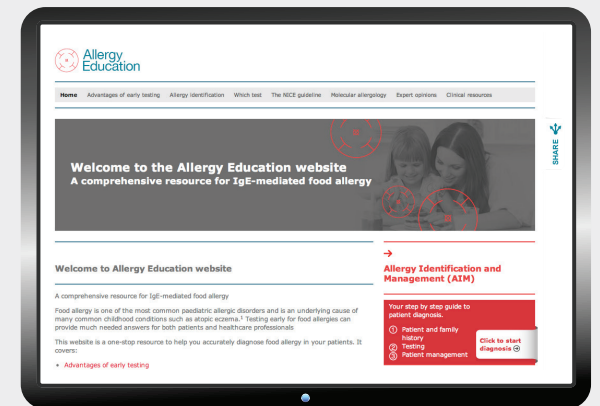


AIM

Allergy Identification and Management

Your step-by-step guide
to patient diagnosis



www.AllergyEducation.co.uk

Find the full AIM programme at

www.AllergyEducation.co.uk

- ① Patient and family history
- ② Testing
- ③ Patient management

An online resource for healthcare professionals featuring Key Opinion Leader presentations and additional materials to boost your learning credits.

FREE access to a range of resources to enable consistent, straightforward management of allergy patients:

- Full information on the 3 steps of AIM
- Downloadable patient history questionnaires
- View a sample allergy blood test report
- Downloadable allergy action plans

Step 1: Take a history

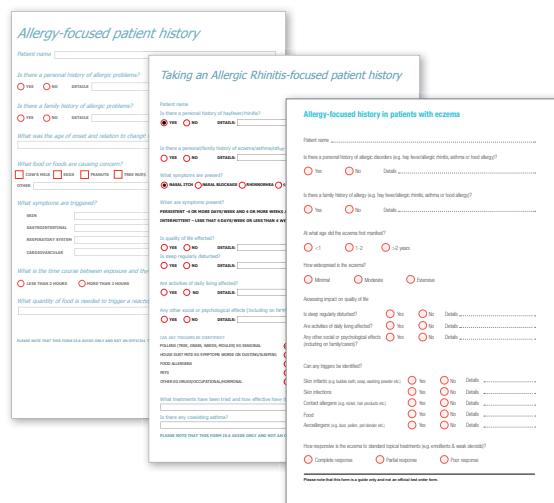
Diagnosing food allergy starts with a physical examination and an allergy-focused patient history. Asking a few key questions will provide you with a detailed history, indicate if the allergy is IgE- or non IgE-mediated and allow you to correctly manage your patient. The key questions should focus around:

- Patient and family history
- Suspected foods
- Symptoms
- Time course between exposure and symptoms
- Quantity of food ingested for symptoms to occur

Visit www.AllergyEducation.co.uk/hcp/allergy-identification for further details.

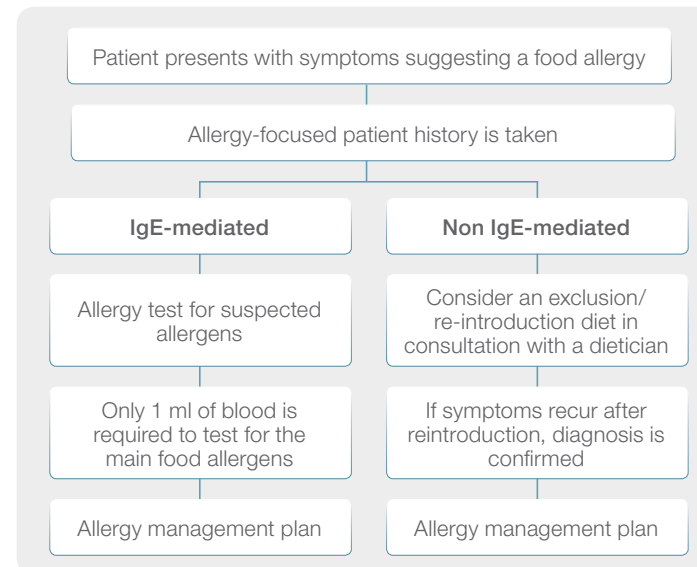
You'll also find a selection of downloadable patient history questionnaires designed to address the needs of patients presenting with different primary allergic symptoms. Patient history questionnaires available include:

- Clinical history form – for patients presenting general allergy symptoms
- Allergic Rhinitis-focused patient history
- Eczema-focused patient history



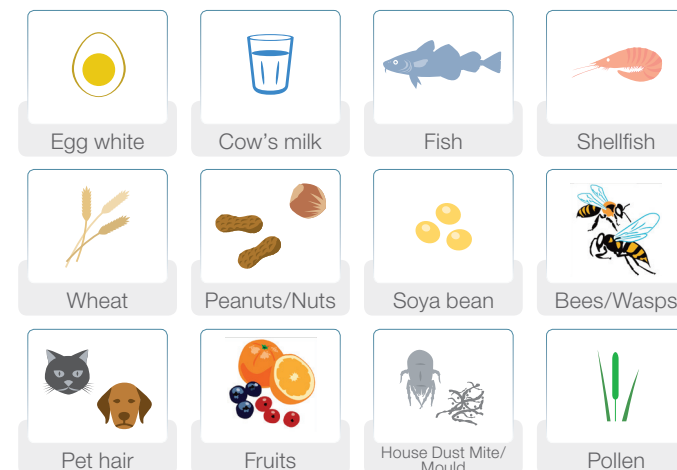
Step 2: Testing

Guided by the allergy-focused patient history you have taken, work through the most appropriate next steps:



Adapted from NICE Guideline CG116¹

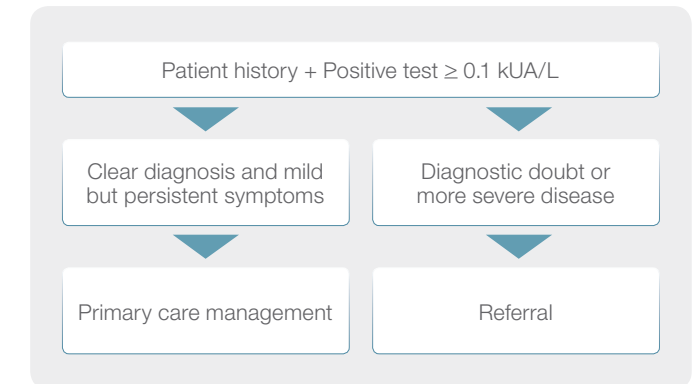
If the patient history suggests an IgE-mediated allergy, conduct a blood test – a 1 ml sample is sufficient to test for up to 10 common allergens. Some of the common allergens are:²



Test results can then be interpreted in conjunction with the patient history. Results ≥ 0.1 kU/L indicate sensitivity to that allergen, making blood test results clear and easy to interpret.

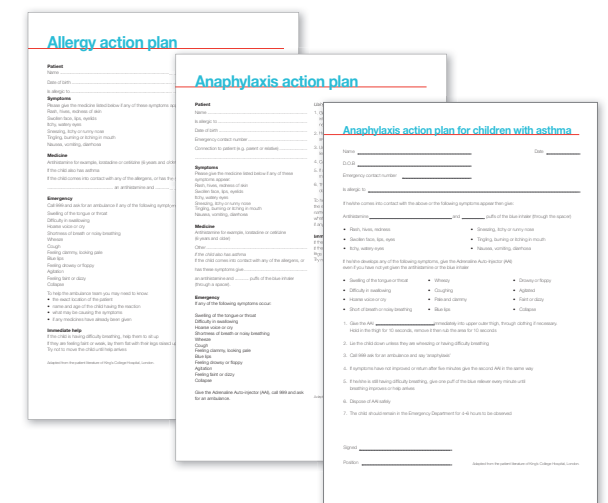
Step 3: Management

The NICE guideline CG116¹ offers specific advice on when young people should be referred to secondary care:



Visit www.AllergyEducation.co.uk to download a selection of allergy action plans to guide your management of allergy patients:

- Allergy Action Plan
- Anaphylaxis Action Plan
- Anaphylaxis Action Plan for Children with Asthma



References: 1. National Institute for Health and Care Excellence. Food allergy in children and young people (CG116). 2011 London: National Institute for Health and Clinical Excellence. 2. NHS Conditions – Allergies updated March 2012. Available at <http://www.nhs.uk/Conditions/Allergies/Pages/Causes.aspx>; last accessed February 2013.