



Utility of Rhinoconjunctivitis Quality of Life Questionnaire (RQLQ) in the evaluation of one-year outcomes of omalizumab treatment in severe allergic asthma

Joanna Hermanowicz-Salamon¹, Paulina Jarzębska²

¹ *Department of Internal Medicine, Pulmonary Diseases and Allergy, Medical University of Warsaw.*

² *Student's Scientific Group Alveolus*

Background

Allergic rhinitis (AR) and asthma frequently coexist. Symptoms associated with AR impact asthma control. Omalizumab (anti-IgE antibody) has been shown to be an effective add-on therapy for patients with uncontrolled severe persistent allergic asthma. RQLQ Rhinoconjunctivitis Quality of Life Questionnaire (RQLQ) comprises of 28 questions concerning 7 domains: nasal symptoms and non-nasal symptoms, every day activities, sleep, practical problems, eye symptoms, emotional function.

Aims

Assessment of the utility of the Rhinoconjunctivitis Quality of Life Questionnaire (RQLQ) in the evaluation of the effectiveness of omalizumab treatment.

Methods

12 severe allergic asthma patients (8 F, 4 M) were qualified for anti-IgE treatment. The patients completed questionnaires: ACQ, AQLQ and RQLQ every follow-up visits. Three control points were selected: 1/ at baseline, prior to the treatment onset, 2/ after 16 weeks of treatment, and 3/ after one year of treatment with omalizumab. RQLQ was analyzed with special attention to the changes in the specific domains. Clinically important change in RQLQ overall scores was set at a change in score greater than 0.5. Differences were evaluated using the t-test.

Results

Omalizumab treatment was clinically effective in all patients what was associated with improvement in ACQ, AQLQ and RQLQ scores. The mean score difference in RQLQ between the first and the third point was 1.08. The biggest change in RQLQ scores was observed in the activity and emotional function domains, difference 1,38 and 1,35 particularly in questions on outdoor activities, concentration, tiredness, weariness and irritability.

Conclusions

RQLQ is an additional marker of clinical effectiveness of treatment with omalizumab.