Allergic Rhinoconjuctivitis (Hayfever)

Caused by allergy to environmental substances such as pollens, house dust mite, moulds and animal dander. Symptoms include:

- Nasal congestion/blockage, rhinorrhea/postnasal drip, itch, sneeze
- Itchy, watery eyes, conjunctival injection, swelling

Refer if symptoms severe, inadequate response to standard management, complex respiratory allergic disease

Information Required

- Duration/impact of symptoms
- Seasonal pattern of symptoms
- Response to a trial of standard management (see below)
- Presence of asthma, sinusitis
- Medical history

Investigations Required

- Allergen specific IgE to suspected Aeroallergens
- For guidance see SA Pathology Allergen Testing Guidelines: http://www.sapathology.sa.gov.au/testcatfiles/PUB-0425.pdf

Fax referrals to Allergy/Clinical Immunology Service

Royal Adelaide Hospital   Fax: 08 7074 6241

Red Flags

Red flags should prompt urgent GP referral to Ophthalmology

Acute allergic conjunctivitis at risk of corneal involvement

Suggested GP Management

- Intranasal Corticosteroid
- Use regularly once or twice daily
- Throughout season or all year
- Low systemic absorption preferred- mometasone, fluticasone
- Non-sedating Antihistamines –may use double dose if needed
- Saline nasal spray or irrigation
- Antihistamine nasal spray, eyedrops
- Add Montelukast

Clinical Resources

- Australasian Society of Clinical Immunology and Allergy (AS 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/pcc/ASCIA PCC Sinusitis and allergy 2015.pdf

General Information to assist with referrals and the referral templates for the RAH are available to download from the CALHN Outpatient Services website: https://www.rah.sa.gov.au/health-professionals/outpatient-referrals

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SA Health

Version	Date from	Date to	Amendment
1.0	June 2018	July 2022	Original