

Indications for Tests Relevant to Asthma Management

Test	Indication
<p>A. Allergy Sensitivity Testing</p>	<p>How the Allergist/Immunologist Can Help: Consultation and Referral Guidelines Citing the Evidence Disease Group: Asthma Treatment: Immunotherapy Consider referral for allergen immunotherapy for asthmatic patients if there is a clear relationship between asthma and exposure to an unavoidable aeroallergen to which specific IgE antibodies have been demonstrated and: . Poor response to pharmacotherapy or avoidance measures . Unacceptable side effects of medications . Desire to avoid long term pharmacotherapy Coexisting allergic rhinitis . Long duration of symptoms (perennial or major portion of the year) [Rationale] [References] [Evidence Type]</p> <p>[View Full Guideline] Referral for allergy evaluation in children with allergic rhinitis because immunotherapy may potentially prevent the development of asthma. From the AAAAI website!</p>
<p>B. TB skin test</p>	<p>If anergy suspected in severely atopic patient or if concern for TB as source of chronic cough. Adults: Indications for annual screening tuberculin skin testing in asymptomatic individuals include [2-5]:</p> <p>HIV infection</p> <p>Ongoing potential close contact with cases of active TB (includes health care workers, prison guards, Mycobacteriology laboratory personnel)</p> <p>The presence of a medical condition that increases the risk of active TB (eg, silicosis, diabetes mellitus, anticipated or actual long-term therapy with glucocorticoids or other immunosuppressive medications, hematologic or reticuloendothelial malignancies, end-stage renal disease, hemodialysis patients, alcoholism, gastrectomy, jejunoileal bypass, solid organ transplant recipients, or conditions associated with rapid weight loss or chronic malnutrition)</p> <p>Member of a medically underserved, low-income population (eg, homeless, injection drug users), Residence in a long term care facility (eg correctional institutions, mental institutions, and nursing homes)</p> <p>If the above risk factors are absent, a single TST is appropriate in the following patients [2-4]: A single potential exposure to TB (eg, diagnosis of TB in a family member) without risk factors for repeated exposures in the future. If the patient is being tested shortly after exposure, (ie, before delayed hypersensitivity might have developed), then a skin test should be</p>

	<p>repeated in approximately six to 12 weeks. Presence of an incidentally discovered fibrotic lung lesion</p> <p>Immigrants and refugees from countries with a high prevalence of TB (eg, most countries in Latin America, Asia, and Africa) Although not included as a high-risk group for TST testing in the United States guidelines, patients with head and neck cancer are at increased risk of developing tuberculosis as illustrated by a retrospective review of patients diagnosed with tuberculosis at Memorial Sloan-Kettering Cancer Center.</p> <p>Children: The presentation of tuberculosis may be subtle in children; therefore, tuberculin skin testing should be considered, even in the absence of obvious signs and symptoms, particularly if the child is at high risk for exposure.</p> <p>Taken from Up to Date Online.</p>
C. CXR	Primarily to rule out anatomic abnormalities, mediastinal masses, effusions, changes consistent with TB or as clinically indicated.
D. Bone Densitometry (aka DEXA scans)	<ol style="list-style-type: none"> 1. Women aged 65 and older 2. Postmenopausal women under 65 with risk factors for osteoporosis 3. Men aged 70 and older 4. Adults with fragility fracture 5. Adults or children with diseases associated with low bone mass or osteopenia or taking medications associated with bone mass or bone loss (chronic steroid dependence, Vit. D resistant rickets, Osteogenesis Imperfecta, Hypocalcemia- Autoimmune Polyglandular syndromes, etc...) 6. Anyone being treated for low bone mass to monitor treatment effect. 7. Anyone not receiving therapy in whom bone loss would lead to treatment. 8. Women discontinuing estrogen replacement therapy should be considered for bone density testing according to the indications as listed above <p>Adapted from the International Society for Clinical Densitometry indications for bone density testing.</p>
E. PFT's	As directed in the guidelines!