways disease, concentrating on allergic rhinitis, Scadding GK and Scadding GW explore ways in which environmental influences act to initiate inflammation and on how these may have altered in recent decades.

Improved understanding of the mechanisms involved may reveal future possibility for therapy. The complex nature of immunity – both innate and acquired – in airways disease has implication for prevention and for therapy and requires further elucidation.

[Click to read full study](#)

Scadding GK, Scadding GW. Innate and adaptive immunity in allergic airway disease. *Curr Opin Allergy Clin Immunol.* 2022;22(1):10-15. doi: 10.1097/ACI.0000000000000800.

What gaps in research would you like to share with ALK? Let us know:

[@US_ALK #ALKMedAffairs](#)

ALLERGY NEWS AROUND THE GLOBE

Advances and Highlights in Allergic Rhinitis

Zhang Y, Lan F, Zhang L.

Allergic rhinitis (AR) is a growing public health, medical and economic problem around the world. There have been significant discoveries related to AR over the past 2 years and increasing evidence suggests that environmental exposures, climate changes and lifestyle are important risk factors for AR.

Consequently, detailed investigation of the exposome and the connection between environmental exposures and health in the future should provide better risk profiles instead of single predictors and help mitigate adverse health outcomes in allergic diseases.

Despite recent advances in understanding the immune mechanisms underlying the effects of allergen immunotherapy (AIT), further understanding changes of cell profiles after AIT and accurately evaluate the efficacy of AIT are required.

[Click to read full study](#)

Zhang Y, Lan F, Zhang L. Advances and highlights in allergic rhinitis. *Allergy.* 2021 Nov;76(11):3383-3389. doi: 10.1111/all.15044.

RECENT EVENT HIGHLIGHTS

U.S. Events

Jump Start Into 2022 With Allergy Immunotherapy
January 13, 2022 -
Shahzad Mustafa, MD

2022 Allergy Immunotherapy Update: The Intersection of Scientific Evidence and Clinical Practice
January 25, 2022 -
Hendrik Nolte, MD, PhD

Canada Events

McMaster Grand Rounds
January 14, 2022 -
Hendrik Nolte, MD, PhD

Grand Rounds with UBC and McGill
January 26, 2022 -
Hendrik Nolte, MD, PhD

Worldwide Events

February Worldwide Webinar Wednesday
February 9, 2022 - David Bernstein, MD (United States)

UPCOMING ALK EVENTS



[CLICK HERE](#) for ALK Virtual Programs Calendar

* Bookmark this page in your browser to stay up to date on new events being added!

March Madness: AIT Edition 2022

March 10, 2022, from 7:00 – 8:30pm ET

Join us for March Madness: AIT Edition 2022, a virtual game show for fellowship and residency programs!

[REGISTER HERE](#) by March 10, 2022, at 3:00pm ET to secure your spot.

Worldwide Webinar Wednesdays

MARCH: Lawrence DuBuske, MD (United States)

March 23, 2022 – 7:00pm EST

APRIL: Graham Roberts, DM, FRCPCH, MA, MSc (United Kingdom)

April 20, 2022 – 7:00pm EST



NEW EPISODES: "Allergy AfterHours" Podcast

Our second season of ALK North American Medical Affairs' podcast, Allergy AfterHours, has launched, featuring allergists from around the world discussing hot topics surrounding allergy immunotherapy, penicillin allergies, practice management and much more.

[CLICK HERE TO TUNE IN!](#)

Episodes:



Biomarkers in AIT
with guest Mohammed Shamji, MD

Stay tuned for upcoming events and more podcast episodes this year!

Do you have a suggestion for a future ALK Medical Affairs event? Let us know!

[MedicalAffairs@alk.net](#)

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