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

  - Refer

YES to any

NO to all

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

<7 days

>7 days