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Consensus management protocol for urticaria and angioedema in primary care

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Background & Aim: Urticaria is a common condition that involves pruritic, raised skin wheals and represents a frequent dermatological consultation in primary care (PC). As an improper management approach can lead to an unnecessary increase in visits and a decrease in the quality of life (QoL) of patients, the application of an adequate diagnostic and therapeutic protocol is required in PC. Therefore, the aim of the present project was developing a management protocol for urticaria and angioedema in PC.

Methods: On the basis of the European guidelines EAACI/GA2LEN/EDF/WAO (Zuberbier T et al., 2014) a group of dermatologists and PC physicians discussed the main points in the management of urticaria and angioedema in order to develop a consensus management protocol.

Results: Algorithms for diagnosis and treatment were developed. In the case of diagnosis, language standardization (definitions), properly diagnose and differential diagnosis were highlighted so as to avoid incorrect **Conclusions.** Indeed, the importance of early referring to specialist when needed was also remarked. In the treatment algorithm, the importance of distinguish between acute, chronic and an emergency when treating urticaria was shown. Additionally, the main selective H1-antihistamines and urticaria diagnostic tests were included according to provide a completely helpful tool for PC physicians.

Conclusions: The standardization of this urticaria protocol for PC physicians could provide an improvement in the diagnosis and treatment of patients, in addition to decreasing the number of visits and increasing their QoL. Indeed, the proper implementation could reduce healthcare costs.

Bibliography:

Zuberbier T, Aberer W, Asero R, Bindslev-Jensen C, Brzoza Z, Canonica GW et al. The EAACI/GA2 LEN/EDF/WAO Guideline for the definition, classification, diagnosis, and management of urticaria: the 2013 revision and update. *Allergy*. 2014 Jul;69(7):868-87.