

CHAPTER 63. ALLERGIC RHINITIS, SELF ASSESSMENT QUESTIONS

1. Pick the symptom that is *least* characteristic of allergic rhinitis.
 - A. Nasal itch
 - B. Ocular itch
 - C. Rhinorrhea
 - D. Sneezing
 - E. Wheezing

2. Pick the symptom of allergic rhinitis that is usually the most bothersome.
 - A. Allergic salute
 - B. Chemosis
 - C. Nasal congestion
 - D. Postnasal drip (posterior rhinitis)
 - E. Tearing eyes

3. Which category of medication is the most effective for the majority of symptoms of allergic rhinitis?
 - A. Intranasal antihistamine
 - B. Intranasal antimuscarinic
 - C. Intranasal corticosteroid
 - D. Intranasal decongestant
 - E. Intranasal mast cell stabilizer/cromone

4. Which approach is best for treatment of rhinitis medicamentosa, along with tapering the intranasal decongestant?
- A. Intranasal olopatadine
 - B. Intranasal fluticasone propionate + azelastine
 - C. Intranasal saline irrigation
 - D. Oral corticosteroid burst and taper
 - E. Oral pseudoephedrine for 5 to 7 days
5. Which agent would you recommend for treatment of ocular itch and tearing that is unresponsive to intranasal fluticasone propionate + azelastine?
- A. Intranasal cromolyn
 - B. Intraocular ketotifen
 - C. Intranasal mometasone
 - D. Intraocular naphazoline
 - E. Oral pseudoephedrine
6. Which mode of therapy underlies the management of all patients with allergic rhinitis?
- A. Education about allergen avoidance
 - B. Education about complications of allergic rhinitis
 - C. Intranasal corticosteroids
 - D. Intranasal saline irrigation
 - E. Sublingual immunotherapy

7. Which choice would be your recommendation to a 30-year-old woman who complains of runny nose, sneezing, and ocular tearing and itch, when episodically exposed to her friend's cats, as an OTC agent she could use for preexposure?
- A. Intranasal cromolyn
 - B. Intranasal ipratropium
 - C. Intranasal triamcinolone
 - D. Intraocular ketotifen
 - E. Oral pseudoephedrine
8. Which choice would you recommend as an OTC medication for initial therapy of mild, intermittent (probably seasonal) allergic rhinitis in an otherwise healthy 7-year-old child?
- A. Intranasal cromolyn
 - B. Intranasal oxymetazoline
 - C. Intranasal triamcinolone
 - D. Oral loratadine
 - E. Oral phenylephrine
9. A 24-year-old woman, who is known to be 8 weeks pregnant, has been on oral montelukast, oral loratadine, and intranasal cromolyn for moderately severe, persistent allergic rhinitis. Her symptoms of nasal congestion, rhinorrhea, sneezing, and ocular itching are still poorly controlled, despite good adherence. Pick the most

appropriate drug from the choices below to recommend as an additional and/or replacement medication.

- A. Intranasal budesonide
 - B. Intranasal ipratropium
 - C. Intranasal naphazoline
 - D. Intranasal olopatadine
 - E. Oral pseudoephedrine
10. Pick the most appropriate recommendation for relief of severe persistent allergic rhinitis symptoms in a patient who complains of bad taste, nasal irritation, and occasional epistaxis while using intranasal triamcinolone.
- A. Add intranasal olopatadine
 - B. Add oral fexofenadine
 - C. Add oral pseudoephedrine
 - D. Replace triamcinolone with intranasal ciclesonide as HFA metered-dose pump
 - E. Replace triamcinolone with intranasal fluticasone propionate + azelastine
11. Pick the drug that should generally be used for no more than 3 consecutive days.
- A. Intranasal azelastine
 - B. Intranasal cromolyn
 - C. Intranasal ipratropium
 - D. Intranasal oxymetazoline

- E. Oral pseudoephedrine
12. Pick the therapy, from the choices below, which is best limited only to patients with concurrent allergic rhinitis and asthma.
- A. Intranasal beclomethasone as HFA metered-dose pump
- B. Intranasal fluticasone propionate + azelastine
- C. Intraocular ketotifen
- D. Oral montelukast
- E. Subcutaneous omalizumab
13. Pick the most accurate statement about intranasal corticosteroids.
- A. Chronic use of intranasal corticosteroids for allergic rhinitis is associated with frequent systemic side effects.
- B. Intranasal corticosteroids are effective for both phases of the allergic response in allergic rhinitis.
- C. Intranasal corticosteroids should not be used in pregnant women.
- D. Mometasone is the only intranasal corticosteroid indicated for children younger than 6 years.
- E. Only fluticasone propionate, among the intranasal corticosteroids, is available OTC.
14. Pick the best recommendation for additional chronic therapy of a 68-year-old male patient with symptomatic benign prostatic hyperplasia/hypertrophy (BPH), marginally controlled hypertension, and persistent rhinorrhea due to a mixed

vasomotor and allergic rhinitis, unresponsive to appropriate doses of oral fexofenadine and intranasal fluticasone propionate + azelastine.

- A. Intranasal budesonide
 - B. Intranasal ipratropium
 - C. Intranasal oxymetazoline
 - D. Oral prednisolone burst and taper
 - E. Oral pseudoephedrine
15. Pick the most accurate statement about nasal saline irrigation therapy for allergic rhinitis.
- A. Hypertonic sodium chloride solutions are more effective for allergic rhinitis than “normal” (0.9%) saline when used as a nasal irrigation.
 - B. Iodized sodium chloride (salt) is best to use for nasal saline irrigations because the iodine exerts additional osmotic effects that reduce nasal congestion.
 - C. Nasal saline irrigation may provide some benefit to any patient with allergic rhinitis.
 - D. Nasal saline irrigation therapy is contraindicated in pregnant women because of the potential for excess sodium absorption, which can predispose to polyhydramnios and preeclampsia.
 - E. Nasal saline irrigation therapy is a poor choice in the elderly due to their increased incidence of rhinorrhea.

ANSWERS

1. E
2. C
3. C
4. D
5. B
6. A
7. A
8. D
9. A
10. D
11. D
12. E
13. B
14. B
15. C