Cold/flu or allergic rhinitis?
No sneezing matter

CPD QUESTIONNAIRE

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1. Which statement is true?

- ☐ **A** There is no correlation between AR and asthma
- ☐ **B** Of patients with AR, 10-40% have asthma
- ☐ **C** Of patients with asthma, 95% have rhinitis
- ☐ **D** B and C

2. The binding of an allergen to IgE causes release of mediators including histamine, prostaglandins and leukotrienes from:

- ☐ **A** Mast cells in the nasal mucosa
- ☐ **B** Basophils in the nasal mucosa
- ☐ **C** A and B

3. Current classification of AR is based on:

- ☐ **A** Seasonal or perennial occurrence of symptoms
- ☐ **B** Symptom duration and severity
- ☐ **C** A and B

4. Which of the following are features of moderate-severe AR?

- ☐ **A** Normal sleep
- ☐ **B** Impairment of daily sporting activities
- ☐ **C** Normal work/school
- ☐ **D** Bothersome symptoms
- ☐ **E** All the above
- ☐ **F** B and D only

5. Which of the following red-flag symptoms not associated with AR prompt further assessment and referral?

- ☐ **A** Mucopurulent rhinorrhoea
- ☐ **B** Pain
- ☐ **C** Recurrent epistaxis
- ☐ **D** Photophobia
- ☐ **E** All the above
- ☐ **F** B and D only

6. Which statement is true?

- ☐ **A** The main treatment goal for AR is to achieve symptom relief
- ☐ **B** Symptom relief can be achieved through allergen avoidance
- ☐ **C** Symptom relief can be achieved with pharmacotherapy
- ☐ **D** All the above
- ☐ **E** A and C only

7. Which of the following agents are first-line therapeutic options for moderate-severe AR with persistent symptoms?

- ☐ **A** Oral antihistamines
- ☐ **B** INCSs
- ☐ **C** Oral LTRAs
- ☐ **D** All the above
- ☐ **E** B and C only

8. Which of the following oral antihistamines for AR therapy is not currently indicated for children <12 years old?

- ☐ **A** Cetirizine
- ☐ **B** Desloratadine
- ☐ **C** Fexofenadine
- ☐ **D** Loratadine
- ☐ **E** B and C

9. Which of the following INCSs for AR therapy is not currently indicated for children <12 years old?

- ☐ **A** Beclomethasone
- ☐ **B** Budesonide
- ☐ **C** Ciclesonide
- ☐ **D** Fluticasone propionate
- ☐ **E** Mometasone furoate
- ☐ **F** Triamcinolone acetonide

10. Which statement is false?

- ☐ **A** Oral LTRAs are as effective as INCSs in treatment of AR
- ☐ **B** Combination therapy of INCS and intranasal antihistamine is recommended in patients with inadequate response to monotherapy
- ☐ **C** Immunotherapy may be helpful in patients with AR whose symptoms respond inadequately to pharmacotherapy