



Sandra Nora Gonzalez Diaz, MD, PhD.

## **Choosing a Path in Allergy and Clinical Immunology**

ACADEMIC PRACTICE

# Allergic Diseases as a Global Public Health Issue

---



World Health Organization

- ▶ According to World Health Organization (WHO) statistics
- ▶ Hundreds of millions of subjects in the world suffer from rhinitis
- ▶ 300 million have asthma
- ▶ Affecting the quality of life of these individuals and their families
- ▶ Negatively impacting the socio-economic welfare of society

## Why is it necessary to recognize allergic diseases as a global public health concern?

---

- ▶ The prevalence of allergic diseases worldwide is rising dramatically in both developed and developing countries
- ▶ About 30-40% of the world population now being affected by one or more allergic conditions
  - ▶ Asthma
  - ▶ Rhinitis
  - ▶ Anaphylaxis
  - ▶ Drug, food, and insect allergy
  - ▶ Eczema
  - ▶ Urticaria (hives)
  - ▶ Angioedema

Very few countries have comprehensive services in this field of medicine

# Despite the obvious importance of allergic diseases...

---

- ▶ In general allergy is poorly taught in medical schools and during post-graduate medical education
- ▶ Many countries do not even recognize the specialties of Allergy or Allergy and Clinical Immunology

As a consequence



Many or most allergic patients receive less than optimal care from non-allergists

# Trained allergists/country

---

- ▶ The membership of WAO is approximately 35,000 allergists worldwide representing the bulk of the trained allergists globally.
  - ▶ Japan, Germany and the US, there are 4,000-8,000 trained allergists per country
  - ▶ 1 allergist per 25,000 to 75,000 patients
- ▶ That ideal care would be provided by about 1 allergist per 20,000-50,000 patients
- ▶ There are countries such as Costa Rica with less than 10 allergists and others with even fewer

# What would be the justification?

---

- ▶ Recent epidemiological studies show a significant increase in the prevalence of allergic diseases worldwide
- ▶ In Mexico, as in other countries, allergic diseases are a real public health problem
- ▶ It is essential to the formation of specialized medical care for these conditions



# It requires ...

---

- ▶ A better understanding of the pathophysiology of immune-allergic
- ▶ Development of diagnostic and therapeutic procedures increasingly effective in the detection and treatment of the same
- ▶ High quality training in the field of Allergy and Immunology



# Graduate Studies

---

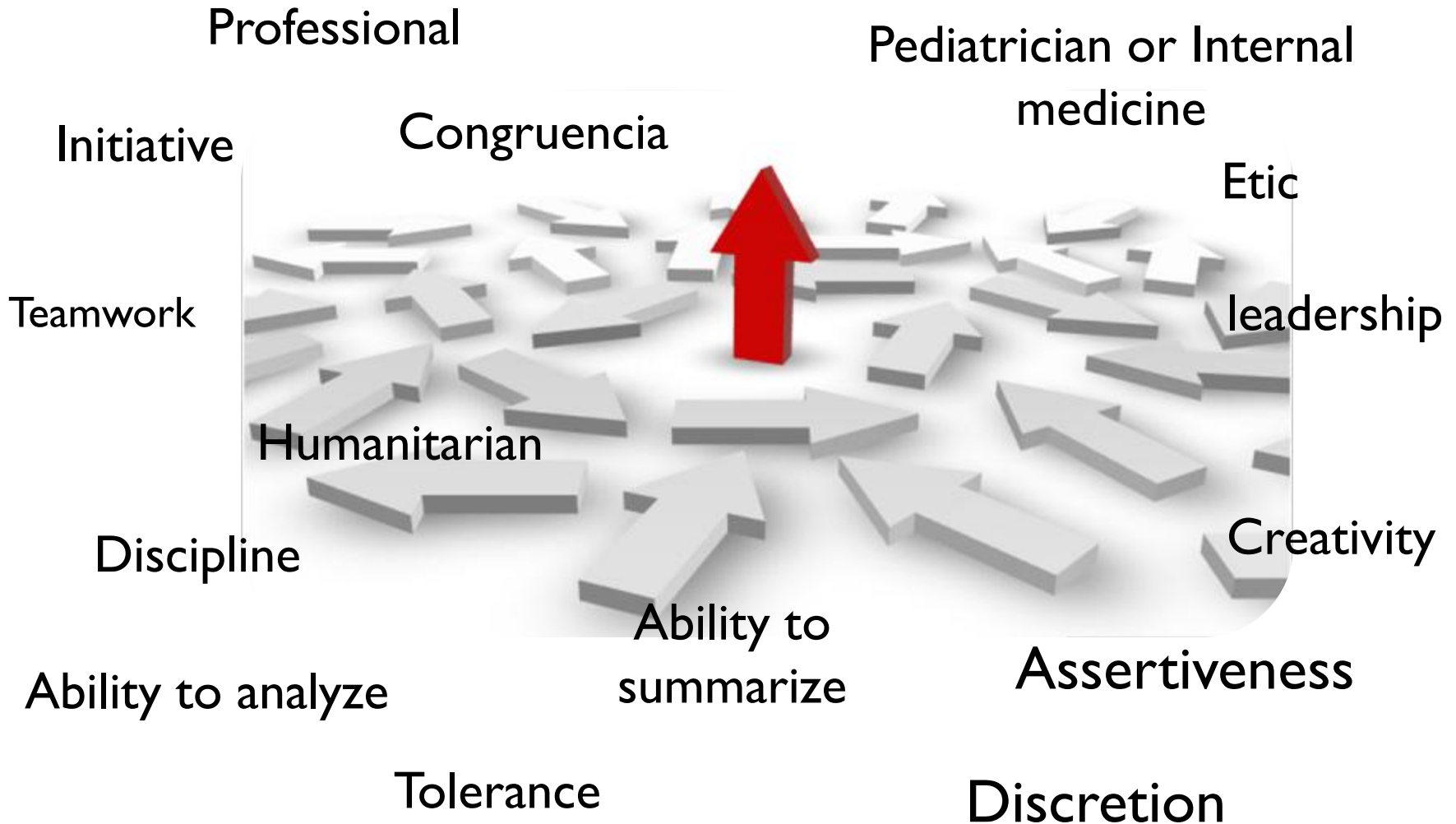
- ▶ Graduate studies are the pinnacle of professional development training and university scientist





# Profile of admission to a subspecialty

---



---

▶ **What features should have to enter postgraduate study?**

# What is an Allergist?

---

- ▶ An allergist is a physician who, after training in internal medicine or pediatrics, has successfully completed a specialized training period in allergy and immunology



# Center medical training in Allergy and Immunology Clinic in Mexico

- Instituto Nacional de Pediatría
- Hospital Infantil de México
- Centro Médico Siglo XXI, Centro Médico La Raza IMSS
- Hospital Juárez
- Hospital Universitario de Puebla
- Hospital del ISSSTE: (20 Nov, I Oct, Lopez Mateos), Guadalajara (Zapopan)
- Instituto Nacional de Enfermedades Respiratorias (INER)
- Centro Regional de Alergia e Inmunología Clínica , Hospital Universitario "Dr. José Eleuterio González" Monterrey, N.L



**The duration of the training** is five/six years (including the common trunk in internal medicine and/or pediatrics, and two/three years of allergy and clinical immunology)

The allergist treats both adults and children while in some others, pediatricians, with specialty or sub-specialty in allergy, are competent to treat children

# As part of allergy training...

---

- ▶ All allergists are trained in the relevant aspects:

Dermatology
Pneumonology
Otorhinolaryngology
Rheumatology
Endocrinology
Dentistry
Pediatrics
Internal Medicine

# The allergist should be capable of ...

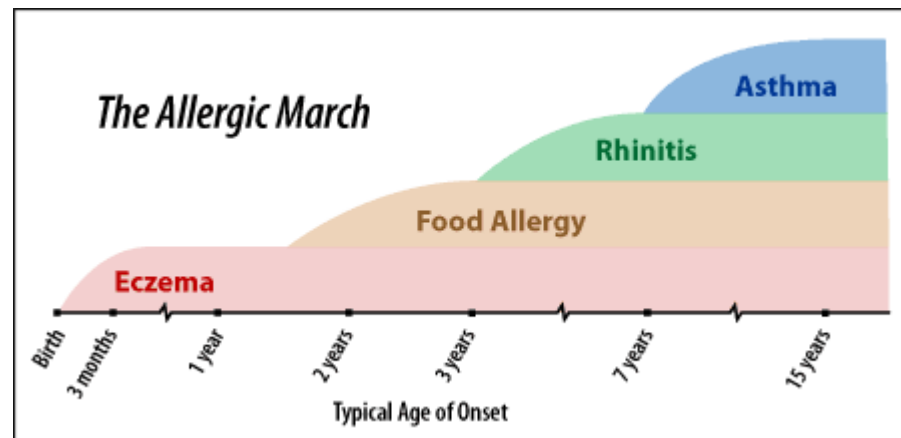
---

- ▶ Ordering and interpreting allergy- and immunology-related laboratory tests
- ▶ Diagnosis and Identification of causative Allergens
- ▶ Identify the allergens which cause an allergic disease and to provide patients with the chance to avoid them
- ▶ Can prescribe appropriate medications
- ▶ Extensive knowledge in the use of specific allergen and venom immunotherapy
- ▶ Management of adverse reactions and adjusting treatment dosages in more severe or complex cases
- ▶ Domain schemes of drug desensitization
- ▶ Management of co-morbidities of allergic diseases

# Good allergy practice


---

- ▶ *Find the cause and prevent symptoms and disease progression, rather than just rely on medications to suppress the symptoms*



# The practice of allergy involves the diagnosis and care of patients with:

---

- ▶ Rhino-conjunctivitis, along with nonallergic rhinopathy
  - ▶ Sinusitis, both acute and chronic, alone or complicated with nasal polyps
  - ▶ Otitis and Eustachian tube disorders
  - ▶ Asthma and all its forms including cough-variant asthma and exercise-induced asthma
  - ▶ Cough from all causes
  - ▶ Bronchitis, chronic obstructive pulmonary disease (COPD) and emphysema
  - ▶ Hypersensitivity pneumonitis
  - ▶ Alveolitis
  - ▶ Atopic dermatitis/eczema
  - ▶ Contact dermatitis
  - ▶ Urticaria and angioedema
  - ▶ Drug allergy
  - ▶ Food allergy
  - ▶ Latex allergy
  - ▶ Insect allergy and stinging-insect hypersensitivity
  - ▶ Gastrointestinal reactions resulting from allergy, including eosinophilic esophagitis and gastroenteritis
  - ▶ Anaphylactic shock
  - ▶ Immunodeficiencies, both congenital and acquired
  - ▶ Occupational allergic diseases
- 
- 



Coahuila

Nuevo León

Zacatecas

Tamaulipas

San Luis Potosí





# Regional Center of Allergy and Clinical Immunology (CRAIC) University Hospital of UANL

---

- ▶ Over 60 years experience
- ▶ Functions of teaching undergraduate and graduate medical aid
- ▶ Development of basic and clinical research
- ▶ It is the only hospital north of the country that offers specialization in Allergy and Clinical Immunology and university endorsement has
- ▶ Inscribed on the National Register of CONACYT Graduate
- ▶ Recognized as High Level Graduate by the National Quality Postgraduate (PNPC)



# Clinical and Academic Activities

- ▶ Outpatient and hospitalization
- ▶ Development of medical records
- ▶ Physical examination techniques
- ▶ Diagnostic Procedures
  - Nasal cytology
  - Spirometry
  - Rhinomanometry
  - Skin tests
  - Challenge tests
  - Interpretation of results



# Clinical and Academic Activities

- ▶ Discussion of diagnosis
- ▶ Clinical cases session
- ▶ Bibliographic sessions
- ▶ Departmental meetings
- ▶ General Sessions
- ▶ Workshops
- ▶ Seminars
- ▶ Conferences
- ▶ Continuing Medical Education
- ▶ National and International Congress



# Participation in National and International Congress

## ACAAI

American College of Allergy, Asthma & Immunology

## XXII World Allergy Congress

CANCÚN, MÉXICO

4-8 December 2011



A Meeting of the World Allergy Organization

A World Federation of Allergy, Asthma & Clinical Immunology Societies



## AAAAI

American Academy of Allergy Asthma & Immunology

## 2012

## ANNUAL MEETING

## MARCH 2-6

## FLORIDA

# Orlando



European Academy of Allergy and Clinical Immunology Congress 2012  
16 - 20 June, Geneva, Switzerland



## World Allergy Organization International Scientific Conference

6-9 December

## WISC 2012

Hyderabad INDIA



A World Federation of Allergy Asthma and Clinical Immunology Societies



## COMPEDIA

College of Postgraduate Education and Knowledge Development

# Participation in community education

- ▶ Educational talks
- ▶ Workshops
- ▶ Sports activities  
recreation
- ▶ Allergy Education for Patients and Families
- ▶ Diffusion
- ▶ Radio
- ▶ TV
- ▶ Schools





# Educational Camps



# Medical Education in Allergy

---

- ▶ Produce graduates equipped to further their careers in healthcare and in particular to enhance the number of individuals trained in the mechanisms and management of allergic diseases
- ▶ Develop an understanding of the processes involved in improving the management of patients with allergic disease
- ▶ Develop new areas of teaching in response to the advance of scholarship and the needs of vocational training
- ▶ Provide a training in research skills
- ▶ Develop skills and understanding of the more complex components of allergic disease encountered in specific areas of practice



# What is the goal of specialization?

---

- ▶ Being competent specialists
- ▶ High degree of quality care and warmth
- ▶ Leaders in their field
- ▶ Nationally and internationally recognized
- ▶ Able to provide quality health care
- ▶ Develop skills, abilities and skills
  - Diagnóstico
  - Treatment
  - Prevention
  - Rehabilitation
  - Research
- ▶ Committed to improving the health of the community
- ▶ Teamwork with international collaboration





# Graduate profile

---

- ▶ Competent professional
- ▶ High scientific knowledge, basic and clinical
- ▶ Mastery of diagnostic and therapeutic procedures
- ▶ Autodidact
- ▶ Researcher
- ▶ Teamwork



Professional  
Ethical  
Human  
Leader in its field  
Committed  
Recognized  
Promoter of new  
Knowledge

---

# Where do we go?

---

# Which is best?



---

▶ What is the labor of the graduate?