

How to Manage: Paediatric Allergy Training – PAT 1

Date | 7th November 2025

Location | Zoom

Audience | Suitable for a wide audience of health professionals seeing children with allergies

Programme

Delegate registration from 08:50		
Course chair: Dr Deva Venkataraman, Consultant Paediatrician, Paediatric Safety Lead, South Tees Hospitals NHS Foundation Trust		
09:00	Welcome	
09:10	Taking an allergy focused history	Prof. Gill Vance, Professor of Medical Education, Newcastle University; Honorary Consultant in Paediatric Allergy, Great North Children's Hospital
10:00	Short break	
10:10	Diagnosis and management of cows milk allergy	Dr Mala Raman, Consultant Paediatrician, University Hospitals Plymouth NHS Trust & Lydia Collins-Hussey, Freelance Specialist Paediatric Allergy Dietitian and Clinical Dietetic Advisor for AllergyUK
11:00	Short break	
11:10	Allergy testing stewardship	Dr Minal Gandhi, Consultant Paediatrician, Royal Free Hospital & Dr Gary Stiefel, Consultant in Paediatric Allergy, University Hospitals of Leicester NHS Trust
12:00	Short break	
12:10	Treatment of allergic rhinitis	Prof. Graham Roberts, Professor and Honorary Consultant Paediatrician, University of Southampton
12:50	Lunch	

13:30	Diagnosis and treatment of eczema	Dr Anjum Grewal, Consultant in Paediatric Allergy, Sheffield Children’s Hospital & Dr Eleanor Minshall, Consultant in Paediatric Allergy, Sheffield Children’s Hospital
14:20	Short break	
Afternoon chair: Dr Anjum Grewal		
14:30	Strategies of complimentary feeding to prevent food allergies	Karen Wright, Senior Clinical Teaching Fellow MSc Allergy University of Southampton and
15:20	Short break	
15:30	Anaphylaxis and the collapsed infant	Dr Deva Venkataraman & Dr Eleanor Minshall
16:20	Final questions	
16:30	Final summary and close	

Learning aim

The PAT courses provide healthcare professionals with the knowledge and skills required to effectively manage children with food allergies and their comorbid allergic conditions.

Learning outcomes

By the end of this course, you will be able to:

1. Elicit an allergy focused clinical history using the EATERS method and interpret it in a number of simple common clinical scenarios
2. Use the allergy test stewardship model to select and interpret testing in a range of simple common clinical scenarios
3. Recognise the range of symptoms associated with cow's milk allergy, methods to confirm the diagnosis and formulate initial management plans for formula and breast fed infants
4. Understand the role of diet in the prevention of food allergy in higher risk infants
5. Describe the symptoms and management of allergic rhinitis in children
6. Diagnose atopic dermatitis in infancy and develop a basic management plan
7. Recognise the symptoms of anaphylaxis and the role of adrenaline auto-injectors in emergency management
8. Understand the roles of the multidisciplinary team and when and where to refer allergic disease for further management
9. Observe examples of how to explain allergic disease to children and families and know where to signpost patients to online resources

Course lead

Dr Devasmitha (Deva) Venkataraman

Deva has been a consultant paediatrician at South Tees hospitals NHS Trust since 2013. She currently leads the paediatric allergy services at South Tees Hospitals and is the clinical lead for the *Healthier Together* project and UEC, Humber and North Yorkshire ICS. Deva completed her MSc in allergy with distinction from Southampton University as well as completed research in paediatric allergies leading to publication in indexed journals. She continues her interest in research as primary investigator in various portfolio studies. She is also a member of the BSACI (British society of Allergy and Clinical Immunology) standards of care committee (SOCC) and supports the development of accredited guidelines and resources for BSACI.

This course has been approved in accordance with the current RCPCH CPD guidelines.

Please note that due to unforeseen circumstances, sessions and presenters may be subject to change.