

# ALLERGY CLUB CLERK SHEET



Name: \_\_\_\_\_

Age: \_\_\_\_\_

Gender: \_\_\_\_\_

Perinatal history	MC & Hx of MC	Asthma	Rhinitis	Conjunctivitis	Eczema	
Birth (NVD/CS) Term / Prem	<b>Symptoms</b>	Cough, Wheeze, SOB	Sneezing / sniffing / snorting / throat clearing / clicking / grimacing / nasal discharge / snoring / blocked nose / post nasal drip	Watery eyes / itchy eyes / red eyes / photophobia / discharge	Pruritis / current or previous flexural eczema / dry skin / onset before age 2 / other atopic diseases Distribution: _____	
Dietary HX	<b>Triggers</b> Irritants Weather Pollens Exercise Dust Animals Food/drink Time of day					
Breastfed						
Formulae						
Solids						
<b>Past History</b> Atopy in childhood						
Previous ED visits						
Previous admissions						
Other medications		<b>Onset</b>				
Other		<b>Course (P/S)</b>				
<b>Family history (Allergies)</b>		<b>Current Mx</b> Medications				
<b>Occupational history</b>	Adherence					
	Technique					
	Avoidance				Soap, fabric softener	
	Response to Rx Action plans					
<b>Social history</b> Smoking Drinking Financial Sport Hobbies	<b>Severity</b>					
	<b>Control</b>					
	<b>Impact on QOL</b> Sleep Work / school Sport Daily activities					
	<b>School Management</b>					

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<p><b>Environment</b> Area Age of house Dampness Flooring and finishes Indoor plants Dust Pets Cockroaches</p> <p><b>Associated symptoms</b> GORD Ear infections Sinusitis</p> <p><b>PEFR</b></p> <p><b>Lung function tests</b></p> <p><b>Skin tests</b></p> <p><b>Blood:</b> IgE Phadiatop FX5 Specific IgE FBC, ESR, CRP</p> <p><b>Urine:</b> dipsticks</p> <p><b>Management:</b> <b>Environmental control:</b> Triggers / known allergens : specify ...</p> <p><b>Monitoring:</b> Asthma diary / asthma action plan / Finger-tip unit chart</p>	<p><b>Examination</b> Weight:            Centile:            Height:            Centile:            HR:            RR:            BCG scar:            J A C C O L S:</p> <p><b>Face:</b> Allergic face / allergic shiners / Dennie-Morgan creases / nasal crease / nasal secretions / open mouth breathing / mannerisms / sounds / lip licking dermatitis</p> <p><b>Eyes:</b> Red / watery / discoloured sclerae / blocked papillae / limbal infiltrates / cobblestone palpebrae / tantras dots</p> <p><b>Ears:</b> Otitis media / glue ears            <b>Throat:</b> Granular erythematous pharynx / swollen tonsils            <b>Sinuses:</b> Tender</p> <p><b>Nose:</b> Deviated septum / swollen inferior turbinates / proportion obstructed R:    L: / nasal polyp / nasal speech</p> <p><b>Chest:</b> Harrisons sulcus / pigeon chest / pectus excavatum / hyperinflated / loss of cardiac dullness / Liver displacement / wheeze / prolonged expiratory phase</p> <p><b>Skin:</b> urticarial lesions: raised blanching papules / surrounding flare Eczematous: acute: vesiculation / erythema / exudation / crusting / oedema Chronic : lichenification, hyper/hypopigmentation Secondary infection: Staph / Herpes / Scabies / Fungal / other Face / chin / scalp / flexures / hands / periorbital / genitalia / headlamp sign</p> <p><b>Assessment</b></p> <p><b>1) Asthma</b></p> <table border="1" style="margin-left: 40px; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Intermittent</td> <td style="padding: 2px;">Mild persistent</td> <td style="padding: 2px;">Moderate persistent</td> <td style="padding: 2px;">Severe persistent</td> </tr> <tr> <td colspan="2" style="padding: 2px;">Controlled</td> <td colspan="2" style="padding: 2px;">Uncontrolled</td> </tr> </table> <p><b>2) Allergic rhinitis</b></p> <table border="1" style="margin-left: 40px; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Mild Intermittent</td> <td style="padding: 2px;">Moderately severe intermittent</td> <td style="padding: 2px;">Mild persistent</td> <td style="padding: 2px;">Moderately severe persistent</td> </tr> </table> <p><b>3) Allergic conjunctivitis</b></p> <table border="1" style="margin-left: 40px; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Acute AC</td> <td style="padding: 2px;">Seasonal AC</td> <td style="padding: 2px;">Perennial AC</td> <td style="padding: 2px;">Vernal KC</td> <td style="padding: 2px;">Atopic VC</td> </tr> </table> <p><b>4) Eczema</b></p> <table border="1" style="margin-left: 40px; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Mild</td> <td style="padding: 2px;">Moderate</td> <td style="padding: 2px;">Severe</td> </tr> </table> <p><b>5) Urticaria</b></p> <table border="1" style="margin-left: 40px; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Acute</td> <td style="padding: 2px;">Chronic</td> <td style="padding: 2px;">Episodic</td> <td style="padding: 2px;">Other</td> </tr> </table> <p><b>Education:</b> Pathophysiology / adherence / technique / Nasal spray handout / Asthma action plan / How to use inhalers / websites (ALLSA/AFSA/NAEP)</p> <p><b>Pharmacotherapy:</b> <u>Acute asthma:</u> SABA / Ipratropium bromide / IVI salbutamol / IVI MGSO4 / SC adrenaline <u>Chronic asthma:</u> SABA (reliever) / ICS (controllers) / LABA / LTRA / theophylline / oral corticosteroid <u>Rhinitis:</u> systemic or topical antihistamine / Intranasal steroids / mast cell stabilizers / saline irrigation / decongestants <u>Conjunctivitis:</u> systemic antihistamines / topical antihistamines and vasoconstrictors / mast cell stabilizers (sodium chromoglycate) / topical corticosteroid (fluoromethalone) <u>Eczema:</u> emollients / topical corticosteroids / wet wraps / sedating antihistamine <u>Urticaria:</u> cooling lotion (calamine) / non-sedating antihistamine (up to four fold dose)</p> <p><b>Referral :</b> School / allergy / dietician / dermatologist / ENT specialist / ophthalmologist / pulmonologist</p>	Intermittent	Mild persistent	Moderate persistent	Severe persistent	Controlled		Uncontrolled		Mild Intermittent	Moderately severe intermittent	Mild persistent	Moderately severe persistent	Acute AC	Seasonal AC	Perennial AC	Vernal KC	Atopic VC	Mild	Moderate	Severe	Acute	Chronic	Episodic	Other
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