

Quantitative Skin Testing for Allergy IDT and MQT: A Comprehensive Resource for Allergy Practitioners

Quantitative skin testing (QST) is a valuable tool for diagnosing allergies. It is a safe and effective way to measure the body's reaction to specific allergens. QST can be used to diagnose a wide range of allergies, including food allergies, inhalant allergies, and drug allergies.



Quantitative Skin Testing for Allergy: IDT and MQT

by Richard L. Mabry

★★★★☆ 4.8 out of 5

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Benefits of QST

QST offers several benefits over other allergy testing methods, such as the skin prick test. QST is more sensitive than the skin prick test, meaning that it can detect allergies that the skin prick test may miss. QST is also more specific than the skin prick test, meaning that it is less likely to produce false positive results.

QST can be used to measure the severity of an allergy. This information can be helpful in determining the appropriate treatment plan.

Limitations of QST

QST is not without its limitations. The test can be time-consuming and expensive. QST can also be uncomfortable for some patients, especially if they have sensitive skin.

QST is not always accurate. The test results can be affected by a number of factors, including the patient's age, health, and medications.

How to Perform QST

QST is performed by injecting a small amount of allergen into the skin. The skin is then monitored for a reaction. The reaction is typically a small, red bump. The size of the bump is proportional to the severity of the allergy.

QST can be performed on the forearm, back, or upper chest. The test typically takes about 20 minutes to complete.

Interpretation of QST Results

The results of QST are interpreted by a doctor or other healthcare professional. The doctor will consider the size of the reaction, as well as the patient's symptoms and medical history.

A positive QST result indicates that the patient is allergic to the allergen that was tested. A negative QST result indicates that the patient is not allergic to the allergen that was tested.

QST is a valuable tool for diagnosing allergies. The test is safe, effective, and relatively easy to perform. QST can help to identify the allergens that are causing a patient's symptoms and can help to develop an appropriate treatment plan.

If you are experiencing allergy symptoms, talk to your doctor about whether QST is right for you.

References

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