The Annual Evidence Update for rhinitis aims to present a comprehensive collection of up-to-date research evidence.

**2009 Annual Evidence Update on Rhinitis: Recent Guidelines**

**UK Guidelines**
National Institute for Clinical Excellence. Balloon catheter dilation of paranasal sinus ostia for chronic sinusitis. 2008 [Link to full text]

**International Guidelines**
American Academy of Allergy, Asthma and Immunology and American College of Allergy, Asthma and Immunology. The diagnosis and management of rhinitis: An updated practice parameter. 2008 [Link to full text]
University of Michigan Health System. Acute rhinosinusitis in adults. 2008 (Minor revision of 2005 guideline) [Link to full text]

**2009 Annual Evidence Update on Rhinitis: Methodology and Results**

An extensive literature search for systematic reviews was conducted on rhinitis to provide an annual evidence update for 2009.

**Sources Searched:** Medline, Embase, Cinahl, DARE, Cochrane Library, Specialist Library for ENT and Audiology.

**Dates of Search:** 1st April 2008 to 30th April 2009.

**Results: Systematic reviews**

Following removal of duplicates, a total of 1855 potentially relevant citations were retrieved and collated in a Reference Manager database, of which 23 were deemed relevant. These were classified into the following categories for ease of reference:

**23 Citations**

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevention</td>
<td>1</td>
</tr>
<tr>
<td>Aetiology</td>
<td>1</td>
</tr>
<tr>
<td>Drug Treatment</td>
<td>16</td>
</tr>
<tr>
<td>Antibiotics</td>
<td>5</td>
</tr>
<tr>
<td>Anti-histamines</td>
<td>2</td>
</tr>
<tr>
<td>Immunotherapy</td>
<td>2</td>
</tr>
<tr>
<td>Steroids</td>
<td>5</td>
</tr>
<tr>
<td>Various/Miscellaneous</td>
<td>2</td>
</tr>
<tr>
<td>Non-Drug Treatment</td>
<td>1</td>
</tr>
<tr>
<td>Surgery</td>
<td>3</td>
</tr>
<tr>
<td>Costs and economics</td>
<td>1</td>
</tr>
</tbody>
</table>

The citations are below in their respective categories. All reviews meet the Collection's minimum quality criteria. However, their inclusion does not imply endorsement and the Specialist Library does
Omega 3 and 6 oils for primary prevention of allergic disease: systematic review and meta-analysis. Allergy. 2009 Apr 7 [Epub ahead of print] [Link to abstract]

Exposure to furry pets and the risk of asthma and allergic rhinitis: a meta-analysis. Allergy. 2008;63:857-864. [Link to abstract]


Specific immunotherapy for respiratory allergy: state of the art according to current meta-analyses. Annals of Allergy, Asthma, & Immunology. 2009;102:22-28. [Link to abstract]

Immunotherapy in children and adolescents with allergic rhinoconjunctivitis: a systematic review. Pediatric Allergy & Immunology. 2008;19:197-207. [Link to abstract]


Drug Treatment: Miscellaneous

Non-Drug Treatment

Surgery

Costs and Economics

Further Resources
Clinical Tools
Allergic Rhinitis and its Impact on Asthma Allergic rhinitis management pocket reference This guide provides tools intended to supplement a thorough history taking and the clinician's professional judgment in order to provide the best possible care for patients with allergic rhinitis

Demographic and Epidemiologic Statistics
National Statistics Online - Asthma and allergies
National Statistics Online - The health of children and young people - asthma and allergies

Guidelines
Clinical Knowledge Summary - Allergic rhinitis
Clinical Knowledge Summary - Sinusitis
European Academy of Alergology and Clinical Immunology - European position paper on rhinosinusitis and nasal polyps
British Society for Allergy and Clinical Immunology - BSACI guidelines for the management of allergic and non-allergic rhinitis
British Society for Allergy and Clinical Immunology - BSACI guidelines for the management of rhinosinusitis and nasal polyposis

Systematic Reviews on Rhinitis
Cochrane Library - Cochrane Reviews on Ear, Nose and Throat Disorders
Centre for Reviews and Dissemination (CRD) - Database of abstracts of reviews of effects (DARE)
National Co-ordinating Centre for Health Technology Assessment (NCCHTA) - HTA database
PubMed Systematic reviews on rhinitis (Disclaimer)
Critical Appraisal Skills Programme Appraisal tool for reviews

Clinical Trials on Rhinitis
Cochrane CENTRAL register of controlled trials
PubMed Randomised controlled trials on rhinitis (Disclaimer)
Critical Appraisal Skills Programme Appraisal tool for randomised controlled trials

Diagnostic Studies on Rhinitis
Pubmed Diagnostic studies on rhinitis (Disclaimer)
Critical Appraisal Skills Programme Appraisal tool for diagnostic studies

Evaluated Patient Information Websites
ENT UK - Nasal Polyps [Link to website]
Allergy UK - Hayfever [Link to website]
Intute links to patient information leaflets on Rhinitis
Patient.co.uk - Perennial Rhinitis [Link to website]
Patient.co.uk - Hayfever [Link to website]
Patient.co.uk - Persistent Rhinitis [Link to website]
Patient.co.uk - Steroid Nose Sprays [Link to website]
Patient.co.uk - How To use Nose Drops [Link to website]
Patient.co.uk - Nasal Polyps [Link to website]

2009 Annual Evidence Update on Rhinitis: Therapeutic Uncertainties
The following therapeutic uncertainties have been identified for rhinitis and are listed in the UK Database of Uncertainties about the Effects of Treatments (DUETs):
Antibiotics for persistent nasal discharge (rhinosinusitis) in children
Azelastine (intranasal) for seasonal allergic rhinitis in adolescents and adults
Capsaicin for allergic rhinitis in adults
Complementary and alternative medicine in the treatment of sinusitis
Does breastfeeding protect against allergic rhinitis during childhood?
Foetal safety of oral, intra nasal and ophthalmic decongestants as second line therapy for pregnant women with allergic rhinitis
Long term effects of functional endoscopic sinus surgery for chronic rhinosinusitis
Herbal medicines for the treatment of rhinosinusitis
Herbal interventions for allergic rhinitis
Homeopathy in the treatment of allergic rhinitis
Inferior turbinate surgery for nasal obstruction in allergic rhinitis after failed medical treatment
Intranasal ipratropium bromide with placebo for seasonal allergic rhinitis
Leukotriene receptor antagonists in the treatment of nasal polyps
Long term safety of Omalizumab in the treatment of allergic rhinitis
Optimal allergen dosage of sublingual immunotherapy for allergic rhinitis
Oral decongestants alone for seasonal allergic rhinitis in adolescents and adults
Oral steroids for nasal polyps
Septal surgery for nasal airflow
Topical nasal steroids for intermittent and persistent allergic rhinitis in children
Treatment of acute bacterial rhinosinusitis