

# Identifying the main concerns about allergic rhinitis (hay fever) to set research priorities that matter to people with hay fever

## WHY WE DID THIS

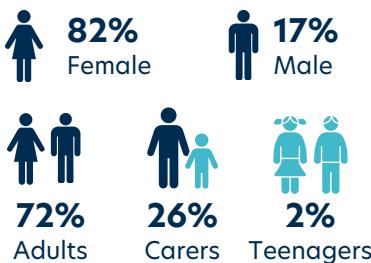
Finding the key topics of concern of people living with, or caring for someone with allergic rhinitis (hay fever), helps set priorities for future hay fever research.

## WHAT WE DID

- 1 Online survey
- 2 Identify topics and questions
- 3 Screen against existing research
- 4 Online focus groups
- 5 Online workshop
- 6 Consumer review

## WHO PARTICIPATED

210 surveys were completed.



## WHAT WE FOUND

120 topics mentioned by participants (%) were related to the journey of people living with allergic rhinitis



- 1 Susceptibility and causes 8%
- 2 Triggers and symptoms impact 21%
- 3 Access to care 37%
- 4 Prevention and self-management 24%
- 5 Health system level challenges 11%

## TOP 10 CONSUMER PRIORITIES

for hay fever (allergic rhinitis) research

- 1 Would health professional (doctor) training improve patient outcomes?
- 2 What factors interact with each other in development of hay fever?
- 3 Which type of allergen immunotherapy best controls hay fever?
- 4 What is the cost and impact of hay fever on quality of life?
- 5 What diet and supplements help control hay fever symptoms?
- 6 What are the financial and other barriers to getting allergy care?
- 7 What is the role of gut health in development and worsening of hay fever?
- 8 Can lowering indoor pollutants reduce allergies?
- 9 Do dust mites make hay fever worse?
- 10 Would universal access to allergy blood tests improve outcomes?

## WHAT THIS MEANS

This project shows the value of including voices of people living with hay fever in setting research agendas for allergic rhinitis that matter to people with this condition. These research priorities provide a roadmap for future research that is focused on improving the lives of people living with allergic rhinitis.

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