

DIAGNOSING ALLERGIC RHINITIS

A practice support resource from



Useful tips for clinicians in the primary care setting

- Allergic rhinitis (AR) is an inflammatory response of the nasal mucous membranes after exposure to inhaled allergens^{1,2}
- AR affects about 20% of people³
- Primary care providers are often the first healthcare professionals to address patients' AR symptoms²

KEY DIAGNOSTIC CHARACTERISTICS

Clinicians should make the clinical diagnosis of AR when patients present with a history and physical examination consistent with an allergic cause, and 1 or more of these 4 key symptoms^{1,2}:

- ✓ RUNNY NOSE
- ✓ NASAL CONGESTION
- ✓ ITCHY NOSE
- ✓ SNEEZING

Differentiating signs and symptoms

SYMPTOMS THAT MAY BE ASSOCIATED WITH AR	SYMPTOMS USUALLY NOT ASSOCIATED WITH AR
<ul style="list-style-type: none"> Watery, clear rhinorrhea^{1,4} Sneezing, especially paroxysmal⁴ Itchy nose¹ Bilateral nasal obstruction⁴ Itchy, watery eyes¹ Pale or bluish swelling of nasal mucosa² 	<ul style="list-style-type: none"> Postnasal drip with thick or colored nasal discharge⁴ Unilateral symptoms⁴ Fever⁴ Pain¹ Nasal obstruction without other symptoms⁴ Recurrent nosebleeds¹ Sore throat⁴

CLASSIFYING AR SYMPTOMS

Several parameters are now used to classify AR symptoms¹

TIME ¹	FREQUENCY ¹	SEVERITY ¹
<p>Seasonal: eg, pollens, grasses</p> <p>Perennial (year-round): eg, dust mites, pet dander</p> <p>Episodic: Nonroutine exposures; eg, visiting a home with a pet</p>	<p>Intermittent: <4 days per week or <4 weeks per year</p> <p>Persistent: >4 days per week or >4 weeks per year</p>	<p>Mild: Symptoms do not interfere with quality of life (QoL)</p> <p>More severe: Symptoms are bad enough to interfere with QoL (eg, impairment of daily activities, leisure, or school or work performance)</p>



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References: 1. Dykewicz MS, Wallace DV, Amrol DJ, et al. Rhinitis 2020: a practice parameter update. *J Allergy Clin Immunol.* 2020;146(4): 721-767. 2. Seidman MD, Gurgel RK, Lin SY, Schwartz SR, Baroody FM, Bonner JR, et al. Clinical practice guideline: allergic rhinitis. *Otolaryngol Head Neck Surg.* 2015;152(1S):S1-S43. 3. deShazo RD, Kemp SF. Patient education: allergic rhinitis (beyond the basics). UpToDate. Accessed March 25, 2021. <https://www.uptodate.com/contents/allergic-rhinitis-beyond-the-basics> 4. Ryan D, van Weel C, Bousquet J, et al. Primary care: the cornerstone of diagnosis of allergic rhinitis. *Allergy.* 2008;63(8):981-989.