

# FAMILY PHYSICIAN AIRWAYS GROUP OF CANADA



## Allergic Rhinitis – Rhino Sinusitis (AR-RS) Differential Diagnosis Tool

Symptoms suggestive of Allergic Rhinitis	Symptoms usually <u>not</u> associated with allergic rhinitis	Which may mean:
<p>2 or more of the following 'S O I R E' symptoms for more than 1 hour on most days:</p> <p style="text-align: center;"><b>S O I R E</b><sup>1</sup></p> <p><b>S</b> <u>S</u>neezing</p> <p><b>O</b> Nasal <u>O</u>bstruction</p> <p><b>I</b> Nasal <u>I</u>tch (pruritus)</p> <p><b>R</b> Nasal <u>R</u>hinorrhea</p> <p><b>E</b> <u>±</u> itchy watery <u>E</u>yes (conjunctiviitis)</p> <p>The previous classification of seasonal or perennial AR is being replaced with intermittent and persistent.<sup>1</sup></p> <p>Intermittent symptoms are defined as an episode that lasts less than 6 weeks.</p> <p>Persistent symptoms last longer than 6 weeks and can occur at anytime of the year.</p>	<p>2 or more of the following 'P O D S' symptoms; 1 of which must be <b>O</b>bsturbation or <b>D</b>ischarge.</p> <p style="text-align: center;"><b>P O D S</b><sup>2</sup></p> <p><b>P</b> Facial <u>P</u>ain/pressure/fullness</p> <p><b>O</b> Nasal <u>O</u>bstruction</p> <p><b>D</b> Nasal purulence/discolored postnasal <u>D</u>ischarge</p> <p><b>S</b> Hypo<u>s</u>mia/anosmia (<u>S</u>mell)</p> <p>Unilateral symptoms</p> <p>Recurrent epistaxis</p>	<p>Rhinosinusitis</p> <p>Consider RhinoSinusitis bacterial when Upper Respiratory Tract Infection (URTI*):</p> <ol style="list-style-type: none"> <li>1. Persists beyond 10 days.</li> <li>2. Worsens after 5 to 7 days with similar symptoms.<sup>2</sup></li> </ol> <p>Bacterial etiology should be suspected if sinus symptoms persist for more than 7 days without improvement.<sup>2</sup></p> <p>Cancer, tumor Foreign Body(FB) Polyps Infection, Septal deviation</p> <p>Cancer, tumor Foreign Body (FB) Polyps Drug use Hematologic disorder</p>
<p>Allergic Rhinitis (AR) occurs in 80% of asthmatics .</p> <p>Asthma occurs in up to 80% of patients with AR.</p>	<p>Rhinosinusitis (RS) may be a consequence of AR;</p> <p>AR &amp; RS may co-exist</p>	<p>*Symptoms<sup>3</sup> from an URTI may include any of rhinorrhea, nasal obstruction, headache, cough and mild fever. The symptom set usually clears in a few days and is commonly known as a 'cold'.</p>

Modified from Bousquet J, Reid J, van Weel C, et al. Allergic rhinitis management pocket reference 2008. *Allergy*. 2008;63(8):990-996.

1. Small P, Frnkiel S, Becker A, et al. Rhinitis : A practical and comprehensive approach to assessment and therapy. *Journal of Otolaryngology*. 2007;36(Supl 1):S5-S27.

2. Desrosiers et al ; Canadian clinical practice guidelines for acute and chronic rhinosinusitis; *Allergy, Asthma & Clinical Immunology* 2011, 7:2 doi:10.1186/1710-1492-7-2; page 16

3. Gwaltney JM Jr, Hendley JO, Simon G, et al. Rhinovirus infections in an industrial population. II. Characteristics of illness and antibody response. *JAMA* 1967;202:494 –500.