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

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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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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

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