



Guy's and St Thomas'  
NHS Foundation Trust



# Visiting Professional Programme: Allergy



## Introduction

The UK has the highest prevalence of allergic disease in the world. The Allergy Department at Guy's and St Thomas' NHS Foundation Trust, situated in the centre of London, is the one of the largest providers of specialist allergy care for adults and children in Europe.

As well as having a reputation for clinical excellence, the allergy department also runs an internationally renowned programme of clinical and laboratory research. Our large faculty of adult and paediatric allergists have a long tradition of active involvement in post graduate allergology education for doctors from around the world, using the most innovative teaching methods.

The Clinical Fellowship programme offers an unrivalled opportunity to benefit from world class clinical research and educational opportunities to enable you to develop your allergology practice in the heart of one of the world's greatest cities.

## Clinical Fellowship

### Who should attend?

This programme is intended primarily for non U.K. doctors, with an interest in allergy. This includes allergologists, paediatricians, pulmonologists, ENT surgeons, dermatologists, gastroenterologists or general practitioners. Delegates are expected to have worked in a hospital setting.

### Duration

We are able to offer clinical fellowships for overseas doctors for 3, 6 or 12 months. Shorter or longer attachments are available if required. As we have a number of visiting doctors at any one time, it is important that we have a clear understanding of exactly which areas of allergy you are most interested in.

These include:

- Clinical allergology (Adult)
- Clinical allergology (Paediatric)
- Clinical research
- Laboratory research

Clinical fellowships are tailored to your specific requirements and if you have a specific interest in a particular area e.g. food allergy, drug allergy or allergen immunotherapy then simply let us know.

The clinical fellowships are run by the Department of Allergy. Allergy Services are divided into the Paediatric Allergy service at St Thomas' Hospital and Adult Allergy service at Guy's Hospital. The Academic Department of Allergy is fully integrated into the clinical service and is part of King's College London. Clinical leads for Allergy are Professor Gideon Lack and Dr Adam Fox.

### Format

The clinical fellowship is delivered in the work place and participants will receive one to one supervision and direction while based in the clinic or day-case environment. A unique focus of this programme is the opportunity for participants to be totally integrated with the delivery of allergy services at the hospital.

Participants will also be included in the ongoing educational activities of the allergy department such as multidisciplinary team meetings and grand rounds as well as the programmes of the Allergy Academy. The Allergy Academy hosts around fifteen educational events each year ranging from intensive three day courses to study days with international key opinion leaders.



## Overall aims

The clinical fellowship is aimed at those doctors who wish to learn more about the diagnosis, treatment and management of a wide range of allergy conditions.

The fellowship will update you on the latest clinical practice and provide 'hands on sessions' in clinics and in our day case wards. There are further opportunities to see the ongoing work in our dedicated Clinical Trials Unit, where large, interventional studies are ongoing as well as in our laboratories.

As well as adult and paediatric allergy clinics, there are numerous opportunities to observe the work of other specialist departments such as the dermatologists at the St John's Institute of Dermatology, who work closely with our department.

There are also many unique joint clinics such as the joint Allergy/Gastroenterology clinics held with the paediatric gastroenterology team from Great Ormond Street Hospital as well as those with respiratory and ENT specialists. A key element of the fellowship is to consider how the knowledge and skills acquired on the fellowship can be applied back at work in your own setting.



High Fidelity Simulation in the Award Winning SaIL Centre at St Thomas' Hospital



Professor Hugh Sampson speaking at the 2013 Allergy Academy Food Allergy Study Day



## Adult Allergy Service

The Adult Allergy service is based at Guy's Hospital and is one of only five full time allergy centres in the UK. It is the country's largest and busiest allergy centre, taking referrals nationally. In 2013/14 the department saw 4,114 new patients, 4,933 follow up as well as 580 day cases.

Our Adult immunotherapy service has around 260 patients currently receiving active subcutaneous or sublingual treatment. We also provide a specialist service for patients with difficult asthma as well as a transitional clinic for adolescents. There are also specialist clinics in drug allergy as food allergy together with joint clinics with the Dermatology team from the St John's Institute of Dermatology, for patients with severe eczema.

The department has a long established reputation for pushing forward the frontiers in both clinical care and academic research. The department has been identified by the Department of Health as a Centre of Excellence and is approved as a provider of highly specialised Allergy services by NHS (National Health Service) England.

Consultant staff include Professor Chris Corrigan, Dr Rubaiyat Haque, Dr Stephen Till and Dr Rosa Caballero. The service is one of very few accredited UK training centres for Adult Allergy and currently has four trainees.

The department's expertise in areas such as immunotherapy, food allergy and drug allergy provides training opportunities not available to trainees, adult or paediatric, elsewhere.

The Adult Academic programme is led by Professor Chris Corrigan and is part of an academic collaboration with Imperial College within the MRC & Asthma UK Centre in Allergic Mechanisms of Asthma, created in 2005. Current research strands include the Inflammation and Airways Structure Programme.

The strategy of this is to translate basic science and technology into new understanding of the influence of the environment on asthma pathogenesis and control, and then translate this back into new avenues for patient care in the short to medium term.

The programme harnesses the considerable weight of basic asthma research infrastructure around the MRC and Asthma UK Centre for Allergic Mechanisms of Asthma, which is strongly founded in basic and developmental immunology (Professor Hawrylowicz), smooth muscle physiology (Professor Ward) and genomics (Dr Lavender), the Randall Institute which focuses (amongst other things) on IgE structure and function (Professors Gould and Sutton), and the unique capacity for environmental analysis afforded by the KCL environmental research unit (Professor Frank Kelly) and opportunities for epidemiological research on the effects of environmental influences such as Vitamin D status on asthma control through collaboration with Professor Chris Griffiths at QMW College.





## Children's Allergy Service

The Department of Paediatric Allergy was set up in 2006 in response to demand. The research component of the paediatric service is based in a dedicated six bedded Clinical Research Facility in the Evelina London Children's Hospital. It is currently the site of numerous large interventional studies focussing on allergy prevention and treatment.

The clinical area is dedicated exclusively to Paediatric Allergy and Paediatric Dermatology. The new Children's Allergy Service is an integrated clinical and academic unit led by Professor Gideon Lack.

There are currently five consultant Paediatric Allergists in the department – Professor Gideon Lack, Dr Adam Fox, Dr George du Toit, Dr Susan Chan and Dr Helen Brough. There are two further Senior Lecturers also within the department – Dr Michael Perkin and Dr Carsten Flohr and one clinical lecturer (Dr Tom Marrs).

The department is a National Grid training centre for trainees in Paediatric Allergy and we currently have 2 National Grid SpRs. In 2007 the service was chosen for inspection by the House of Lords Science and Technology Committee as an example of high quality specialist care. The service was recognised by GALEN in 2012 as a Centre of Outstanding Excellence and also chosen as one of 5 international centres to form the 'Centres of Excellence' educational programme by the Serono Symposia International Foundation.

The Children's Allergy Service can be broadly divided into clinical and academic components although every effort has been made to ensure that the two elements of the service closely interlink.

The clinical service is based in a custom built space, opened in 2009, which houses clinical and academic staff. The clinical area is dedicated exclusively to Paediatric Allergy and Paediatric Dermatology. It has been specifically designed so that there are sufficient rooms for trainees to work alongside consultants in a multidisciplinary environment.

All clinics run with a dedicated specialist dietician as well as specialist nursing support that provides allergy testing, management advice, education and support. A ratio of one nurse to each consultant clinic list provides an optimal environment for adequately supporting any trainees.

Day case food and drug challenges as well as immunotherapy are carried out in a dedicated 9 bedded ward bay (Elizabeth Day Care Unit). Minor day attendee activity, such as vaccinations for children at risk of allergic reactions, are carried out in the general paediatric day care ward (Arctic) in the Evelina London Children's Hospital.

Around 20 General Paediatric clinics are held weekly, within the department, often alongside Paediatric Dermatology clinics, facilitating joint working. All clinics are consultant led and are supported by nurses and specialist paediatric dieticians.

Skin prick testing, atopy patch testing, lung function testing, exhaled nitric oxide measurement, adrenaline auto-injector training and allergen avoidance advice are all available for patients during their visit.



For more complex patients, there are monthly specialist clinics in drug allergy and urticaria as well as a monthly joint Allergy/Dermatology clinic, joint Allergy/Respiratory clinics, 2 monthly joint Allergy/Gastroenterology clinic (with GI team from Great Ormond St) and intermittent joint Allergy/ENT clinics.

The service also has unique expertise in Drug Desensitisation where the Evelina Children's Hospital High Dependency Care facilities are used for drug desensitisation protocols. This service is led by Dr George Du Toit.



## Allergy faculty

In addition to our active research programmes, the Allergy department also contributes to academic life internationally, with large numbers of abstracts and presentations around the world as well as contributing to peer review for numerous funding bodies and journals as well as providing editorials for academic journals. Our faculty have served on the editorial boards of journals including Journal of Allergy & Clinical Immunology, Clinical & Experimental Allergy, European Respiratory Journal, Journal of Investigative Dermatology, Current Allergy & Clinical Immunology and Paediatric Allergy.

There are four Adult Allergy and five Paediatric Allergy consultants, all involved in the fellowship programme. There are also a number of academic staff as well as a Nurse Consultant and specialist dieticians involved in the training programme.

### Paediatric Allergy Faculty

**Professor Gideon Lack** | Head of Paediatric Service & Joint Clinical Lead for Allergy

Gideon read medicine at Oxford University before training as a Paediatrician in New York, and then specialising in Paediatric and Adult Allergy in Denver, Colorado. He led the Department of Paediatric Allergy and Immunology at St. Mary's Hospital, London for 12 years and became Professor of Paediatric Allergy and Immunology at Imperial College London in 2005. He moved to King's College London at Guy's and St Thomas' NHS Foundation Trust in May 2006.

His research has focused on severe childhood asthma, peanut allergy and new strategies to prevent and treat food allergies, eczema, asthma, and hay fever in children and adults. He is the principal investigator of the LEAP and EAT studies. His clinical expertise includes allergic asthma, anaphylaxis, and desensitising vaccines to treat hay fever and other allergies. He was awarded the Bill Frankland Award for his contribution to Allergy by the BSACI in 2010.



**Dr Adam Fox** | Joint Clinical Lead of Allergy & Director of Fellowship Programme/Allergy Academy

Adam read Medicine and Neuroscience at Cambridge University before completing his clinical training at University College, London. Adam chaired the Department of Health commissioned RCPCH National Care Pathway for Food Allergy in Childhood and was part of the National Institute of Healthcare and Clinical Excellence (NICE) clinical guideline development group for Assessment and Diagnosis of Food Allergy in Children. He is secretary of the BSACI and Chair of the Advisory Board of Allergy UK.

Adam's research interests relate to numerous aspects of allergy especially food allergy and immunotherapy. He is a Reader in Paediatric Allergy at King's College London and his doctoral thesis on Peanut Allergy was awarded the Raymond Horton-Smith prize by Cambridge University.



**Dr George du Toit** | Consultant Paediatric Allergist

George du Toit is a Consultant in Paediatric Allergy at Guy's and St Thomas' NHS Foundation Trust and Honorary Senior Lecturer at King's College London. George trained as a Paediatrician and then further specialised in Paediatric Allergy and Asthma at the Red Cross Children's Hospital and University of Cape Town, Allergy Diagnostic Clinical Research Unit. In 2000, George took up a post as Consultant Paediatric Allergist at Imperial College London, St Mary's Hospital, moving to the Children's Allergy Service at St Thomas' NHS Foundation Trust in 2007. George runs dedicated clinics in paediatric food allergy, drug allergy and chronic urticaria at the Evelina Children's Hospital.



George is the Co-Investigator on two NIH-funded research studies aimed at the prevention of peanut allergy titled the "LEAP" and "LEAP-On" Studies. Additional research interests include exercise induced anaphylaxis syndromes where George is visiting professor to the department of sport and exercise sciences, Northumbria University. George is also an Honorary Senior Lecturer in the Department of Child Health, University of Cape Town where research is focusing on the rise of food allergy in the developing world.

**Dr Katherine Anagnostou** | Consultant Paediatric Allergist

Dr Katherine Anagnostou is a Consultant in Paediatric Allergy at St Thomas' Hospital with experience in all aspects of allergic disorders and their management, including eczema, food allergy, rhinitis and asthma. Dr Anagnostou was awarded her PhD from Cambridge University, focusing on a randomised controlled trial of peanut oral immunotherapy in children (STOP II trial). The main findings of her research were published in the Lancet journal. Dr Anagnostou has a special interest in mechanisms underlying food immunotherapy and has presented her work in both national and international meetings. She regularly teaches in the Allergy Academy and MSc Allergy and Immunology courses. Dr Anagnostou is the Lead for undergraduate and postgraduate Education in the Paediatric Allergy Department.

**Dr Susan Chan** | Consultant Paediatric Allergist

Susan is a Clinical Research Consultant at Guy's and St Thomas' Hospitals NHS Foundation Trust. She graduated from King's College London and completed her paediatric training in London. Her areas of interest are the dermatological aspects of allergic disease, clinical and laboratory research work.

She runs a joint paediatric allergy/dermatology clinic with colleagues from the St John's Institute of Dermatology.

**Dr Helen Brough** | Consultant Paediatric Allergist

Helen studied Medicine at King's College, Cambridge University before completing her clinical training at the Royal Free & University College London Medical School. Helen then completed an MSc in Allergy gaining a distinction at the University of Southampton. Helen completed her PhD at King's College London researching into mechanisms of peanut allergic sensitisation and gene expression in peanut allergy. Helen's particular interests are in food allergy prevention and diagnostics. Helen has written a book in Paediatrics (Rapid Paediatrics and Child Health) and was awarded 'Health Professional of the Year' runner up in 2010 by Coeliac UK.



**Dr Michael Perkin** | Clinical Lecturer in Paediatric Allergy

Michael is a Clinical Lecturer in Paediatric Allergy. His clinical training has included working in the paediatric allergy departments at both St Mary's Hospital and Southampton General Hospital. He is currently a Senior Lecturer in Paediatric Allergy at King's and he is principal investigator of the enquiring about tolerance (EAT) study, a unique large randomised controlled trial seeking to reduce the prevalence of food allergy of infants in the developed world. He held a Wellcome Fellowship in Clinical Epidemiology under the supervision of Professor David Strachan, the original proponent of the hygiene hypothesis. His PhD was on the relationships between the farming environment and atopy in children and his research interests are the epidemiology of allergy.

**Adult Allergy faculty****Professor Chris Corrigan** | Professor of Allergy & Consultant Allergist

Chris is a Professor in the Department of Asthma, Allergy & Respiratory Science at KCL. His particular research interests include therapy resistant asthma and severe phenotypes of asthma and he runs the hospital's difficult asthma clinic. He also leads one of the UK's largest allergen immunotherapy services at Guy's Hospital and has an international reputation for his research in this area. He was awarded the Bill Frankland Award for his contribution to Allergy by the BSACI in 2007.

**Dr Rubaiyat Haque** | Consultant Allergist

Rubaiyat studied medicine at Cambridge University followed by clinical training at Bart's and The London.

After a period of asthma research at Imperial College, he returned to Cambridge to undertake specialist training in Allergy before taking up his current consultant post at Guy's where he takes a lead role in the management of the adult allergy department and runs the drug allergy service.

**Dr Stephen Till** | Consultant Allergist

Stephen has been a Consultant Physician specialising in Adult Allergy and a Principal Investigator running a research group at King's College London since 2011. He initially graduated with a science degree from Oxford before pursuing a PhD in the immunological mechanisms of allergy at Imperial College London. He then decided to study medicine, and subsequently completed 8 years of post-graduate training in internal medicine and allergy.

In 2009 he received the World Allergy Organisation Henning Lowenstein Award for Allergy Research. He was recently awarded funding as Chief Investigator from the Medical Research Council and National

Institute for Health Research to set up a randomised control trial of low dose intradermal grass pollen immunotherapy. In addition, he has research interests in mucosal immunology and food allergy.



**Dr Rosa Caballero** | Clinical Research Fellow

Rosa completed her training in Allergy at the University Clinic of Navarra (Spain). Following her clinical training, she undertook research into the mechanisms and in vitro diagnosis of drug allergy. This has led to a PhD, which she obtained with "Cum Laude" distinction from the same University. Prior to moving to the UK, she worked at the International Centre for Interdisciplinary Studies of Immunology at the Georgetown University Medical Centre, Washington DC, combining both interests in research and clinical work. She joined the Department of Asthma and Allergy at Guy's Hospital in 2005.

Her particular interests are drug allergy, immunotherapy and promotion of allergy service for adolescent patients. She supervises a PhD project in "Genetic epidemiology in patients suffering from immediate allergic reactions to betalactam antibiotics" at King's College London.





## Sample programme

Day	Morning	Lunchtime	Afternoon
Monday	Adult Immunotherapy clinic	Paediatric Multidisciplinary team Meeting	Paediatric General Allergy Clinic
Tuesday	Paediatric Day Case Unit – food & drug provocation challenges	Grand Round	Adult Drug Allergy Clinic
Wednesday	Joint Allergy/Dermatology Clinic (Paediatrics)		Joint Allergy/Respiratory Clinic (Paediatrics)
Thursday	Professorial Paediatric Allergy Clinic		Difficult Asthma Clinic (Adult)
Friday	Adult Day Case Unit – food & drug provocation challenges		Clinical Trials Unit/Laboratory

### Fees

A course fee per week will be applied. This excludes accommodation and travelling expenses. Fellows will be provided with a certificate at the end of their attachment.

### Registration and enquiries

To register for the Clinical Fellowship please complete the application form at [www.guysandstthomasevents.co.uk](http://www.guysandstthomasevents.co.uk) and return to:

Events Team  
Guys and St Thomas' NHS Foundation Trust  
[vpp@gstt.nhs.uk](mailto:vpp@gstt.nhs.uk)  
Tel: + 44 (0) 207 188 1622



## Guy's and St Thomas' NHS Foundation Trust

Guy's and St Thomas' NHS Foundation Trust is one of the largest Foundation Trusts' in the UK. It consists of St Thomas' Hospital, Evelina London Children's Hospital and Guy's Hospital.

The Trust provides a full range of hospital services, as well as specialist services including cancer, cardiothoracic, women and children's services, kidney care and orthopaedics. Guy's is a major centre for cancer and renal services with the UK's largest kidney donor programme, and is also a leading centre for genetics, stem cell and allergy research and cleft lip and palate. St Thomas' is a leading centre for the treatment of cardiovascular disease, stroke, HIV and dermatology.

The Trust has one of the largest critical care units in the UK and one of the busiest A&E departments in London.

It has an annual turnover of £1.2 billion and employs 13,500 staff.

Last year, the Trust handled over 2 million patient contacts, including:

- 1.07m outpatients
- 85,000 inpatients
- 88,000 day case patients
- 192,000 accident and emergency attendances
- 859,000 in community services
- 6,847 babies delivered

The Trust has 665 beds at St Thomas', 288 at Guy's, 144 at the Evelina London Children's Hospital and 64 in the community.

NHS statistics show that our patient survival rates are nearly 25 per cent better than the national average. This is one of the lowest standardised mortality rates in the NHS and provides an important indication of the quality of care provided by our clinical staff.

In 2013, the Dr Foster Hospital Guide awarded us Trust of the Year for safe care.

### Care Quality Commission (CQC) rating

Guy's and St Thomas' achieved a 'Good' overall rating by the Care Quality Commission (CQC) with several services rated 'Outstanding'.

CQC inspectors visited the Trust's hospital and community services from 7-10 September 2015 with further unannounced visits taking place later the same month.

In its report, the CQC praises staff who its inspectors found to be 'highly committed to the Trust and delivering high quality patient care'.





## Guy's and St Thomas' NHS Foundation Trust values

Our values help us to define and develop our culture – what we do and how we do it.

Making people aware of the Trust values, making them part of our culture and demonstrating them through the organisation helps us develop a shared way of acting.



Our values are a key part of everything that we do as an organisation, from being included in staff job descriptions and in our publications, through to our work on leadership development and performance management. Our five values are listed below:

1. Put patients first
2. Take pride in what we do
3. Respect others
4. Strive to be the best
5. Act with Integrity

Every day we aim to provide the most exceptional care to our patients from dedicated staff who follow our five values. Take a look at our video at <http://gti/services/organisational-devt/values-behaviours/our-values.aspx> to see what our values mean to them.

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