

# WORLD ALLERGY WEEK ACTIVITY REPORT

## FREE ALLERGY CAMP

**21<sup>st</sup> APRIL 2018**

World Allergy Week is a global campaign of the World Allergy Organization (WAO) which aims to raise awareness of the impact of allergy in our communities. 2018's focus area is Atopic Dermatitis/Eczema: An itch that Rash.

AS we know world allergy week is being celebrated throughout the world from 22<sup>nd</sup> to 28<sup>th</sup> April 2018 by WAO. WORLD ALLERGY ORGANIZATION is an international umbrella organization whose member consists of 99 regional and national allergology and clinical immunology societies from around the world. By collaborating with member societies WAO provide direct educational outreach programs, symposia and lectureships to members in nearly 100 countries around the world



## **PAAIS (Pakistan Allergy Asthma and Immunology Society)**

The PAAIS was established in 2003 in Islamabad. Constitution and By-Laws were registered in Islamabad in 2003 and recognized as a member society of WAO in March 2018. Specialty of Allergy and Immunology is not well developed in Pakistan. It is taught as minor subject or having only a chapter of Immunology in medical schools and Allergy is considered as part of that chapter. At the postgraduate level it is not considered as specialty. There are no separate departments of Allergy and Immunology in the government and private hospitals. The country with about 200 million population there is only NIH, Islamabad where about 700 to 800 patients are visiting daily. Patients must travel from distant parts of the country to visit NIH, Islamabad for diagnosis and treatment of allergic diseases

Considering above concerns we had established PAAIS in 2003 to create awareness in public, patients, medical professionals and the press. With the help of local Health authorities and the Government officials who make policies try to include the Allergy and Immunology in the undergraduate syllabus. Convince these authorities to start postgraduate trainings of the physicians in specialty of allergy and immunology. Promote the highest possible standards of teaching, research and training of doctors in this specialty. We have been trying all this in spite of the fact that this specialty is not accepted as speciality in Pakistan by other specialists by organizing Allergy Camps, Allergy Schools, writing articles in newspapers and video conferences. **We really needed help of WAO to achieve these goals and now after being accepted as Member Society we hope we can do some good work for the specialty.**



PAAIS is celebrating world allergy week in different cities of Pakistan as a member society of WAO. Free Allergy Camp was organized by PAAIS as the first activity of world allergy week with the collaboration of National Press Club and Novartis on 21<sup>st</sup> April 2018 from 10 am to 4pm.

The aim of camp was to create awareness about allergic diseases, diagnosis and treatment.

The camp started with the recitation of Holy Quran by dr Rasheed and followed up national Anthem. Then Dr Aqsa gave welcome address in which she warmly welcomes the honorable guests and audience.

## **DR.SHAHID ABBAS President PAAIS**



Dr Shahid President of PAAIS gave a short introduction on world Allergy Week with the background of PAAIS.

After that Dr. Athar Niaz Rana Allergy Specialist/Allergy and Immunologist, Islamabad delivered a profound lecture on Atopic dermatitis /Eczema,. He told that Atopic dermatitis (AD), also known as atopic eczema, which is type of inflammation of the skin (dermatitis). It results in itchy, red, swollen, and cracked skin. Clear fluid may come from the affected areas, which often thicken over time. He also told that many people with atopic dermatitis develop hay fever or asthma. At the end of his lecture he also discussed the causes and treatment options of Atopic Dermatitis /Eczema



**DR.ATHAR NIAZ RANA Senior Vice President Allergy and Immunology PAAIS**



After that dr Sohail Kareem Hashmi vice president of PAAIS has been invited to come up on stage to deliver his lecture. Dr Sohail Hashmi has given his great services in field of environmental health so he told that air pollution is one of the main factors associated with the development of allergic respiratory disease, it has been shown to impair lung development in children and adolescents. The origins of particulate matter produced from various sources, including those issued by traffic and the burning of fuels such as coal, gasoline. He also appreciated the initiate of pollen count that was started in 2004 by Dr Shahid Abbas

**DR.SOHAIL KARIM HASHMI, Senior Vice President Environmental Health PAAIS**





At the end Dr Shahid gave a talk on introduction of WAO, History and Aims and objectives of WAO. He also talked about WORLD ALLERGY WEEK and the theme of 2018. He requested the press to help PAAIS to create awareness about allergic diseases in Pakistan. He also explained how to use the web page of WAO for benefit of doctors and public. How doctors can use the educational tools in the WAO Webpage by doctors for training and continuous medical education. Then he talked about allergic diseases in short and how to prevent. He also told that allergy is genetically transmitted immune disease, and these can progress both in severity and in frequency unless diagnosed and treated according to recommended management plans.

After his lecture he gave vote of thanks to honorable doctors and President and secretary of National press club Islamabad for this wonderful event



**DR SHAHID PRESENTING BOUQUETTES TO SECRETARY PRESS CLUB MR.SHAKEEL ANJUM, MEDIA HEAD AFZAL BUTT AND DR SOHAIL KARIM HASHMI**

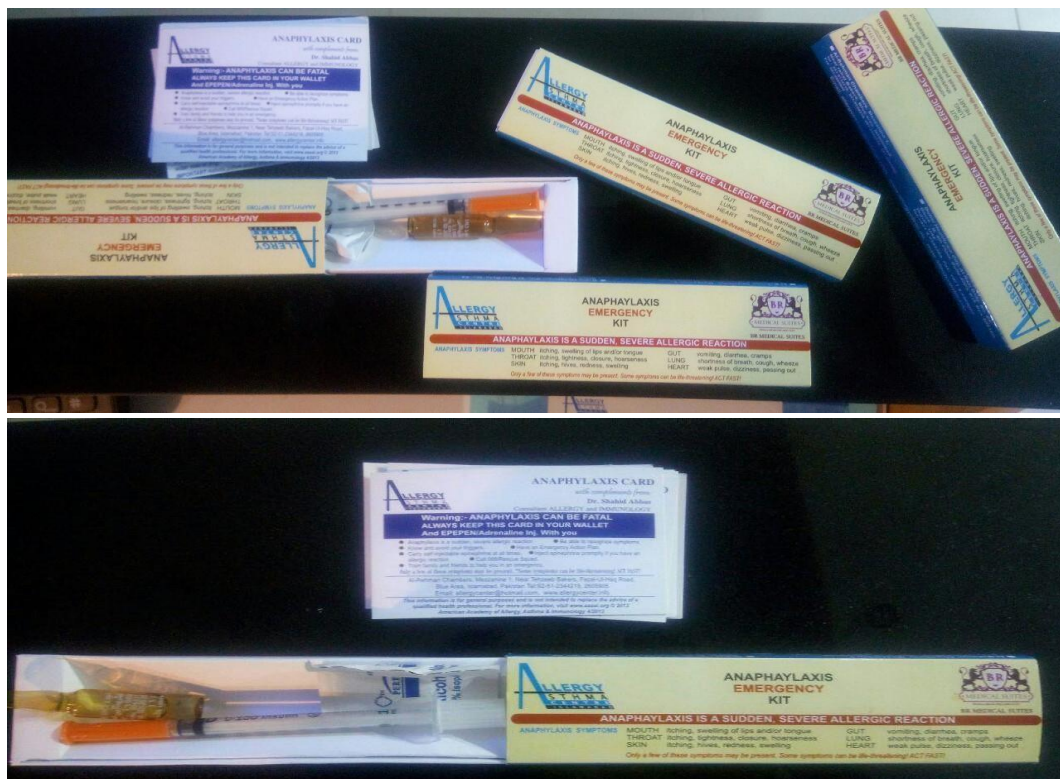


There were following sections in this camp

- Registration Desk for registration of the patients and token number was issued for further actions. This desk had pamphlets of WORLD ALLERGY WEEK, General allergy and asthma pamphlets and brochures
- 5 tables for allergy testing with doctors who took short history and do skin prick tests. The patients with positive skin prick tests were recommended treatment according to protocols
- Spirometry Booth for doing lung function tests on for patients according to recommendations of the doctors
- Free Medicines for patients arranged by pharmaceutical company
- Emergency Booth with all the emergency measures as recommended by WAO eg, OXYGEN, EPINEPHRINE, ANAPHYLAXIS KITS READY for patients. Since Epipen is very expensive and patients cannot afford so we have designed ANAPHYLAXIS KIT with two alcohol swabs, One Epinephrine Injection and two 50 or 100units Insulin syringes. Training was given to the patients about how to inject themselves if required.

ANAPHYLAXIS CARDS were on the table and patients were encouraged to have these filled and place them in their wallets with all their details and how to deal with emergency and contact numbers of Ambulance and ER

## ANAPHYLAXIS KITS AND CARDS (PATIENTS MUST CARRY WITH THEM)



## ANAPHYLAXIS CARD TO BE CARRIED BY PATIENT IN VALLETS

**ALLERGY**  
ASTHMA  
CENTRE

**ANAPHYLAXIS CARD**  
with complements from:  
**Dr. Shahid Abbas**  
Consultant ALLERGY and IMMUNOLOGY

**Warning:- ANAPHYLAXIS CAN BE FATAL  
ALWAYS KEEP THIS CARD IN YOUR WALLET  
And EPEPEN/Adrenaline Inj. With you**

- Anaphylaxis is a sudden, severe allergic reaction
- Know and avoid your triggers.
- Carry self-injectable epinephrine at all times.
- Train family and friends to help you in an emergency.
- Be able to recognize symptoms.
- Have an Emergency Action Plan.
- Inject epinephrine promptly if you have an allergic reaction.
- Call 999/Rescue Squad.

Only a few of these symptoms may be present. \*Some symptoms can be life-threatening! ACT FAST!

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**ANAPHYLAXIS SYMPTOMS**

- MOUTH** itching, swelling of lips and/or tongue
- THROAT** itching, tightness, closure, hoarseness
- SKIN** itching, hives, redness, swelling
- GUT** vomiting, diarrhea, cramps
- LUNG** shortness of breath, cough, wheeze
- HEART** weak pulse, dizziness, passing out

**PERSONAL INFORMATION**

Name: \_\_\_\_\_

Mobile No.: \_\_\_\_\_

In Case of Emergency Mobile # of contact person: \_\_\_\_\_

**What To Do In Anaphylaxis ?**  
INJECT EPIPEN or Inj. Adrenaline supplied 0.3ml (Adult) 0.15ml (Child) Inj. on  
outer side of thigh  
Call (115)

**IMPORTANT: Asthma puffers and/or antihistamines can't be depended on in anaphylaxis!**



- Videos about how to use inhalers, inhalers with spacers, Nasal Sprays, Sublingual Immunotherapy Tablets and drops (Can be seen on [www.allergypaais.org](http://www.allergypaais.org))
- There was one desk where patients were trained with dummy inhalers, SLIT Drops administration,

### **REGISTRATON DESKS**



Doctors were seated in allergy testing area where patient goes at their turn for free consultation and skin prick test. In camp the latest Painless Allergy Test devices has been used. After SPT test patient was told to wait for 10min for its results. After testing prescribed the medicines and afterward patient escorted to the counseling table for precautionary measures

## ALLERGY TESTING DESKS. TESTS DONE WITH DISPOSABLE PLASTIC APPLICATORS





## **BOOTH for FREE MEDICINES & INHALERS FOR PATIENTS**



## **SPIROMETRY AND NEBULIZATION BOOTH**

Free Spirometry of lung function tests were done in patients who had history of Asthma. There were Nebulization booth, with Nebulizer, Clenil A, Ventolin and also an emergency booth with facility of oxygen, and emergency Anaphylaxis kits



Videos of proper use of inhalers with spacers. Nasa sprays, Oral Allergy Vaccine administration. There were also videos how pollen count affects the severity of Asthma.

Those patients who had skin positive tests were recommended SLIT or oral allergy Vaccine

Patients were trained by the staff in proper use of inhalers, nasal sprays and how to administer Oral Allergy Vaccine drops or SLIT.



There were many media channels for the coverage of free allergy camp. They took the views of people who have attended this camp. Camp was ended at 5:30 pm

### **EXECUTIVE MEMBERS OF PAAIS**

