

# OVERVIEW OF “ALLERGY IN RESPIRATORY AIRWAY DISEASE AND BEYOND” FAMILY PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

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## INTRODUCTION

The aim of this family practice skills course is to acquaint the practitioner to the identification, diagnosis, treatment and prevention of allergic diseases. Allergic diseases include allergic rhinitis and asthma; food and stinging insect allergies leading to anaphylaxis; and allergic dermatitis. The diagnosis of allergic diseases depends on identifying both the symptoms on allergen exposure and the relevant allergen-specific IgE. The manifestation of allergic diseases changes throughout life: food allergies and eczema are most likely to develop in infants, asthma in young children, and rhinitis in older children and adults. The key preventive strategy is allergen avoidance where appropriate. Optimal treatment requires accurate determination of allergic triggers. The training on the self-use of the Epipen for those prone to anaphylaxis e.g. in peanut allergy can be life-saving.

## COURSE OUTLINE AND CME POINTS

This skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below..

### Components and CME Points

- Distance Learning Course 6 units (1 CME point per unit upon completing the Distance Learning Online Assessment. Opens 7 June – 20 July 2009)
- 2 Seminars (2 CME points per seminar)
- Workshops (2 CME points)
- Reading papers on ALLERGY IN RESPIRATORY AIRWAY DISEASE – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year)

### Distance Learning Course

Unit 1: Updates in Asthma Guidelines 2009

*Prof Lim Tow Keang*

Unit 2: Differentiating Asthma from Chronic Obstructive Pulmonary Disease

*Dr Lee Pyng*

Unit 3: The Role of Food Allergy in Allergic Airway Diseases

*Prof Hugo Van Bever*

Unit 4: Allergic Rhinitis

*A/Prof Christopher Goh*

Unit 5: Allergen Avoidance

*Dr Tan Keng Leong*

Unit 6: Pharmacology of Drugs in Airway Disease

*Clinical A/Prof John Abisheganaden*

## COURSE TOPIC DETAILS

### Unit 1: Updates in Asthma Guidelines 2009

- Introduction
- The Asthma Control Test (ACT)
- Stepped Therapy
- Leukotriene Antagonists
- Two Asthma Control Strategies
- Written Asthma Action Plans
- The Role of Peak Expiratory Flow Rate Monitoring
- Allergen Avoidance & Primary Preventive Strategies
- Asthma Deaths

### Unit 2: Differentiating Asthma from Chronic Obstructive Pulmonary Disease

- Introduction
- Epidemiology
- Pathogenesis and Pathophysiology of Asthma and COPD
- Making the Diagnosis
- Management
  - o Lifestyle Modification
  - o Pharmacotherapy

### Unit 3: The Role of Food Allergy in Allergic Airway Diseases

- Definition of Food Allergy
- Mechanisms of Food Allergy
- Symptoms of Food Allergy and symptoms that are not caused by food allergy
- Symptoms of IgE Mediated Food Allergy
- Symptoms of Non-IgE Mediated Food Allergy
- Symptoms that Are Not Caused by Food Allergy
- Foods that Cause Food Allergy and Their Geographic Aspects
- Diagnosis of Food Allergy
- Prognosis of Food Allergy: Persist or Grow Out?
- Treatment of Food Allergy

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#### Unit 4: Allergic Rhinitis

- Introduction
- Classification of Allergic Rhinitis
- Diagnosing Allergic Rhinitis
- Treatment of Allergic Rhinitis

#### Unit 5: Allergen Avoidance

- Introduction
- Atopy and Allergy
- Allergic Asthma
- Allergic Rhinitis
- Common Allergens
- Prevalence and Distribution of Allergens
- Prevalence of Sensitisation to Allergens
- Allergens and Asthma Exacerbation
- Evaluation
- Allergens Exposure Control

#### Unit 6: Pharmacology of Drugs in Airway Disease

- Drug Therapy in Airway Disease
- Inhaled Short-Acting Bronchodilators
- Inhaled Long-Acting Bronchodilators
- Inhaled Corticosteroids
- Combination Therapy
- Theophylline
- Leukotriene Modifiers
- Oral Steroids
- Other Therapies

## FACE-TO-FACE SESSIONS

### **Seminar 1: 6 June 2009**

**2.00pm – 4.15pm**

Unit 1: Updates in Asthma Guidelines 2009

*Prof Lim Tow Keang*

Unit 2: Differentiating Asthma from Chronic Obstructive Pulmonary Disease

*Dr Lee Pyng*

Unit 3: The Role of Food Allergy in Allergic Airway Diseases

*Prof Hugo Van Bever*

### **Workshops : 6 June 2009**

**4.30pm – 6.45pm**

Workshop A : Case Studies (Prof Hugo Van Bever)

- Case 1 -- Food allergy in eczema
- Case 2 -- Food anaphylaxis. Use of EpiPen (video clip)

Workshop B : Demonstration / Practical Skills

(Prof Lim Tow Keang)

- Inhalation Techniques, “Idealhaler or Realhaler”
- Various Inhalers and Spacers
- Written Asthma Action Plan

*Note: Workshop A and Workshop B will run concurrently as a round robin. Course participants will be assigned a group to attend workshop A followed by workshop B (Group 1), or workshop B followed by workshop A (Group 2). Please also take note that the workshops will be conducted only on Saturday*

### **Seminar 2: 7 June 2009**

**2.00pm – 4.15pm**

Unit 4: Allergic Rhinitis

*A/Prof Christopher Goh*

Unit 5: Allergen Avoidance

*Dr Tan Keng Leong*

Unit 6: Pharmacology of Drugs in Airway Disease

*Clinical A/Prof John Abisheganaden*