

I. SKIN

A. Erythematous Rash- % area involved _____

B. Pruritus

0 = Absent

1 = Mild, occasional scratching (GREEN)

2 = Moderate -scratching continuously for > 2 minutes at a time (GREEN)

3 = Severe – hard continuous scratching – excoriations (ORANGE)

C. Urticaria/Angioedema

0 = Absent

1 = Mild – < 3 hives, or mild lip edema (ORANGE)

2 = Moderate - < 10 hives but >3, or significant lip or face edema (RED)

3 = Severe – generalized involvement (RED)

D. Rash

0 = Absent

1 = Mild – few areas of faint erythema (GREEN)

2 = Moderate – areas of erythema (ORANGE)

3 = Severe – generalized marked erythema (>50%) (RED)

II. UPPER RESPIRATORY

A. Sneezing/Itching

0 = Absent

1 = Mild – rare bursts, occasional sniffing (GREEN)

2 = Moderate – bursts < 10, intermittent rubbing of nose, and/or eyes or frequent sniffing (ORANGE)

3 = Severe – continuous rubbing of nose and/or eyes, periorcular swelling and/or long bursts of sneezing, persistent rhinorrhea (RED)

III. LOWER RESPIRATORY

A. Wheezing

0 = Absent

1 = Mild – expiratory wheezing to auscultation (RED)

2 = Moderate – inspiratory and expiratory wheezing (RED)

3 = Severe – use of accessory muscles, audible wheezing (RED)

B. Laryngeal

0 = Absent

1 = Mild – >3 discrete episodes of throat clearing or cough, or persistent throat tightness/pain (ORANGE)

2 = Moderate – hoarseness, frequent dry cough (RED)

3 = Severe – stridor (RED)

IV. GASTROINTESTINAL

A. Subjective Complaints

0 = Absent

1 = Mild–complaints of nausea or abdominal pain, itchy mouth/throat (ORANGE)

2 = Moderate – frequent c/o nausea or pain with normal activity (ORANGE)

3 = Severe - notably distressed due to GI symptoms with decreased activity (ORANGE)

B. Objective Complaints

0 = Absent

1 = Mild – 1 episode of emesis or diarrhea (ORANGE)

2 = Moderate – 2-3 episodes of emesis or diarrhea or 1 of each (RED)

3 = Severe – >3 episodes of emesis or diarrhea or 2 of each (RED)

V. CARDIOVASCULAR/NEUROLOGIC

0 = normal heart rate or BP for age/baseline

1 = mild-subjective response (weak, dizzy), or tachycardia (ORANGE)

2 = moderate-drop in blood pressure and/or >20% from baseline, or significant change in mental status. (RED)

3 = severe-cardiovascular collapse, signs of impaired circulation (unconscious) (RED)

TABLE LEGEND:

GREEN:

- Not usually an indication to alter dosing.
- Not generally sufficient to consider a challenge positive.

Orange (scores increasing to orange):

- Caution, dosing could proceed, be delayed, have a dose repeated rather than escalated.
- If clinically indicated, dosing is stopped.
- Symptoms that recur on 3 doses, or persist (e.g., 40 minutes) are more likely indicative of a reaction than when such symptoms are transient and not reproducible.
- 3 or more scoring areas in orange more likely represent a true response.

RED:

- Objective symptoms likely to indicate a true reaction
- Usually an indication to stop dosing.

FIG 3. Scoring the challenge outcome (modified from Bock et al⁶⁵ and Nowak-Wegrzyn et al¹⁴). The scoring system proposed here can be used for IgE-mediated reactions to determine the degree of response in various target organs and changes from baseline. Challenges should usually not commence if there are baseline symptoms exceeding descriptions in *green* (an exception might be AD that remains moderate despite maximal therapy). See the text for additional comments. (Please note that I,C,1 was made *orange* because it is similar to mild objective symptoms in other areas, is not a stopping indication, and, depending on clinical judgment, might or might not represent contact urticaria).