

Perception, and Practices of primary health care physicians regarding allergic rhinitis in Al-Baha, Saudi Arabia

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ABSTRACT

Allergic rhinitis is a common condition with significant implications for patient health and quality of life. Understanding the perception, attitudes, and practices of healthcare professionals toward allergic rhinitis is crucial for improving patient outcomes and optimizing management strategies. A cross-sectional study was conducted involving 174 healthcare professionals. Participants' demographic information, including age, gender, nationality, and specialty training, was collected. Data regarding participants' perception, attitudes, and practices related to allergic rhinitis were obtained through a structured questionnaire. Descriptive statistics and chi-square tests were used for data analysis. The majority of participants (74.1%) reported familiarity with the Allergic Rhinitis and its Impact on Asthma (ARIA) guidelines, while 65.7% were familiar with the Global Initiative for Asthma (GINA) guidelines. Participants recognized the need for evaluating asthma in patients with allergic rhinitis (75.3%) and demonstrated knowledge of how to diagnose allergic rhinitis (92.8%) and its common symptoms (95.2%). However, variations in knowledge were noted regarding the classification and severity of allergic rhinitis. The diagnosis primarily relied on clinical history (71.1%) and physical examination (50.6%), with limited utilization of objective testing. Treatment approaches included oral anti-histamines, intranasal decongestants/anti-histamines, leukotriene antagonists, and oral corticosteroids, among others. Significant associations were found between perception and demographic factors, including gender, nationality, and specialty training. The study revealed a moderate to high level of awareness and knowledge among healthcare professionals regarding allergic rhinitis and its management. Positive attitudes toward guidelines and the importance of evaluating and treating allergic rhinitis were observed.

Keywords: Allergic Rhinitis, ARIA Guidelines, Perception and practices

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