

MANAGING HAYFEVER AND ALLERGIES

PHARMACY TRAINING



HAYFEVER AND ALLERGIES



Medical name

Hayfever and allergies are known as allergic rhinitis (AR), which simply means inflammation of the nose¹



What causes hayfever type allergies?¹

Allergies occur when an allergen is breathed in and the body sees it as a threat, so the immune system creates antibodies to fight it



Common allergens include:¹

- 🌀 Pollen from grass, trees or weeds
- 🌀 House dust mites
- 🌀 Animal dander (small bits of skin)
- 🌀 Mould spores

Signs & Symptoms

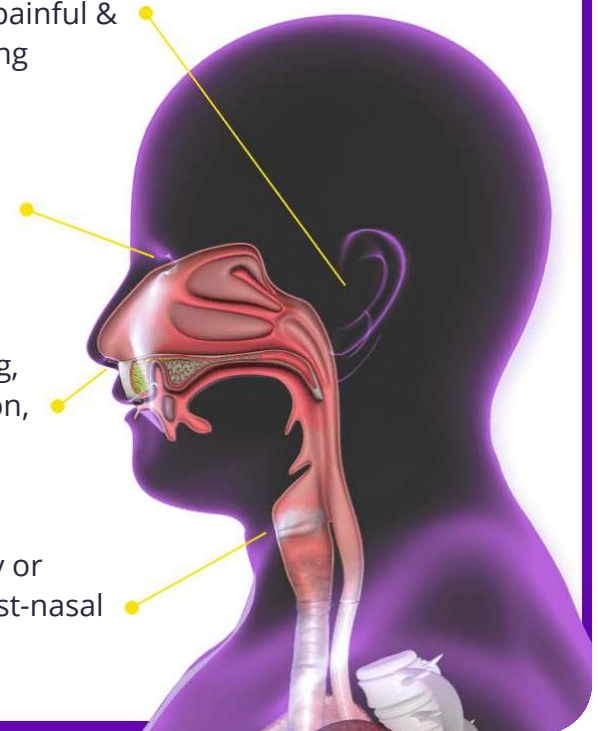
When someone suffers from allergies, their body reacts with some or all of the following symptoms^{1*}

EARS: Blocked feeling, itchy, possibly painful & impaired hearing

EYES: Redness, itchy, watery




NOSE: Sneezing, itchy, congestion, runny

AIRWAYS: Itchy or sore throat, post-nasal drip and cough



* N.B. symptoms shown here are common symptoms, but may not include every symptom that some patients might experience

THE IMPACT OF ALLERGIC RHINITIS OR HAYFEVER ON NEW ZEALANDERS

-  In New Zealand, hayfever or allergic rhinitis (AR) **is the most common allergic disorder.**^{1,2}
-  **Approximately 20%** of New Zealanders suffer from rhinitis. Of these, about one third develops problems before the age of 10.³
-  **Hayfever** and **allergies** have a significant impact on:¹⁻³



sleep



learning



concentration



daily function

and can also affect childhood behaviour and development.^{1,2}

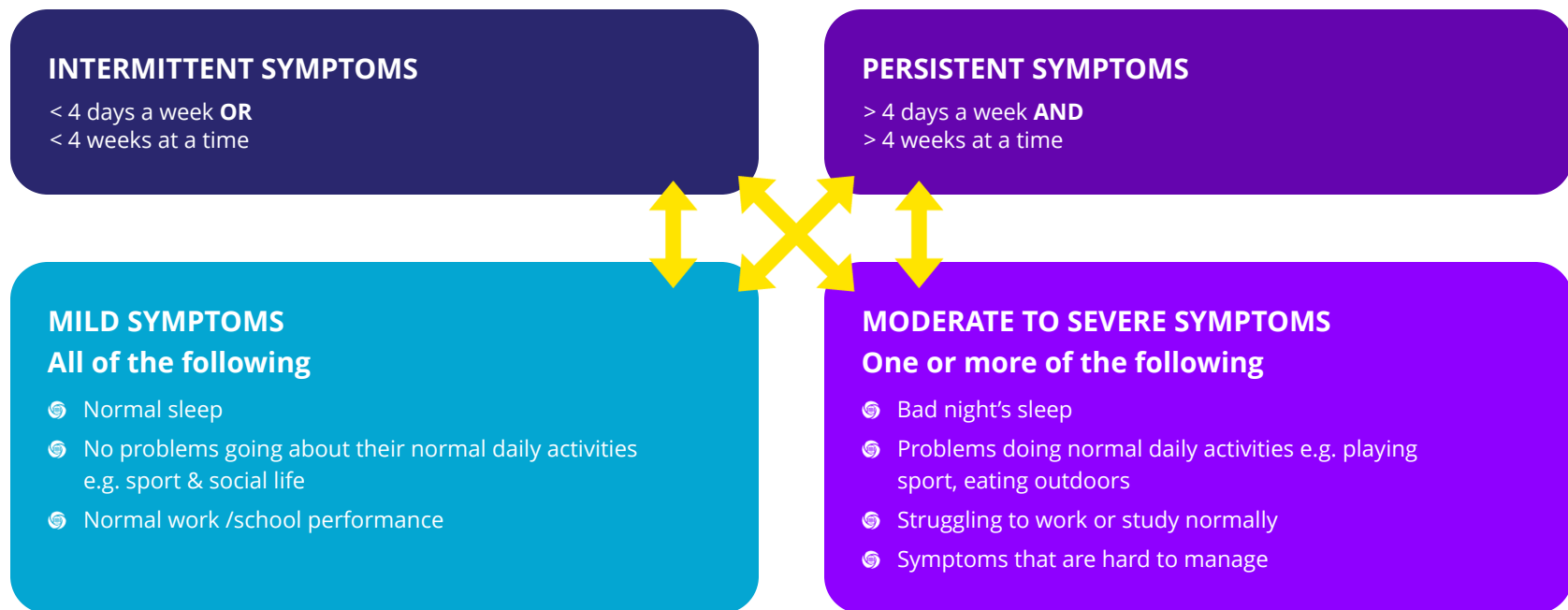


ALLERGY SYMPTOMS ARE DESCRIBED AS 'MILD' OR 'MODERATE TO SEVERE'¹



Allergy sufferers will often experience a range of classic symptoms (sneezing, itchy or runny nose, itchy throat, watery, itchy & red eyes), but some may suffer these more often than others and / or it stops them leading normal lives.

Figure 2. Classification of Allergic Rhinitis



Antihistamine tablets are regularly used to relieve mild allergy symptoms, while inhaled corticosteroids or combination sprays are often recommended to provide relief for moderate to severe allergy symptoms¹

Allergy sufferers are also likely to have eczema and/or asthma; if so, they may benefit from a discussion with the pharmacist regarding symptom management

RECOGNISING THE SYMPTOMS OF DIFFERENT CONDITIONS

	Coronavirus* (COVID-19)	Seasonal Allergies	Cold	Flu
Onset of symptoms	Abrupt	Abrupt	Gradual	Abrupt
Length of symptoms	7 – 25 days	while triggers are present	Less than 14 days	7 – 14 days
Fever (>37.8)	Common	No	Maybe short fever period	Common
Cough	Common (usually dry)	Rare (usually dry)	Common (mild)	Common (usually dry)
Shortness of breath	Common	No*	No*	No*
Headache	Common	Sometimes (related to sinus pain)	Rare	Common
Sore throat	Common	Sometimes ("itchy" throat)	Common	Sometimes
Runny/stuffy nose	Common	Common	Common	Sometimes
Sneezing	No	Common	Common	No
Body aches & pains	Common	No	Common	Common
Feeling tired or weak	Common	Sometimes	Sometimes	Common
Loss of taste or smell	Common	Sometimes	Rare	Rare
Diarrhoea, nausea and vomiting	Common	No	Rare	Sometimes



Adapted from Asthma & Allergy Foundation of America (AAFA) How can you tell the difference between COVID-19, a cold, the flu, allergies, and asthma. April 2022

Information is still evolving and this list may not include all symptoms. Many people may not have symptoms.

* allergies, colds & flu can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only condition associated with shortness of breath on its own. Symptoms may present differently if they are related to asthma, and these may require discussion with a GP or Pharmacist.

GREAT CUSTOMER QUESTIONS TO HELP YOU UNDERSTAND WHICH ALLERGY PRODUCT TO RECOMMEND. **THE ACRONYM WHHAM CAN BE USEFUL TO GUIDE YOU:⁵**

W — Who has the allergy symptoms?

Is it them, a family member (child) or friend. Pregnant / breast feeding. Consider appropriate product formats

W — What are the symptoms & how bad are they?

Consider a product(s) which can help relieve

- ✓ All their symptoms
- ✓ Their level of symptoms (mild or moderate to severe)

H — How often do they suffer & **how** long ago did symptoms start?

Consider which products they might have already tried and whether it's time to try something new

A — Any other medication being used at present for other conditions?

Consider whether to include the pharmacist in the discussion e.g. if they're asthmatic or have special medical conditions

M — Medicines tried already for allergies?

Consider recommending an alternative if

- ✓ they're not happy with their current product
- ✓ Ask them to score it out of 10 (1 is bad, 10 is great)



Razene®



Suitable for ⁶	Allergy symptoms affecting nose, eye & skin, including: Seasonal & year-round allergies, insect bites, itchy allergic skin & red, itchy and watery eyes
Can be used from age	From 2 years old
How much to take	<ul style="list-style-type: none">✓ 6 years+ one tablet daily✓ 2 – 6 years: half a tablet daily. once a day for up to 24-hour relief
Pack sizes	30 tablets & 90 tablets
Active ingredient	Cetirizine hydrochloride 10mg
Non-drowsy?	Yes
Pharmacy only?	Yes

* #1 selling Antihistamine based on IRI Aztec National Pharmacy Antihistamine tablet volume sales MAT 28/3/22.



Suitable for ⁷	Allergy symptoms affecting skin, nose & eyes, including: Seasonal & year-round allergies, insect bites & stings, itchy allergic skin & red, itchy and watery eyes
Can be used from age	From 2 years old
How much to take	<ul style="list-style-type: none"> ✓ 12 years+: 1 tablet daily ✓ 2-12 years: over 30kg 1 tablet daily under 30Kg: half a tablet daily
Pack sizes	30 tablets & 90 tablets
Active ingredient	Loratadine 10mg
Non-drowsy?	Yes
Pharmacy only?	Yes



Suitable for ⁹	Allergy symptoms affecting nose, eye & skin, including: Seasonal & year-round allergies, pet & dust mite allergies, sneezing & blocked or runny nose, red, watery or itchy eyes
Can be used from age	From 12 years old
How much to take	☑ One spray per nostril, twice a day
Pack sizes	17mL (120 doses)
Active ingredient	Azelastine hydrochloride 137mcg & fluticasone propionate 50mcg
Non-drowsy?	May cause drowsiness
Pharmacy only?	Yes

MANAGING HAYFEVER



References

1. ASCIA – Australasian Society of Clinical Immunology and Allergy. Allergic Rhinitis Clinical Update. December 2017. [Accessed April 2022] Available at: https://www.allergy.org.au/images/stories/pospapers/ar/ASCIA_HP_Clinical_Update_Allergic_Rhinitis_2020.pdf.
2. BPJ.2009;24;14-23. [Accessed April 2022]. Available at: <https://bpac.org.nz/bpj/2009/november/hayfever.aspx>.
3. Southern Cross 2020. [Accessed April 2022]. Available at: <https://www.southerncross.co.nz/group/medical-library/hay-fever-allergic-rhinitis>.
4. Asthma and Allergy Foundation of America. [Accessed April 2022]. Available at: <https://www.aafa.org/media/2631/respiratory-illness-symptoms-chart-coronavirus-flu-cold-allergies.png>.
5. Watson M et al. Qual Saf Health Care 2006; 15:53-57. doi: 10.1136/qshc.2005.014720.
6. Razene Data Sheet. Date of most recent amendment 28 April 2021. [Accessed Apr 2022]. Available at: <https://medsafe.govt.nz/profs/Datasheet/r/razenetab.pdf>.
7. Lora-Tabs Allergy & Hayfever Data Sheet. Date of most recent amendment 18th November 2021. [Accessed Apr 2022]. Available at: <https://medsafe.govt.nz/profs/Datasheet/l/LoratabsAllergyAndHayfevertab.pdf>.
8. Bousquet J. et al. J Allergy Clin Immunol. 2018;6(5):1726-32.
9. Dymista Data Sheet. Date of most recent amendment 3rd December 2018. [Accessed Apr 2022]. Available at: <https://medsafe.govt.nz/profs/Datasheet/d/dymistaspray.pdf>.



MANDATORIES

DYMISTA® (azelastine hydrochloride 137 micrograms and fluticasone propionate 50 micrograms per spray). Pharmacy Only Medicine. Indications: For the treatment of moderate to severe allergic rhinitis and rhino-conjunctivitis. Contraindications: Hypersensitivity to the active ingredients or any of the excipients. Precautions: Recent injury or surgery to nose or infections, sores or ulcers in your nose, are or may become pregnant, are breast-feeding, currently taking another steroid, suffer from nosebleeds, have eye pain or visual disturbances. Interactions: Central nervous system depressants, cytochrome P450 inhibitors, ketoconazole, ritonavir or cimetidine. Adverse Effects: Headache, visual disturbances, dysgeusia, epistaxis, somnolence, may cause drowsiness (avoid alcohol and driving). Dosage & Administration: 12 years and older: One spray in each nostril twice daily (morning & evening). Before recommending, please refer to the full datasheet available from www.medsafe.govt.nz. Dymista® is a Viatris company trade mark. Copyright© 2022 Viatris Inc. All rights reserved. Viatris Ltd, Auckland.

RAZENE® (cetirizine hydrochloride 10 mg). Pharmacy Only Medicine. Indications: For the relief of seasonal (hay fever) and perennial allergic rhinitis; and the treatment of allergic conjunctivitis, insect bites and uncomplicated skin manifestations of chronic idiopathic urticaria (hives). Contraindications: children less than two years of age; patients with an allergy to cetirizine hydrochloride, hydroxyzine, any piperazine derivatives or any of the ingredients; and patients with end stage renal impairment (<10 mL/min creatinine clearance). Dosage and Administration: initial dose for adults and children aged 6-12 years is 5 to 10 milligrams daily. In adults, this may be increased to a maximum of 20 milligrams daily if required. Lower doses are recommended in patients with renal impairment. The recommended dose for children aged 2-6 years is 5 milligrams daily. Caution is recommended in patients with epilepsy, renal dysfunction, and when used concomitantly with alcohol or ritonavir. Safety in pregnancy (B2) and breastfeeding has not been established. Possible side effects include somnolence, fatigue, dizziness, headache, dry mouth, paradoxical CNS stimulation, eye accommodation disorder, pharyngitis, rhinitis, micturition difficulty, nausea, abdominal pain, diarrhoea, abnormal hepatic function, and rebound pruritus. Before recommending please refer to the full datasheet available from www.medsafe.govt.nz. Razene® is a Viatris company trade mark. Copyright© 2022 Viatris Inc. All rights reserved. Viatris Ltd, Auckland.

LORA-TABS® Allergy & Hayfever (loratadine 10 mg) Pharmacy Only Medicine. Indication: For the relief of seasonal (hayfever) and perennial allergic rhinitis, chronic urticaria (hives) and other allergic dermatological disorders. Contraindications: Children <2yrs of age. Hypersensitivity to loratadine, desloratadine or any of the ingredients. Precautions: Severe liver impairment; driving or operating machinery; pregnancy and lactation. Interactions: inhibitors of CYP3A4 or CYP2D6, ketoconazole, erythromycin, and cimetidine. Dosage: Adults and children aged 12 years 10 mg once daily. Children aged 2-12 years is 5-10 mg once daily, dependent on bodyweight. . Lora-Tabs should be discontinued approximately 48 hrs prior to skin testing procedures. Adverse effects: rash, somnolence, gastrointestinal disorders, dry mouth, dizziness, headache, alopecia, anaphylaxis, tachycardia, palpitations and convulsion. Before recommending please refer to the full datasheet available from www.medsafe.govt.nz. Lora-Tabs® is a Viatris company trade mark. Copyright© 2022 Viatris Inc. All rights reserved. Viatris Ltd, Auckland. CET-2022-0011. TAPS DA2211RY-0406.