CARE PATHWAYS IN RHINITIS

STRENGTHS

- Evidence-based clinical treatment algorithms for AR patients exist
- Good control is reached in a large group of patients
- Control of AR drives disease management
- Visual analogue scale (VAS) is a simple tool to assess disease control

SHORTCOMINGS

- Lack of disease awareness leads to under-diagnosis and under-treatment
- Patients receive inconsistent and incorrect information on AR care by healthcare providers
- Current e-health tools are still in their infancy
- Country specific regulations hamper uniform treatment advises

RESEARCH NEEDS

- Evaluation of (lack of) efficacy of up-dosing treatment strategies
- Allergen immunotherapy: comparison different products, treatment protocols and biomarkers to predict success of treatment
- Nasal hyperreactivity: studies related to diagnosis, pathophysiology and effective treatment
- Potential of biologicals for uncontrolled AR
## CARE PATHWAYS IN RHINOSINUSITIS

### STRENGTHS
- Different clinical decision algorithms for ARS, CRSsNP and CRSwNP exist
- Medical treatment is supplemented by surgery in uncontrolled CRS patients
- A 7-item questionnaire is proposed by the EPOS expert committee to determine disease control

### SHORTCOMINGS
- No validation of EPOS criteria for control and of cut off values for VAS to assess control
- Co-morbidities are rarely part of integrated approach
- Limited number of biomarkers being clinically relevant
- Unclear role of CT score vs endoscopic polyp score as indication for sinus surgery
- No consensus on timing and extent of surgery, in relation to disease control and prevention

### RESEARCH NEEDS
- Socio-economic impact of implementation of phenotyping and endotyping into care pathways
- Cost-effectiveness of biological treatment vs surgery
- Search for new and clinically applicable biomarkers
- Tools for prediction of success of surgery and for evaluation of the extent of surgery
RESEARCH NEEDS IN RHINOLOGY

**Defining patient sub-populations**
- Validated biomarkers
- Easy sampling methods
- Simple diagnostic/monitoring tests

**Aetiology and mechanisms**
- Genetic profiling on susceptibility to disease and therapeutic response
- Epidemiological studies
- Natural history of disease
- CRSsNP pathophysiology
- United airway pathophysiology

**Disease management**
- Cost-effectiveness studies
- Real-life studies
- Education of patients and health care professionals
- Patient empowerment
- Strategies to improve compliance
- Public health strategies
- Optimal delivery of drugs
- Paediatric studies
- Aspirin intolerance (e.g. desensitization)

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