

Paediatric Allergy

1	Symptoms
	<ul style="list-style-type: none"> • Allergic Rhinitis symptoms often persist longer than Asthma • Split children into 3 categories <ul style="list-style-type: none"> • Pre-school Children • Primary School Children • Older Children • Pre-school Children – not classical presentation. There is commonly a broader symptom presentation which leads to misdiagnosis. Symptoms can include: <ul style="list-style-type: none"> • Recurrent and frequent colds • Persistent runny nose • Cough at night leading to swallowing of mucus and gastro problems • Multiple courses of antibiotics • Primary School Children – Less seasonal symptoms than classical hay fever, more symptomatic in winter rather than summer. • Older Children – More commonly classical hay fever symptoms <ul style="list-style-type: none"> • Pollen allergic (grass) – symptomatic March - October
2	History / observations
	<ul style="list-style-type: none"> • Recurrent presentation for Respiratory issues • Nose – mucus present • Throat – “cobblestoning” at the back of the throat or a post-nasal drip • Ears – check ears
3	Initial Treatment in Primary Care
	<ul style="list-style-type: none"> • Trial of Treatment therapy – non-sedating Antihistamines • Older Children – introduce an intra-nasal Steroid spray with non-sedating Antihistamines with / without eye drops

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Notes to accompany Vodcast – Dr David Luyt, Consultant Paediatrician

4	Further Treatment
	<ul style="list-style-type: none">• If there has not been good control with a good dose and good compliance or conventional therapy there is a desensitising / Immunotherapy option• Immunotherapy consists of 3 year course of daily drug; effect shown to last for up to 10 years.• Skin Prick test – Can refer for Skin Prick test only to nurse-led clinic
5	Top Tips
	<ul style="list-style-type: none">• Allergic Rhinitis is a significant illness• Consider diagnosis for younger / small children• Severe allergy treatments are available which will positively impact on patients' lives• Safe and effective treatments are available

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