ALLERGIC RHINOCONJUCTIVITIS (Hayfever)

Is caused by the nose or the eyes coming into contact with environmental allergens such as pollens, dust mite, moulds and animal hair. Symptoms include

- Runny / itchy /congested nose
- Sneezing
- Itchy watery eyes

Information Required

- Outline of trial of ASCIA Allergic Rhinitis Management Plan and response to intervention
- Medical history (including Asthma)
- Duration of symptoms
- Seasonal pattern of symptoms
- Response to allergen avoidance strategy

Investigations Required

- Total IgE
- Specific IgE to suspected Aero allergens

Fax referrals to Allergy/Clinical Immunology Service

Flinders Medical Centre   Fax: 08 8204 7483

Red Flags

Red flags should prompt urgent GP referral to Ophthalmology

🚩 Acute allergic conjunctivitis at risk of corneal abrasion

Suggested GP Management

- Intranasal Corticosteroid Spray
- Non-sedating Antihistamines
- Saline nasal spray or irrigation
- Montelukast for seasonal Hayfever (non-PBS)

Clinical Resources

- Australasian Society of Clinical Immunology and Allergy (ASCIA) – Allergic Rhinitis (Hayfever) and Sinusitis
  http://www.allergy.org.au/patients/allergic-rhinitis-hay-fever-and-sinusitis
- Treatment Plan for Allergic Rhinitis
  http://www.allergy.org.au/patients/allergic-rhinitis-hay-fever-and-sinusitis/allergic-rhinitis-treatment-plan
- Sinusitis and Allergy
  http://www.allergy.org.au/images/stories/aer/infobulletins/2010pdf/AER_Sinusitis_and_Allergy.pdf

General Information to assist with referrals and the Referral templates for FMC are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients

Version	Date from	Date to	Amendment
1.0	September 2014	September 2016	Original
2.0	October 2018	October 2021	Referral References Updated

Government of South Australia

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