

# Diagnosis of Allergic Disease

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 Detailed History

 Thorough Examination

 Investigations



# History

- Detailed description of symptoms
- Exposure to common allergens
- Presence or absence of other allergic disorders
- Previous response to therapy
- Family history
- History of environmental conditions



# Examination

## General physical examination

### General look

- Respiratory distress
- Mouth breathing
- Paroxysms of sneezing
- Sniffing & rubbing of nose and eyes
- Repeated scratching of skin
- Nasal obstruction
- Wheeze



# Vitals

- Tachypnea
- Hypertension
- Pulsus paradoxus
- Fever
  
- **General Physical signs**
  - Allergic shiners
  - Dennie- Morgan folds
  - Keratoconus
  - Eczematous changes of external ear
  - Transverse nasal crease on the nose



- **Structural abnormalities of nose (septal deviation, turbinate hypertrophy, nasal polyps)**
- **Chelitis**
- **Tonsillar and adenoidal hypertrophy**
- **Anthropometric measurements**



# Systemic Examination

## Examination of chest

- **Tachypnea**
- **Cyanosis**
- **Barrel shaped chest**
- **Use of accessory muscles of respiration**
- **Wheeze**
- **Rhonchi**



## ■ Examination of Skin

➤ **Urticaria**

➤ **Atopic dermatitis**

➤ **Xerosis**

➤ **keratosis pilaris**

➤ **Exaggerated palmer and planter creases**





# Investigations

- **In Vitro tests**
  - **Blood CP**
  - **Nasal and bronchial secretions for eosinophilia**
  - **Serum IgE levels**
  - **Radioallergosorbent test (RAST test)**



- **In Vivo tests**
  - **Allergic skin testing**
    - prick/ puncture technique
    - intradermal technique
  - **Provocation tests**

