

FIRST EXERCISE

MEDICAL HISTORY AND PHYSICAL EXAMINATION OF PATIENT WITH ALLERGIC DISEASE

I DETAILED MEDICAL HISTORY

1. Onset of symptoms
2. Evaluation of duration and time course of complaints
3. Seasonal events
4. Typical place of symptom expression: farmhouses, villas, bungalows
5. Patient`s opinion for possible triggers of symptoms
6. Impact of meteorology

II MEDICAL HISTORY FOR ALLERGIC DISEASES: asthma, hay fever, hives, skin rashes as eczema

III FAMILY HISTORY OF ALLERGIC DISEASES

IV ENVIRONMENTAL EXPOSURES

V PHYSICAL EXAM

1. General medical examination
2. **Hives in urticaria**—can appear in any area of the body; pressing the center of a red hive makes it turn white. There are two types of hives: acute and chronic. Chronic hives occur almost daily for more than six weeks and are typically itchy. Each hive lasts less than 24 hours. They do not bruise nor leave any scar.
3. **Angioedema** - swelling of tissue beneath the surface of the skin - can be mistaken for or associated with hives. It can be caused by allergic reactions, medications or a hereditary deficiency of some enzymes.
4. **Drug allergy** – usually skin rashes, particularly hives. Itching. Respiratory problems. Swelling, angioedema such as in the face. Maculopapular exanthema, diffuse fine macules and papules
5. **Erythema exudativum multiforme**. Erythema multiforme minor: mild, self-limited rash. Erythema multiforme major: typical edematous papules with involvement of one or more mucous membranes
6. **Steven-Johnson syndrome**. Macules rapidly spread and coalesce, leading to epidermal blistering, necrosis.

7. **Contact dermatitis.** Rash, skin lesions, papules, blisters, vesicles. Itching, skin redness, inflammation, localized swelling. Skin may darken and become leathery and cracked.

8. **Allergic rhinitis.** rhinorrhea, sneezing, itchy ears, nose and throat, stuffy nose.

9. **Allergic conjunctivitis.** watery, itchy eyes. The most common cause is an allergy to pollen in the hay fever season.

10. **Oedema Quincke.** Disorder characterized by oedema of the subcutaneous tissue, particularly of the lips, eyelids and genitalia, though any part of the body.

11. **Bronchial asthma.**

I. Clinical symptoms. Shortness of breath. Tightness of chest. Wheezing. Excessive coughing.

II. Physical assessment. Expiratory dyspnea wheezes

12. **Food allergy.** Symptoms: hives, skin rashes, vomiting, abdominal cramps, diarrhea, difficulty breathing. Severe reactions – anaphylaxis

13. **Anaphylactic shock.** Symptoms: include swallowing and breathing difficulties, abdominal pain, cramps, vomiting, diarrhea, hives, and angioedema, increased heart rate, sudden weakness, a drop in blood pressure, shock, and ultimately unconsciousness and death.

14. **Insect Sting allergy.** Three types of reaction: normal, localized, allergic.

- Normal – swelling, redness around the sting site.

- Localized – swelling that extends beyond the sting site

- Anaphylactic – difficulty breathing, hives, swelling of the face, throat or mouth, wheezing or difficulty swallowing, rapid pulse, dizziness or a sharp drop in blood pressure

VI LABORATORY FINDINGS

1. Eosinophilia

2. Spirometry

3. Broncho dilating test

4. Bronchial hyperresponsiveness

5. Skin prick tests

6. Total and specific IgE in serum