

# CHRONIC URTICARIA, STRIVING AND BUILDING FOR EXCELLENCE

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BARCELONA

14-15 January 2016



HOSPITAL DEL MAR

Passeig Marítim, 25-29  
Barcelona 08003



PROGRAM WITH  
SIMULTANEOUS TRANSLATION



Institut Hospital del Mar  
d'Investigacions Mèdiques

XUrCB Xarxa d'Urticària  
Catalana i Balear

 **NOVARTIS**  
PHARMACEUTICALS

# Faculty

## COORDINATORS

**Giménez-Arnau, Ana**

*Dermatology Dept. Hospital del Mar, Barcelona, Spain*

**Maurer, Marcus**

*Dematology and Allergy Dept. Charité-Universitätsmedizin Berlin, Germany*

## FACULTY

**Ferrer, Marta**

*Allergy Dept. Clinica Universidad de Navarra, Pamplona, Spain*

**Aberer, Werner**

*Dermatology Dept. Medical University of Graz, Austria*

**Bérard, Frederic**

*Clinical Immunology and Allergology, CH Lyon-Sud, Claude Bernard – University Lyon I, France*

**Silvestre, Juan Francisco**

*Dermatology Dept. Hospital General Universitario de Alicante, Spain*

**Gonçalo, Margarida**

*Dermatology Dept. Coimbra University Hospital, Portugal*

**Vestergaard, Christian**

*Dermatology Dept. Aarhus University Hospital, Denmark*

## XURCB MEMBERS FOR WORKSHOPS

**Serra-Baldrich, Esther**

*Dermatology Dept. Hospital de la Santa Creu i Sant Pau, Barcelona, Spain*

**Curto, Laia**

*Dermatology Dept. Hospital del Mar, Barcelona, Spain*

**Figueras, Ignasi**

*Dermatology Dept, Hospital Universitari de Bellvitge, Barcelona, Spain*

**Rozas, Eduardo**

*Dermatology Dept. Hospital de la Santa Creu i Sant Pau, Barcelona*

**Spertino, Jorge**

*Dermatology Dept. Hospital de la Santa Creu i Sant Pau, Barcelona*

# Introduction Objectives

Patients with chronic urticaria develop wheals, angioedema, or both almost daily, and their disease flares are accompanied by specifically cutaneous symptoms such as itching. Renewed interest in this chronic condition, grew out of several scientific and societal events.

Urticaria is a common disease in routine practice. Any of us should be able to diagnose the type of urticaria, assess disease activity, order any tests necessary for differential diagnosis (e.g., to identify urticarial vasculitis, autoinflammatory syndromes, etc.), and explain a testing protocol and treatment plan to a patient.

The physician who specializes in the urticaria management ideally working in referral units must have the skills to confirm an initial diagnosis, evaluate severity and the impact of an individual's clinical picture, and order the functional tests necessary to establish etiologic factors and intensity case by case. This approach makes it possible to monitor the efficacy and safety of treatments and at the same time to take care to inform and educate the patient appropriately.

Actually some unmet needs should be addressed,

1. Identify patients suffering of Chronic Urticaria in the health system
2. Emergency protocols of Urticaria and Angioedema
3. Physician approach of the Urticaria in primary care
4. Chronic Urticaria Centers of Reference and Excellence.

This meeting will address and discuss such aspects with the objective to get a minimum consensus,

Number of attendees, ideally no more than 120,  
Profile, experienced physicians involved in Urticaria.

# Day 1 Thursday 14 January 2016

## Chronic Urticaria, Striving and Building for Excellence

*Giménez-Arnau, A & Maurer, M*

17.00 - 17.10	<b>Welcome and introduction to the programme and define the objectives of the meeting</b> <i>Giménez-Arnau, A - Maurer, M - Aberer, W</i>
17.10 - 17.35	<b>Urticaria worldwide, the need for global networks</b> (GA2LEN, UNEV, ECARF, National networks, CURE...) <i>Maurer, M</i>
17.35 - 18.00	<b>Looking for Waldo; the CSU patient</b> (Who takes care of the CSU patient? ATTENTUS experience) <i>Silvestre, Juan Francisco</i>
18.00 - 18.25	<b>Urticaria patient profile</b> (Who is our patient, target of management, ASSURE results) <i>Aberer, W</i>
18.25 - 18.40	Panel Discussion and Questions&Answers
18.40 - 18.50	BREAK
18.50 - 19.15	<b>Building the excellence for the best management of your patient with Chronic Urticaria</b> (Centers of Reference and Excellence; GA2LEN proposal) <i>Giménez-Arnau, A</i>
19.15 - 19.40	<b>The care of Chronic Urticaria. Starting from point of view of the patient</b> <i>Patient representative, structure of the Patient organization. Tools developed by the patients, Urticaria day, etc</i>
19.40 - 19.45	Conclusion of Day 1 and logistic arrangements
19.45 - 20.00	Panel Discussion and Questions&Answers
20.00	<b>Dinner</b>

## Day 2 Friday 15 January 2016

Session	<b>Practical diagnostic and treatment approach to the Urticaria patient</b> <i>Gonçalo, M – Giménez-Arnau, A – Maurer, M – Ferrer, M</i>
08.30 - 08.35	<b>Introduction and Objectives</b> <i>Ferrer, M</i>
08.35 - 08.50	<b>Emergency protocols of Urticaria and Angioedema</b> (Show the proposed protocol) <i>Vestergaard, C</i>
08.50 - 09.05	<b>Physician approach of the Urticaria in primary care</b> (Show the proposed protocol) <i>Bérard, F</i>
09.05 - 09.20	<b>Specialist approach of Urticaria and Angioedema</b> (General Dermatologist-Allergologist-Immunologist) <i>Ferrer, M</i>
09.20 - 09.35	<b>Urticariologist approach to the patient with Urticaria</b> <i>Maurer, M</i>
09.35 - 10.00	Panel Discussion and Questions&Answers
10.00 - 10.10	<b>Movement to the workshops</b>
10.10 - 10.50	<b>Breakout session / workshop 1</b> <b>Group 1:</b> "Emergency protocols of Urticaria and Angioedema" and "Physician approach of the Urticaria in primary care". <b>Guided discussion through clinical cases</b> <i>Bérard, F – Serra-Baldrich, E – Rozas, E – Spertino, J</i>  <b>Group 2:</b> "Chronic Urticaria Centers of Reference": structure, patient report outcomes, diagnostic tools for accurate diagnosis of chronic urticaria, complementary tests, diagnosis and assessment of chronic inducible urticaria, protocol of diagnosis and treatment. <b>Guided discussion through clinical cases</b> <i>Vestergaard, C – Aberer, W – Curto, L – Figueras, I</i>

## Day 2 Friday 15 January 2016

10.50 - 11.10	<b>Coffee break</b>
11.10 - 11.50	<b>Breakout session/workshop 2</b> <b>Group 1:</b> "Chronic Urticaria Centers of Reference": structure, patient report outcomes, diagnostic tools for accurate diagnosis of chronic urticaria, complementary tests, diagnosis and assessment of chronic inducible urticaria, protocol of diagnosis and treatment. <b>Guided discussion through clinical cases</b> <i>Vestergaard, C - Aberer, W - Curto, L - Figueras, I</i>  <b>Group 2:</b> Emergency protocols of Urticaria and Angioedema and Physician approach of the Urticaria in primary care. <b>Guided discussion through clinical cases</b> <i>Bérard, F - Serra-Baldrich, E - Rozas, E - Spertino, J</i>
11.50 - 12.00	Movement to the plenary session
Session	<b>Practical aspects to implement the use of omalizumab in our common clinical practice</b> <i>Maurer, M - Vestergaard, C</i>
12.00 - 12.15	<b>Proposed algorithm to use Omalizumab in real life</b> <i>Giménez-Arnau, A</i>
12.15 - 12.30	<b>Safety concerns using Omalizumab to treat Urticaria</b> <i>Gonçalo, M</i>
12.30 - 12.45	<b>Logistic requirements and follow up of the patient treated with Omalizumab</b> <i>Vestergaard, C</i>
12.45 - 13.00	Panel Discussion and Questions&Answers
13.00 - 13.05	<b>Summary and conclusion</b> <i>Giménez-Arnau, A</i>
13.05	Lunch





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