

### History and Physical Findings in Allergic rhinitis

| <u>Presenting Symptoms</u>  | <u>Historical Findings</u>  | <u>Physical Findings</u>  |
|---|---|---|
| <ul style="list-style-type: none"> <li>Nasal congestion</li> <li>Sneezing</li> <li>Rhinorrhea (clear or colored may exist, though colored rhinorrhea may indicate a co-morbid disease process with AR))</li> <li>Itching of nose, eyes, palate</li> <li>Post-nasal drip</li> <li>Frequent throat clearing</li> <li>Cough</li> <li>Malaise (may be presenting complaint in children)</li> <li>Fatigue (may be presenting complaint in children)</li> </ul> | <ul style="list-style-type: none"> <li>Seasonal vs. perennial nature of symptoms</li> <li>Symptoms on exposure to particular agent (animals, particular plants)</li> <li>Current medications</li> <li>Family history of atopic or allergic disease</li> <li>Symptoms on exposure to irritants (makes allergic etiology <u>less</u> likely)</li> <li>Symptoms of upper respiratory infection (makes allergic etiology <u>less</u> likely)</li> </ul> | <ul style="list-style-type: none"> <li>Clear rhinorrhea (clear or colored may exist, though colored rhinorrhea may indicate a co-morbid disease process with AR)</li> <li>Bluish or pale swelling of nasal mucosa</li> <li>Ocular findings (watery discharge, swollen conjunctivae, scleral injection)</li> <li>Frequent throat clearing</li> <li>Allergic shiners</li> <li>Nasal crease</li> <li>Absence of foreign body, tumor, purulence suggesting infection</li> </ul> |

**Table 6** History and Physical Findings in Allergic Rhinitis from Clinical Practice Guideline: Allergic Rhinitis  
**SOURCE:** Seidman, MD, Gurgel, RK, Lin, SY, et al. Clinical Practice Guideline: Allergic Rhinitis. *Otolaryngol Head Neck Surg.* 2015; 152(1S):S1-S43

#### About the AAO-HNS

The American Academy of Otolaryngology—Head and Neck Surgery ([www.entnet.org](http://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."