

Pathway:	Urticaria
Referral Criteria/Commissioning position:	
<p><i>Refer to Dermatology if:</i></p> <ul style="list-style-type: none"> • diagnostic uncertainty • chronic urticaria failing to respond to conventional primary care management • urticarial vasculitis • some patients with difficult to manage physical urticarias e.g. solar, cold <p>Immediate treatment with adrenaline and transfer to hospital if anaphylaxis</p> <p>'Red Flag' symptoms</p> <ul style="list-style-type: none"> • Symptoms of anaphylaxis and severe angioedema • If individual lesions last more than 24 hours consider alternative diagnosis: <ul style="list-style-type: none"> ○ Erythema multiforme ○ Urticarial vasculitis ○ Erysipelas ○ If female of child-bearing age polymorphic eruption of pregnancy ○ Connective tissue disease <p>Investigations prior to referral</p> <ul style="list-style-type: none"> • In most cases of urticaria no investigations are necessary but these may be helpful in some cases: <ul style="list-style-type: none"> ○ blood tests for allergy ○ IgE level in acute or contact urticaria ○ FBC and ESR if urticarial vasculitis suspected ○ check TFT and antibodies in chronic urticaria – increased risk autoimmune thyroid disease with some types of chronic urticaria ○ H pylori status – check if recalcitrant urticaria and dyspepsia. Treatment may improve urticaria ○ physical challenge if physical urticaria suspected 	
Information to include in referral letter:	
<p><i>The GP referral letter should contain:</i></p> <ul style="list-style-type: none"> • How long symptoms have been present • What treatments have been tried in primary care and response to these • Any triggers identified • Treatments and interventions tried including the results • Drug history (prescribed and non-prescribed) • Relevant past medical/surgical history • Current regular medication • BMI • Smoking status • Alcohol consumption 	
References & Additional information:	
<p>Patient Information Leaflets/ PDAs</p> <p>http://www.patient.co.uk/health/acute-urticaria-hives</p> <p>http://www.patient.co.uk/health/chronic-urticaria-hives</p> <p>http://www.patient.co.uk/health/physical-urticarias-hives</p>	

References:

An excellent series of webpages covering the different types of urticaria and their management <http://www.pcds.org.uk/clinical-guidance/urticaria-and-angioedema>

Other useful overviews from dermnet and patient.co.uk

<http://www.dermnetz.org/reactions/urticaria.html>

<http://www.patient.co.uk/doctor/Urticaria.htm>

CCG GP sign off:

SRCCG Business Committee (Delegated to Dr Greg Black)

Review date:

2017