INTRODUCTION

Non-Allergic Rhinitis (NAR) is a common condition worldwide with wide ranges of subtypes. The condition may affect the patients’ nasal function and quality of life. Therefore, patients’ improvements with the treatment given are important. The response towards treatment should be assessed subjectively and objectively.

OBJECTIVE

The aim of this study is to evaluate the treatment response in NAR patient subjectively and objectively and to see the correlation between them.

RESULTS

All of the 53 patients showed improvement in their symptoms and quality of life after 3 months of treatment. The main symptoms complained by the patients are nasal obstruction, sneezing and runny nose and need to blow nose. (Figure 1) Forty-three percents were on medication that can induce rhinitis. (Figure 2) There was a significant improvement in the SNOT-22 score and Nasal Peak Inspiratory Flow test value after the treatment. (Figure 3 & 4) There was strong and significant correlation between the improvement of the SNOT-22 score for nasal symptoms and quality of life and the increment of NPIF value for nasal function. (Figure 5)

CONCLUSION

Medical treatment mainly by intranasal steroid is effective in treating NAR patients. This has been proven by the improvement of the nasal function and quality of life of the patients. Nasal Peak Inspiratory Flow meter is one of the objective tool that can be used to measure the treatment outcome of NAR.