



Service Priorities and Programmes Electronic Presentations

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**An instruction sheet for Skin Prick test (SPT) was formulated by
Multi-Disciplinary Team**

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Introduction

Skin prick testing is an essential test procedure to confirm sensitization in IgE-mediated allergic disease in patients with, asthma, rhinoconjunctivitis, urticaria, atopic eczema and food or drug allergy. Some medications may interfere with the test results and provide incorrect interpretation if patients taking antihistamines or other medications prior to the test. Although different departments has the information list about medication to be withheld, but each has different standard and practice. Moreover, the instruction sheet may or may not be reached to the patients as a reminder.

Objectives

To formulate an instruction sheet with a list of medication to be withheld according to international standard and guidelines in a multi-disciplinary collaboration.

Methodology

An instruction sheet "Important notes for Skin Prick Test" was formulated with multi-disciplinary and cross departmental collaboration including specialties' of Respiratory, Paediatric, ENT, Rheumatology and Pharmacy. It is a list of medication that may interfere the result and the abstinence period was included and it will be given and explained to patient before the test. Oral antihistamines, mast cell stabilizer, antidepressants, humanized monoclonal anti-IgE antibody and topical calcineurin inhibitors over test areas was included in the list. HAHO Information Technology Department was contacted to incorporate the instruction sheet into the SPT investigation request of CMS system. The instruction sheet will be automatically print out after SPT request was made through CMS system. The instruction sheet can serve three purposes: 1) A checklist reminder for doctors and nurses to follow 2) The instruction sheet will be given to patient for education 3) Well preparation for the patient to improve the test accuracy and prevent the unnecessary adjournment of the scheduled appointment.

Result

The instruction sheet "Important notes for Skin Prick Test" was formulated and has been launched in April 2014. There were more than 542 patients was monitored and educated with the instruction sheets by the doctors and nurses. Both patients and doctors appreciated it to be automatically print out both as a reminder for doctors, nurses and patients. The unnecessary appointment adjournment has been significantly decreased in department of Medicine from thirty-six episodes to 2 episodes in 2013 & 2017 respectively

In conclusion the formulation of the instruction sheet with multi-disciplinary and cross departmental collaboration facilitates international standardization, enhances accuracy of SPT procedures and demonstrates the treatment effectiveness and efficiency