

## AL - Allergies

### **AL-DP      DISEASE PROCESS**

**OUTCOME:** The patient/family will understand the physiology of allergic response.

**STANDARDS:**

1. Review anatomy and physiology as it relates to the patient's disease process and its relationship to the patient's activities of daily living.
2. Explain that allergic response is a collection of symptoms caused by an immune response to substances that do not trigger an immune response in most people, e.g., food allergies; hay fever; allergy to mold, dander, and dust; drug allergies.
3. Explain that allergies are common. Heredity, environmental conditions, numbers and types of exposures, emotional factors (stress and emotional upset can increase the sensitivity of the immune system), and many other factors indicate a predisposition to allergies.
4. Explain that allergies may get better or worse over time and that new allergies may appear at any time.

### **AL-FU      FOLLOW-UP**

**OUTCOME:** The patient/family will recognize the importance of routine follow-up as an integral part of healthcare and maintenance.

**STANDARDS:**

1. Discuss the importance of routine follow-up by the primary provider, registered dietitian, and community health services as applicable.
2. Assess the need for additional follow-up and make the necessary referrals.

### **AL-L      LITERATURE**

**OUTCOME:** The patient/family will receive literature about allergy reactions.

**STANDARDS:**

1. Provide the patient/family with literature on allergies.
2. Discuss the content of the literature.

### **AL-LA      LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient/family will understand what lifestyle adaptations are necessary to cope with the patient's allergies.

**STANDARDS:**

1. Assess the patient and family's level of acceptance of the disorder.
2. Review the lifestyle areas that may require adaptations, e.g., diet, physical activity, avoidance of environmental allergens/triggers.
3. Explain that treatment varies with the severity and type of symptom.
4. Emphasize that avoidance of the allergen is the best long-term treatment, particularly with allergic reaction to foods or medications.

**AL-M            MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

**AL-MNT        MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

**STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.

4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **AL-N            NUTRITION**

**OUTCOME:** The patient/family will understand that a true food allergy is an immune response with a reaction usually within two hours.

### **STANDARDS:**

- 1 Discuss the importance of avoiding known food allergens. If the allergen is not known, the patient/family can use the elimination diet to discover what is causing the reaction.
- 2 Encourage the patient/family to keep a food diary to record reactions.
- 3 Emphasize the importance of reading all food labels. Instruct the patient/family as necessary.
- 4 Refer to a dietitian for assessment of nutritional needs and for appropriate treatment as indicated.

## **AL-TE            TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, the potential risks, the expected benefits, and the risks of non-testing.

### **STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain test results:
  - a. meaning of the test results
  - b. follow-up tests may be ordered based on the results
  - c. how results will impact or effect the treatment plan
  - d. recommendations based on the test results