Provider suspects Allergic rhinitis: Common clinical scenarios

Nasal Congestion is dominant complaint
- Oral decongestant (effective for nasal obstruction)
- Oral Antihistamine (fast onset)
- Intra nasal Antihistamine (fast onset)
- Poor Control

Intermittent sneezing, nasal itching, and rhinorrhea
- INS (effective for nasal obstruction)
- Oral Antihistamine (fast onset)
- Intra nasal Antihistamine (inexpensive, well tolerated)
- Combination therapy (efficacy)
- Poor Control

Mild symptoms
- INS (efficacy)
- Intranasal antihistamine (efficacy)
- Combination therapy (efficacy)
- Poor Control

Moderate/Severe Symptoms
- Acupuncture (limited studies available in English language)
- Poor Control

Preferences Complementary Medicine
- Poor Control

Figure 3 from Clinical Practice Guideline: Allergic rhinitis. This provides guidance for practitioners using illustrative clinical scenarios that are consistent with available evidence and expert advice.

About the AAO-HNS
The American Academy of Otolaryngology—Head and Neck Surgery (www.entnet.org), one of the oldest medical associations in the nation, represents about 12,000 physicians and allied health professionals who specialize in the diagnosis and treatment of disorders of the ears, nose, throat, and related structures of the head and neck. The Academy serves its members by facilitating the advancement of the science and art of medicine related to otolaryngology and by representing the specialty in governmental and socioeconomic issues. The AAO-HNS Foundation works to advance the art, science, and ethical practice of otolaryngology-head and neck surgery through education, research, and lifelong learning. The organization’s vision: “Empowering otolaryngologist-head and neck surgeons to deliver the best patient care.”