Allergen Immunotherapy: When to refer for immunotherapy?

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Lack of proper disease control in allergies and asthma can result in financial burdens and some impacts on the quality of life. For many individuals, working with an allergy/immunology specialist can be beneficial in managing their conditions. These referral guidelines assist internal medicine physicians in determining when consultation could be beneficial. The specialty support may include single or limited consultation, co-management between a primary care provider and an allergist, or ongoing specialty care by the allergist.

Obviously not limited to listed conditions, the allergy/immunology physicians are uniquely trained to provide an immunotherapy to patients with inhalant immunotherapy, venom immunotherapy, and anaphylaxis.

It is recommended to consider the referral of patients with systemic reactions suspected or possibly due to insect stings, severe allergy, recurrent sinusitis, allergic asthma, or unacceptable side effects of medications. Moreover, immunotherapy should be suggested in those with poor responses to pharmacotherapy, or avoidance measures and desire to flee from long term pharmacotherapy.

The session will provide information based on evidence to assist in the decision-making process for the benefits of both patients and overall healthcare system.

Keywords: Allergy, Immunotherapy, Immunology, Asthma, Anaphylaxis, Insect sting