

Allergic Rhinitis – Evidence Based Medicine

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Background: The number of patients affected by allergies is increasing worldwide and results in significant costs for health care and social systems. Allergic rhinitis (AR) is a common allergic disorder, affecting 10–20% of the population. Evidences suggest that the prevalence of the disorder is increasing. The body of knowledge regarding allergic rhinitis continues to expand, with rapid growth in the number of publications.

Methods: A search of the database shows that the annual number of publications on AR has continued to grow. Therefore, systematizing and critically evaluating existing literature data provides a selective approach to clinicians. The most important information were obtained through the synthesis of the results of different clinical trials. Evidence-based reviews with recommendations were developed according to a significance level system using previously reported Rudmik and Smith methodology from 2011.

Results: Data were collected from the analysis of randomized clinical trials, observational studies and studies covering a series of patients. Data relevant to the pathophysiology of allergic rhinitis, recommendations for diagnosis of AR and comorbidities associated with AR, as well as recommendations for pharmacological treatment of this disease, were analyzed. A schematic procedure for allergic rhinitis is also presented.

Conclusion: The analysis of the obtained data yielded recommended procedures in the diagnosis of hypersensitivity, and optimal medical treatment in patients with AR. It also demonstrated the same gaps in our understanding of the pathophysiology of AR.

Key words: allergic rhinitis, medical treatment, evidence-based medicine