Patient with asthma comes for asthma review

Ask questions to discover potential insidious symptoms of allergic rhinitis:

- Have you noticed any problems with your nose?
- Is your nose blocked?
- Do you snore?
- Do you think your sense of smell is impaired?
- Do you have hay fever or experience persistent colds?
- Do you experience a running nose, blocked nose, sneezing, and/or itching?
- Are your eyes affected?

No

Exit algorithm

Yes

Is it worse at different times of the year or is it the same all year round?

Are you on treatment now?

Ask patient to score nasal symptom severity from 0 to 10

<5

Advise on avoidance of relevant allergens, tobacco smoke and other pollutants, and use of nasal saline

Continue current treatment (if sedating AH being used, switch to non-sedating) or advise patient to purchase OTC treatment, such as non-sedating AH or INS spray

Check asthma symptoms at every review

5–10

Advise on avoidance of relevant allergens, tobacco smoke and other pollutants, and use of nasal saline

Patient has uncontrolled AR so needs a step up therapy. Prescribe INS or azelastine hydrochloride + fluticasone

Advise on good technique, importance of concordance and when to expect improvement

Book a review with same nurse/GP 2–4 weeks later

2–5

Consider referral to ENT specialist or allergist

Review after 2–4 weeks (video/email/phone)

Confirm patient has taken treatment properly

Ask patient to score nasal symptom severity from 0 to 10

<5

Step down to or continue on once-daily non-systemically bioavailable INS

Review after 2–4 weeks according to practice availability

Allergic rhinitis is controlled

Review in 6–12 months

5–7

Switch to INS/AH combination if on INS alone, or consider add-on therapy according to guidelines

Treatment control lost

Step up again or consider referral if on maximal therapy

8–10

Red flags—urgent referral to ENT:

- Nasal pain
- Unilateral symptoms
- Heavy bleeding

AH=antihistamine; AR=allergic rhinitis; ENT=ear, nose, and throat; INS=intranasal corticosteroid; OTC=over the counter

[A] Visual analogue scale is a scoring system that allows easy measurement of symptoms (0 = not at all bothersome; 10 = extremely bothersome)

[B] Minimally bioavailable INS: fluticasone propionate, fluticasone furoate, mometasone furoate

MASK-air app: www.mask-air.com