



CHALLENGES IN DIAGNOSIS OF ALLERGIC RHINITIS IN INDIA

Allergic rhinitis (AR) is a common and long-term respiratory illness which affects quality of life.¹

Burden of AR in India



- ◆ India has seen gradual increase in prevalence of AR in last two decades.²
- ◆ AR affects 11.3% children aged 6–7 years, 24.4% children aged 13–14 years, and 20–30% of adults.^{3,4}

Barriers in Diagnosis of AR in India²

Lack of access to good quality allergy diagnostics

- ◆ Non-availability of standardized allergen extracts for skin tests
- ◆ Limited access and expensive *in vitro* immunodiagnostic tests
- ◆ Non-availability of penicillin allergy skin testing kits

Education and training

- ◆ Lack of specialists in Allergy and Immunology (A&I)
- ◆ Lack of training in A&I for organ-based specialist and family physicians
- ◆ Lack of asthma specialist and allergy nurses
- ◆ Lack of education tools for patients, caregivers, and parents

Economic and regulatory factors

- ◆ Low national gross domestic product (GDP)
- ◆ Lack of area specific meteorological data on pollen and fungal spores
- ◆ Lack of legislation on precautionary allergen labeling
- ◆ Poor reporting of adverse drug reactions
- ◆ Lack of infrastructure for drug allergy recording

Clinical practice and research

- ◆ Guidelines from high income countries not 'fit for purpose' in Indian context
- ◆ Need for phenotypic characterization of allergic diseases in Indian population



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Key Takeaways



With increasing burden, AR poses more management challenges for clinicians.



Lack of standardized tests, awareness, access to care are major barriers in diagnosis of AR.

References

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