‘Weals or wheals’ are raised white areas on the skin with reddened margins, which may result from sharp blows, or may be a symptom of nettle-rash.
1. What is the definition of ‘chronic urticaria’?

2. What is an individual’s lifetime risk of having an episode of urticaria?

3. How soon after sun exposure does the rash of solar urticaria characteristically appear?

4. What percentage of the natural population demonstrate the phenomenon of ‘dermographism’?

5. Name 3 classes of drugs most commonly implicated in the causation of urticaria.
6. How often is a cause established for Chronic Spontaneous Urticaria?

7. Is Prednisolone a useful treatment for standard urticaria?

8. What type of immune reaction is usual in urticaria?

9. In food induced urticaria, what foodstuff is known to cross react with avocado?

10. Which 2 types of urticarial rash are recognised to persist for longer than 24 hours?

11. What did I find useful about the learning module on ‘Urticaria and related allergic disorders’?

12. Having reflected on this module, how might my practice change in managing urticaria and related allergic disorders?
Ref: page 5, Chronic urticaria - Defined as recurrent or persistent urticarial rash lasting in excess of six weeks. This is the current correct term for chronic spontaneous urticaria (CSU).

QUESTION 1. Answer: Chronic urticaria.

QUESTION 2. Answer: 5.

QUESTION 3. Answer: Within minutes.

QUESTION 4. Answer: 5.

QUESTION 5. Answer: Antibiotics/Analgesics/Anti-inflammatories/ACE inhibitors.


QUESTION 7. Answer: No.

QUESTION 8. Answer: Ref page 3.

QUESTION 9. Answer: The literature suggests that this comprises up to 5% of chronic urticaria; however, it is not widely recognised in primary care. There are some clear indicators in the history, most importantly the urticarial lesions will often persist in excess of 24 hours and last frequently for several days.

QUESTION 10. Answer: Ref page 6. The physician should be optimistic and upbeat regarding prognosis; 50%

Ref: page 6, Acute contact urticaria - can occur between 30 minutes and 9 hours after contact.

Ref: page 6, Pressure/delayed pressure urticaria - can occur between 30 minutes and 9 hours after contact.
Doublebase™ Gel
Isopropyl myristate 15% w/w, liquid paraffin 15% w/w.

Uses:
Highly moisturising and protective hydrating gel for dry skin conditions.

Directions:
Adults, children and the elderly: Apply direct to dry skin as often as required.

Doublebase Dayleve™ Gel
Isopropyl myristate 15% w/w, liquid paraffin 15% w/w.

Uses:
Long lasting, highly moisturising and protective hydrating gel for dry skin conditions.

Directions:
Adults, children and the elderly: Apply direct to dry skin morning and night, or more often if necessary.

Contra-indications, warnings, side effects etc:
Please refer to SPC for full details before prescribing. Do not use if sensitive to any of the ingredients. In the rare event of a reaction stop treatment. Package quantities, NHS prices and MA numbers:
Doublebase Gel: 100g tube £2.65, 500g pump dispenser £5.83, PL00173/0183.
Doublebase Dayleve Gel: 100g tube £2.65, 500g pump dispenser £9.29, PL00173/0199.

References: