

## **BSACI: Primary Care Group: A day in the life of a GPwER Allergy - Dr Lisa Brigstocke**

If you are thinking of becoming a GPwER in Allergy, it's important to know what the job involves. I'm Dr Lisa Brigstocke, a Surrey-based GP, working as a GPwER in Frimley Park Hospital.



I have always been interested in Allergy, having researched how I could develop an interest in this field I decided to undertake postgraduate training and successfully completed a PG certification in Allergy at Southampton University. The postgraduate training gave me a better understanding of the immunological mechanisms driving allergy and how these can be applied in clinical practice when seeing patients. Southampton was a fantastic place to study and I would highly recommend the course.

I work as a GPwER in an adult allergy clinic one morning a week. I work alongside adult Immunologists and allergy specialist nurses.

The patients referred with have a mixture of problems, these commonly include:- suspected food and drug allergies, anaphylaxis, urticaria, angioedema and allergic rhinitis symptoms. After taking a detailed allergy history I am trained to perform skin prick testing and prick to prick testing and will perform if required to investigate the cause of the allergy.

I can also request specific IgE and component resolve diagnostic testing to help determine if the presentation is in keeping with allergy. I will discuss management with patients and train them on how to use their adrenaline autoinjector devices if prescribed.

As part of my GPwER role I attend a virtual MDT meeting once a week to discuss any difficult cases.

I really enjoy working in the field of Allergy. It is a role where a GPwER can make a big difference. Often patients feel confused and have had mixed advice as to how to manage their allergy. One of the most rewarding parts of my job is helping patients get a better understanding of their allergy and remove some of the anxiety associated with allergy.