

SFHAL4

Confirm or exclude allergy for an individual referred from primary care



Overview

This standard is about confirming or ruling out an allergic cause for an individual's condition when they have been referred to general allergy services. It involves obtaining full and in-depth information about an individual's health and condition, using the full range of tests to complement the individual's symptomatic history and exercising expert judgement in order to make a precise diagnosis.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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Performance criteria

You must be able to:

- P1 consider the information in the individual's referral letter
- P2 listen carefully to the individual's concerns, observations and views
- P3 find out from a detailed allergy history the nature, frequency, onset, pattern and severity of the individual's symptoms and other illnesses they may have
- P4 find out what the individual or other practitioners may have done to alleviate the symptoms and the effectiveness of those measures
- P5 determine whether the individual is exposed to known or potential triggers
- P6 find out how allergy affects the individual and their quality of life
- P7 identify the extent to which lifestyle, emotions, occupation and/or stress may play
 - P7.1 part in the individual's symptoms
- P8 consider the results of all relevant skin-prick and blood tests performed, and/or arrange such tests
- P9 form a diagnosis consistent with current best practice guidelines
- P10 explain, if allergy is confirmed, how allergy is causing the individual's symptoms and/or delineate any other factors that may also contribute to symptoms and deal with any remaining uncertainties that the individual may have
- P11 assess risks associated with the allergy and its treatment and give advice or ensure the individual receives advice on these
- P12 refer the individual to other members of the multidisciplinary team or others who can provide on-going help, advice or support
- P13 refer the individual to further tertiary allergy services for anaphylaxis, a more refined diagnosis or a second opinion if considered desirable
- P14 give the individual advice on allergen avoidance informed by current best practice or discuss negative results
- P15 refer the individual for immunotherapy where it is indicated
- P16 give advice about the management of any other conditions that the patient may
- P17 give the individual verbal and written information about their allergy
- P18 ensure the individual has information on relevant patient support organisations and reliable sources of information
- P19 explain the importance of proper diagnosis and the risks of self-diagnosis and treatment of allergy by non-validated practitioners

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Knowledge and understanding

You need to know and understand:

- K1 common allergic conditions and their presentation
- K2 common allergic conditions and their manifestations in relevant organ systems
- K3 common influences of an individual's environment on allergy
- K4 the impact of allergy on morbidity and mortality
- K5 acute severe allergic conditions, their development and risks
- K6 assessing risks for complex, interacting allergies and exposure to allergens and when to refer an individual
- K7 conditions that can coexist in allergy and the way in which they affect or are affected by allergy
- K8 current guidelines on allergy diagnosis and management
- K9 recent developments in the diagnosis and management of allergic conditions
- K10 use and availability of diagnostic tests
- K11 how to distinguish allergy symptoms from other conditions with a similar presentation
- K12 evidence based decision making based on current guidelines on disease diagnosis and management
- K13 guidance and other literature on mild, moderate and severe allergic reactions, strategies for managing them and when to refer them
- K14 current prescribing and treatment guidelines for allergic conditions with co-morbidities
- K15 pharmacological management of allergic disease
- K16 information on organisations for patients
- K17 reliable evidence-based and unbiased information and educational resources about allergy

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB6 Assessment and treatment planning

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