ALLERGIC RHINITIS

Patient Factors
- Less than 2 years of age
- Pregnant
- Refer

Medical History
- Asthma
- Recurrent sinusitis
- Otitis media
- Thyroid disorder
- Consider referral if condition not controlled

Medication History
- Possibly drug-induced: ASA, NSAIDs, alpha-blockers, beta-blockers, clonidine, etc.
- Assess appropriateness of discontinuing drug and consider referral to MD

Review Symptoms
- Shortness of breath, persistent headache, eye pain, or unilateral symptoms
- Unable to confirm patient diagnosis
- Refer

Typical of allergic rhinitis:
- Sneezing
- Nasal congestion
- Rhinorrhea
- Itchy eyes ±previous diagnosis of allergic rhinitis

Duration of symptoms?
- <7 days
  - Treat as upper respiratory tract infection
- >7 days
  - Mild, frequent or persistent (>4 weeks); OR,
  - Moderate to severe, intermittent
  - Intranasal corticosteroid ± oral antihistamine
  - Follow up in 1-2 weeks
  - Continue for allergy season; refer if ineffective

- Mild, intermittent
  - Rhinorrhea, sneezing, itchy throat & eyes → PRN antihistamine
  - Nasal congestion → PRN decongestant
  - Ineffective, not tolerated