

**Table 3B. Asthma - Environmental Diagnosis and Management**

Referral Guideline	Rationale	Evidence Type
Patients with a history of seasonal or persistent asthma for evaluation of inhalant sensitization to confirm the diagnosis.	Exposure to indoor and outdoor allergens may worsen asthma. <sup>1-17</sup> Allergy cannot be diagnosed on the basis of history alone. <sup>18,19</sup> Diagnosis is derived from correlation of clinical history and diagnostic tests, <sup>18</sup> with which allergist/immunologists are facile. <sup>20</sup> Referral to an asthma specialist is recommended if additional testing is indicated. <sup>21</sup>	Diagnostic
Patients who need management and education concerning environmental triggers.	Allergists have familiarity with the wide variety of both indoor and outdoor aeroallergen exposures that have been shown to impact on asthma and respiratory function. <sup>20</sup> Allergists are specifically trained to provide education regarding appropriate avoidance measures. <sup>20</sup> Allergen avoidance can improve asthma. <sup>22-35</sup>	Indirect outcome (avoidance)
Patients with asthma who experience a worsening of symptoms after a new pet has been introduced into the home.	Exposure to furred pets in allergic patients may worsen asthma. <sup>36-38</sup> Avoidance of pets in allergic patients may improve asthma. <sup>39</sup>	Diagnostic Indirect outcome (avoidance)

### References

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