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# **ARIA ONE AIRWAY QUESTIONNAIRES®**

**DIAGNOSE AND MANAGE ASTHMA**

**DIAGNOSE AND MANAGE RHINITIS**

**DIAGNOSE AND MANAGE THE CRUCIAL CO-MORBIDITY**



**ARIA POCKET GUIDE FOR YOUR PRACTICE**

**2011**

Based on the 2010 ARIA Guidelines at [www.whiar.org](http://www.whiar.org)

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# DIAGNOSE AND MANAGE ASTHMA, RHINITIS, AND THEIR CO-MORBIDITY

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## PURPOSE OF THIS GUIDE

The Allergic Rhinitis and its Impact on Asthma (ARIA) Initiative has introduced a powerful new tool to help physicians diagnose and manage asthma and allergic rhinitis in their patients: The ARIA One Airway Questionnaires®.

Because the upper and lower airways are continuous and all part of the same system, asthma and rhinitis often overlap. Many people with allergic rhinitis also have asthma, and as many as 60-70% of people with asthma also have rhinitis. People who have both asthma and rhinitis are more likely to have severe asthma and exacerbations. Recent research demonstrates that treating the rhinitis can help control asthma symptoms.

Identifying and treating the asthma/rhinitis co-morbidity is vital to helping patients with respiratory symptoms live full and active lives. The ARIA One Airway Questionnaires® help you achieve this goal in your clinical practice.

## FREE ACCESS TO THE INTERACTIVE ARIA QUESTIONNAIRES

Patients can access the questionnaires for free online, communicate their symptoms with just a few clicks of the mouse, and print their results or email them directly to you.

### Here's how:

#### GETTING STARTED

To take the questionnaires, the patient simply navigates to the main questionnaire page at:

[www.whiar.org/Questionnaire.php](http://www.whiar.org/Questionnaire.php)

There are three questionnaires: Asthma Diagnosis, Allergic Rhinitis Diagnosis, and Asthma Control. To determine which ones to take, the patient simply chooses the appropriate statement or statements from the list of options onscreen based on their clinical status and your instructions:

#### Which of the following options describes you?

(You may choose more than one)

- A. My doctor has told me that I have asthma.
- B. My doctor has told me that I have allergic rhinitis.
- C. I sometimes have breathing problems like wheezing and shortness of breath, but I've never been diagnosed with asthma by my doctor.
- D. I sometimes have symptoms like a runny nose, sneezing, and/or itchy, watery eyes, but I've never been diagnosed with allergic rhinitis by my doctor.

NEXT

## TAKING THE QUESTIONNAIRES

A series of screens lead the patient through questions about asthma and rhinitis symptoms. The questionnaires only take a few minutes to fill in.

The online program will recommend to patients that they take two of the questionnaires, depending on their symptoms and previous diagnoses. The module is specifically designed to identify the asthma/rhinitis co-morbidity.

- The Asthma Diagnosis Questionnaire will help to diagnose asthma in accordance with the global guidelines put forth by the Global Initiative for Asthma (GINA) and revised by ARIA. For likely cases of asthma it will also have patients take the Allergic Rhinitis Questionnaire.
- The Allergic Rhinitis Questionnaire will help to diagnose allergic rhinitis in accordance with ARIA's international guidelines. It also gives information about rhinitis severity classification, so it is useful for patients to take this questionnaire even if they already have a rhinitis diagnosis. For likely cases of rhinitis it will also have patients take the Asthma Diagnosis Questionnaire.
- The Asthma Control Questionnaire will help to assess the patient's current level of asthma control, according to the GINA guidelines as revised by ARIA. It will also have the patient take the Allergic Rhinitis Questionnaire.

By identifying patients with likely asthma/rhinitis comorbidity, the questionnaires will aid your diagnostic and therapeutic efforts.

## PATIENT-DOCTOR COMMUNICATION

After taking each questionnaire the patient will have the option to print a copy of the results, and/or email them to their doctor. If you wish the patient to print out the results and bring them to the next office visit, please instruct them to do so. If you wish the patient to email the results to you, please provide them with your email address. In addition, record the patient's email address so that you will know whose results have arrived.

### Is my asthma under control?

Email:

(This email address will not be stored by ARIA or used for any purpose except sending this requested results email, nor will it be shared with any third party. The user assumes responsibility for accurate entry of the email address for delivery.)

## CONFIRMING THE DIAGNOSIS AND FOLLOWING UP

The ARIA One Airway Questionnaires® provide powerful predictive information about which patients are likely to have asthma and allergic rhinitis, as well as about a patient's level of asthma control.<sup>1</sup> Of course, the questionnaires are not a substitute for the evaluation by a trained healthcare professional. Receiving an email copy of a patient's questionnaire results can help open up a dialogue with the patient in which

1. *Prevalence and Impact of Rhinitis in Asthma: SACRA, a Cross-sectional Nationwide Study in Japan.* K. Ohta, P. J. Bousquet, H. Aizawa... L. Grouse, J. Bousquet. *Allergy, In Press.*

you can review the results, establish the correct diagnoses, and create a treatment plan. Additional information about diagnosis and management of asthma and rhinitis is available on the GINA Website ( [www.ginasthma.org](http://www.ginasthma.org)) and the ARIA Website ([www.whiar.org](http://www.whiar.org)). On these Websites you can download a free copy of the GINA and ARIA guidelines and other documents for your personal clinical use.

### ASTHMA CONTROL MONITORING

The Asthma Control Questionnaire can also be used repeatedly to monitor a patient's asthma control over time. To do this, the patient simply navigates to the main questionnaire page and selects the options that pertain to him or her, as before.

### PATIENT PRIVACY

The ARIA Initiative has the utmost respect for patient privacy and doctor-patient confidentiality. We do not store ISP addresses or collect any individually identifying information about questionnaire users. We do not store email addresses entered by users who choose to email their results.

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