



POSTER PRESENTATION

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P07 - Treatment load in the therapy management of allergic rhinitis: a UK retrospective database study

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Background

Allergic rhinitis (AR) is poorly controlled. Treated patients, even those on multiple therapies still experience symptoms. In a UK survey, 70.5% of moderate-to-severe AR patients took ≥ 2 medications (either Rx or over the counter) in an attempt to achieve better and faster symptom relief.

Aim

To explore the extent of co-prescribing by UK general practitioners (GPs) during the hay-fever season in patients with seasonal AR (SAR), perennial AR (PAR), and comorbid asthma.

Method

A retrospective database study using the Optimum Patient Care Research Database consisting of data extracted from

GP records supplemented with patient-reported outcomes from questionnaires. Patients included in the analysis had a recorded AR diagnosis and ≥ 1 AR therapy scripts during 1st March 2010 to 31st August 2010.

Results

In all, 22,381 AR patients were included. Results are summarized in the table.

Conclusion

In contrast to previous surveys, these data relate to prescriptions only and show a high level of co-prescribing behavior among UK GPs. There was a significant shift to combination therapy during the season, particularly for PAR patients, with strong co-prescription evident regardless of asthma co-morbidity. These data indicate that

Table 1**1st March 2010 to 31st August 2010**

	SAR (n=16187)		PAR (n=6194)	
Therapy, n (%)	Season Start	Season End	Season Start	Season End
Single therapy	10776 (65.5)	8850 (54.7)	4764 (76.9)	2974 (48.0)
Dual therapy	3782 (23.4)	5213 (32.2)	1172 (18.9)	2445 (39.5)
Triple therapy	1615 (10.0)	2062 (12.7)	244 (3.9)	694 (11.2)
Quadruple therapy	24 (0.1)	62 (0.4)	14 (0.2)	77 (1.2)
5 therapies	0 (0.0)	0 (0.0)	0 (0.0)	4 (0.1)
Total on combinations	5421 (33.5)	7337 (45.3)	1430 (23.0)	3220 (52.0)
Season End, n (%)	Asthma (n=8787)		Non Asthma (n=13594)	
	SAR	PAR	SAR	PAR
Combination therapy				
Start of season	1536 (24.6)	780 (23.9)	3885 (36.4)	650 (22.2)
End of season	2296 (41.6)	1805 (55.2)	5041 (47.2)	1415 (48.4)

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(i) UK GPs are aware that current therapy provides insufficient symptom relief, (ii) that AR is a costly disease to treat requiring several GP visits over the season for therapy modification and (iii) there is a need for an AR therapy which provides more complete symptom relief.

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