

Allergic Reactions and Atopy

(April 2024)

Rationale

Allergic conditions are common and may be life-threatening. Many patients may have multiple manifestations of an atopic disorder.

Causal Conditions

(list not exhaustive)

Allergic reactions may be present with the following clinical manifestations:

- Anaphylaxis
 - a. Drugs, food allergens, insect stings, idiopathic
- Urticaria or angioedema
 - a. Drugs, food, physical stressors (e.g., cold, exercise) or congenital causes
- Atopic dermatitis
- Respiratory allergy (e.g., pollen, dust mites)

Key Objectives

Given a patient with an allergic reaction, the candidate will determine the cause and severity, and will initiate an appropriate management plan. Particular attention should be paid to findings suggestive of anaphylaxis and its management.

Enabling Objectives

Given a patient with an allergic reaction, the candidate will

- list and interpret critical clinical findings, including

- a. history of drug ingestion, food ingestion, stings, environmental and occupational exposures, exercise, or family history;
- b. results of an appropriate physical examination;
- list and interpret critical investigations, including
 - a. appropriate use of tests designed to identify allergens;
- construct an effective management plan, including
 - a. emergency management of anaphylaxis with appropriate measures;
 - b. long-term management including patient education counseling (e.g., reassignment or removal from work, avoidance of triggers).