

DIAGNOSIS: ALLERGIC PHARYNGITIS

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PATHOPHYSIOLOGY SUMMARY	SIGNS AND SYMPTOMS (SUBJECTIVE)	PHYSICAL ASSESSMENT FINDINGS (OBJECTIVE)	PHARMACOLOGY
<ul style="list-style-type: none"> • “caused by IgE-mediated reactions against inhaled allergens and involving mucosal inflammation driven by type 2 helper T (Th2) cells” (Wheatley & Togias, 2015) • Trigger allergens (e.g. food, environmental, etc.) produces immunoglobulin (IgE) antibodies that attach to specific mast cells in your body causing an inflammatory reaction. • In this case, IgE antibodies affects the mucous and tissue lining of the pharyngeal area causing an allergic pharyngitis. 	<p>Patient complaining of a runny nose and itchy watery eyes. Also, patient states she has been having an itchy, sore throat.</p>	<p>Upon patient physical assessment, it was observed:</p> <ul style="list-style-type: none"> • bilateral red eyes due to the dilation of the blood vessels in the conjunctiva • nose mucous appeared red, slightly swollen with clear secretions • pharynx mucous lining appeared slightly red, with clear secretions which increases with some post-nasal drip 	<p>For symptomatic relief (over-the-counter) recommended:</p> <ul style="list-style-type: none"> • throat lozenges Drug Classification: analgesic Classes depend on the active ingredients. They can be local (anesthetics) or systemic (vitamin C). (Majekodunmi, 2018) Mechanism of action: They soothe the throat. When you suck on a lozenge, it dissolves in your mouth, releasing the active component (e.g., menthol) into the mouth to soothe a sore throat pain. Indications: To soothe irritated throat. • Acetaminophen Drug Classification: analgesic Non-opioid analgesic and antipyretic (fever-reducer). Mechanism of action: “primarily inhibits the synthesis of prostaglandins in the brain, which reduces pain and fever.”