Diagnosis of Allergic Disease

By

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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