



# NURSE IMMUNOLOGY MASTERCLASS

Meeting Summary

30 March 2017

Impress your audience



**What are the latest developments in the field of immunoglobulin therapy for patients with primary immunodeficiencies? What are the recommendations, summarised in the European Guidelines for Immunoglobulin Therapy, to ascertain safe administration of immunoglobulins and ensure optimal treatment benefit with minimised risk? How do PID patients deal with chronic illness in their everyday lives? These and other questions were discussed during the Immunodeficiency Masterclass for Nurses that took place on March 30, 2017 at the University Hospital Basel.**

The multidisciplinary event of the *Pflegenetzwerkes Immunologie* and the *International Nursing Group for Immunodeficiencies (INGID)* addressed these and other topics and highlighted practical aspects of immunoglobulin therapy. More than 25 nurses with experience in treating patients with immunoglobulins, gathered to discuss their clinical experience in light of new developments in the field.

Prof. Mike Recher from the University Hospital in Basel opened the symposium with an introduction to the treatment of immunodeficiencies. Their diagnosis is often delayed, even in the presence of clear warning signs, and therefore the patients often do not receive the appropriate treatment. During the following discussion round, the participants outlined which clinical signs can be indicative of an immune deficiency and which tests need to be carried out to confirm the diagnosis. Mary Louise Daly from INGID concluded the introductory part of the symposium by giving a concise overview of the function of the immune system.

*There are over 300 known disorders that may lead to immune deficiency. The patients want to know which one they have. That's why it's very important to have a dedicated immunodeficiency clinic. – Prof. Recher*

Marion Klima and Henrike Ritterbusch, who both work at the Centre of Chronic Immunodeficiency in Freiburg, Germany, presented the recent European Nursing Guidelines for Immunoglobulin Administration. The two co-authors of the guidelines highlighted the importance of having clear, practical and universally valid recommendations to facilitate the administration of immunoglobulins, irrespective of the treated condition. The recommendations comprise a step-by-step manual, from prescription to administration of the immunoglobulins, as well as information on how to handle Ig therapy in special conditions, e.g. in the case of pregnancy. The guidelines are also designed to guarantee safe preparation and administration of the immunoglobulins, and the best conditions for stress-free application in as short a time as possible, while adhering to the highest safety standards.

Side effects during and after the administration of immunoglobulins, e.g. headache or nausea can occur in a certain number of patients, especially when running the infusion at increased speed. Prof. Recher presented an overview on the most frequently-occurring infusion reactions and their underlying causes. He also gave an in-depth explanation of how they can be avoided or at least minimised in everyday clinical practice.

During the second part of the symposium, two patients gave very personal accounts of how they deal with their immune deficiency and their individual Ig therapy. In the concluding session of the event, Birgit Maier highlighted the mental and psychological challenges associated with chronic diseases from various perspectives: mainly the patient's, their next of kin, and the nursing team.

*I would never have thought that I can learn how to use SC immunoglobulins myself in such a short time. And I have regained so much of my freedom since then! – PID patient*

*The event was organised in collaboration with Shire AG and supported by Theramed AG.*



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