

DIAGNOSTIC FEATURES OF CHRONIC PHARYNGITIS OF ALLERGIC ETIOLOGY

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Abstract. *The aim of the study* is to increase the effectiveness of diagnosis and choice of tactics for the treatment of patients with chronic pharyngitis through in-depth study of the etiopathogenesis of the disease.

Materials and methods. The study involved 149 patients with complaints of sore throat. All patients underwent: collection of complaints and careful collection of anamnesis, clinical examination, examination of pharyngeal mucus for cell composition in different parts of the pharynx; nasocytogram; general blood test with leukogram evaluation, level of general and, if necessary, specific IgE; measuring the pH of saliva in different parts of the pharynx; consultations of related specialists - gastroenterologist, psychotherapist and allergist.

The results of the study. Based on the evaluation of patient complaints using the GERDQ questionnaire, questionnaires on the influence of the patients somatic status on the development of anxiety and depression (GAD-7) scale, test PHQ-9 (Patient Health Questionnaire-9) and questionnaire Sinus-Nasal — Outcome Test 22 (SNOT-22)), we identified 37 patients with suspected gastrointestinal disease who were subsequently treated by a gastroenterologist; 32 patients with psychosomatic disorders underwent correction by a psychotherapist; and 80 patients with a probable allergic nature of chronic pharyngitis. To confirm the allergic nature of the disease, we conducted an allergy test: prick-tests with pollen, food and household allergens, as well as determination of IgE levels. The data obtained showed that 76.4 % of the examined patients were hypersensitive to several allergens at the same time.

Conclusions. Chronic pharyngitis is a multidisciplinary problem that requires the involvement of specialists in various fields in the diagnostic process. The developed diagnostic algorithm allows to determine the etiology of chronic pharyngitis and choose an individual approach to the treatment of patients depending on the etiopathogenesis of the disease, which will improve the quality of life of patients.

Key words: allergy, upper respiratory tract, pharynx, chronic pharyngitis, diagnostic algorithm, depression, psychosomatic, questionnaire.