

CLINICAL PRACTICE GUIDELINES

PATIENT INFORMATION

HISTORY AND PHYSICAL FINDINGS IN ALLERGIC RHINITIS

| PRESENTING SYMPTOMS | HISTORICAL FINDINGS | PHYSICAL FINDINGS |
|--|--|---|
| <ul style="list-style-type: none">• Nasal congestion• Sneezing• Rhinorrhea (clear or colored may exist, though colored rhinorrhea may indicate a co-morbid disease process with AR)• Itching of nose, eyes, palate• Post-nasal drip• Frequent throat clearing• Cough• Malaise (may be presenting complaint in children)• Fatigue (may be presenting complaint in children) | <ul style="list-style-type: none">• Seasonal vs. perennial nature of symptoms• Symptoms on exposure to particular agent (animals, particular plants)• Current medications• Family history of atopic or allergic disease• Symptoms on exposure to irritants (makes allergic etiology <u>less</u> likely)• Symptoms of upper respiratory infection (makes allergic etiology <u>less</u> likely) | <ul style="list-style-type: none">• Clear rhinorrhea (clear or colored may exist, though colored rhinorrhea may indicate a co-morbid disease process with AR)• Bluish or pale swelling of nasal mucosa• Ocular findings (watery discharge, swollen conjunctivae, scleral injection)• Frequent throat clearing• Allergic shiners• Nasal crease• Absence of foreign body, tumor, purulence suggesting infection |

Table 6: History and Physical Findings in Allergic Rhinitis from Clinical Practice Guideline: Allergic Rhinitis

SOURCE: Seidman, MD, Gurgel, RK, Lin, SY, et al. Clinical Practice Guideline: Allergic Rhinitis. *Otolaryngol Head Neck Surg.* 2015; 152(1S):S1-S43

ABOUT THE AAO-HNS/F

The American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNS) represents approximately 12,000 specialists worldwide who treat the ear, nose, throat, and related structures of the head and neck. The AAO-HNS Foundation works to advance the art, science, and ethical practice of otolaryngology-head and neck surgery through education, research, and lifelong learning.