
Management of allergic and nonallergic rhinitis

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Record Status

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Citation

Long A, McFadden C, DeVine D. Management of allergic and nonallergic rhinitis. Rockville: Agency for Healthcare Research and Quality (AHRQ). Evidence Report/Technology Assessment No. 54. 2002

Authors' objectives

This report synthesizes the available evidence on the diagnosis of allergic and nonallergic rhinitis, the question of whether differentiating allergic from nonallergic rhinitis is important, the efficacy of treatments in nonallergic and allergic rhinitis, and how treatment of allergic rhinitis impacts the development of asthma or acute rhinosinusitis.

Authors' conclusions

Beyond skin testing and diagnosis by exclusion, there is no literature on differentiating allergic from nonallergic rhinitis. The data concerning treatment of nonallergic rhinitis is scant and no single agent is identified as being uniformly effective in controlling all the symptoms associated with this condition. In allergic rhinitis treatment, nasal corticosteroids are superior to antihistamines and there is no consistent difference between sedating antihistamines and non-sedating antihistamines for the relief of nasal symptoms. The majority of studies reported no major adverse events associated with current treatments. There is insufficient evidence to address the relationship between allergic rhinitis and the development of asthma or rhinosinusitis.

Project page URL

<http://www.ahrq.gov/clinic/tp/rhintp.htm>

URL for DARE abstract

<http://www.crd.york.ac.uk/CRDWeb/ShowRecord.asp?ID=12003008333>

Indexing Status

Subject indexing assigned by CRD

MeSH

Adrenal Cortex Hormones; Anti-Allergic Agents; Histamine Agents; Hypersensitivity; Rhinitis

Language Published

English

Country of organisation

United States

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AccessionNumber

32003000420

Date bibliographic record published

12/03/2003

Date abstract record published

12/03/2003