LEARNING OBJECTIVES

On completion of the chapter, the reader will be able to:

1. Describe how commonly allergic rhinitis is seen in the adult and pediatric populations.
2. Assess a patient’s medical and family history to identify predisposing factors to the development of allergic rhinitis.
3. Describe nasal physiology and how the results of sympathetic and parasympathetic stimulation.
4. List the inflammatory mediators and their effects during an immune response.
5. Contrast early and late phase reactions in allergic rhinitis.
6. Describe how a diagnosis of allergic rhinitis can be differentiated from other forms of rhinitis.
7. Construct a plan to counsel a patient about what drugs to avoid before diagnostic skin testing.
8. Discuss the complications that may result from untreated allergic rhinitis.
9. Recommend methods to avoid exposure to allergens.
10. Debate the potential value of newer, peripherally selective antihistamines over older nonselective agents.
11. Discuss the key points to make when counseling a patient on the potential side effects of antihistamines.
12. Describe situations where intranasal and/or ophthalmic antihistamines may be useful.
13. Prepare a strategy for a patient to overcome his reliance on nasal decongestant spray.
14. Discuss the key points to make when counseling a patient on the use of an intranasal steroid.
15. Recognize which allergic rhinitis patients are candidates for immunotherapy.
16. Discuss the potential value of alternative treatment options for allergic rhinitis, such as omalixumab and probiotics.
17. Assess the success of a patient’s allergic rhinitis treatment plan.