

# Emirates Dermatology Society Fellowship 2019

Dr Noha El Shimy

I would like to thank both the Emirates Dermatology Society and British Association of Dermatologists for providing me with this unique opportunity to attend the Emirates Dermatology Society meeting in Dubai. I remain very grateful for such a unique opportunity especially during my final specialist training year.

I currently work as a specialist trainee in Leeds and as part of our training we are allocated 6 month rotations; where mine is to currently provide advice to all GP's in Leeds if contacted, and also cover inpatient referrals over three hospital sites. Leeds NHS trust is the largest trust in Europe and I am sure that as a trainee I am working within one of the most exciting and evolving time periods that challenge us all diagnostically but also in terms of management. During this period I have become involved in several patients presenting with skin related toxicities secondary to immunotherapy. This has certainly become an increasing part of our acute workload and this experience was the inspiration behind my presentation.

I presented a case of Nivolumab induced bullous pemphigoid in a metastatic melanoma patient. In our patient the immunotherapy was terminated as a result due to the significant impact on quality of life. An interesting take away message from our case therefore is that despite excellent results, with metastases almost vanishing after immunotherapy, the bullous pemphigoid had such a large impact on the patient's quality of life that they ultimately decided they would rather live with the understanding that the melanoma will progress. We must ultimately remember that these treatments are not yet curative, but prolong survival which has to be balanced up with quality of life.

The conference itself was also a very valuable experience. As a trainee I do find it a really eye opening experience to attend international conferences and learn about others' treatment experiences outside the restrictions that we at times do face in the UK based on our health system. I was impressed with the breadth of topics covered in a relatively short period of time. There were sessions on paediatric dermatology, connective tissue disease, skin surgery and laser as well as dermoscopy and cosmetic dermatology.



With the president of Emirates Dermatology Society Dr Anwar Al Hammadi

I was also really impressed with the wide range of international speakers and did particularly enjoy Prof Henry Francois Jordan's presentation of a mix of clinical cases at his clinic base in South Africa. I also found Dr Sandipan Dhar's paediatric cases very engaging. I was interested to hear that his experience of hand foot and mouth in his paediatric populations is similar to ours in the UK, where generalised vesicular rather than localised eruptions are becoming increasingly common. The conference also does allow participants to book onto additional workshops including laser, surgery and cosmetic dermatology.

Overall this was a highly valuable experience for me as a trainee, and it provided me with the opportunity to discuss and share our experiences which is what ultimately I believe is the real value in attending international conferences to maintain our professional development.