

# Is acupuncture combined with fluticasone propionate nasal spray better for persistent allergic rhinitis?

<b>Submission date</b> 17/07/2020	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 22/07/2020	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 16/10/2023	<b>Condition category</b> Ear, Nose and Throat	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Allergic rhinitis (AR) is a condition where the inside of the nose becomes inflamed by allergens. The worldwide incidence of AR is 10–25% and studies have shown that the prevalence of AR has increased in recent years. Classic symptoms of AR include rhinorrhea (running nose), nasal obstruction, nasal itching, and sneezing. Moreover, AR also serves as a trigger for other diseases, such as sinusitis (swelling of the sinuses) and asthma. Intranasal glucocorticoids, oral and nasal antihistamines and leukotriene-receptor antagonists are recommended to treat AR. Allergic rhinitis has traditionally been classified as intermittent AR or persistent AR. Intranasal corticosteroids are recommended by international guidelines as first-line drugs for patients with persistent allergic rhinitis, but there are several studies showing that the standard dose fails to effectively control symptoms of persistent AR. This study aims to evaluate the effects of acupuncture combined with fluticasone propionate nasal spray on persistent allergic rhinitis.

### Who can participate?

18-65-year-old patients with at least a 2-year history of moderate to severe persistent allergic rhinitis

### What does the study involve?

Participants will be randomly allocated to one of two groups. They will not know which group they are allocated to. The treatment group will receive the nasal fluticasone propionate combined with acupuncture and the control group will receive nasal fluticasone propionate. Severity of allergic rhinitis symptoms is measured at the start of the study, weekly after treatment, week 6 and follow-up months 1, 3 and 6.

### What are the possible benefits and risks of participating?

Both groups will get treatment and appropriate care. The symptoms of the participants may improve. There are some potential side effects of acupuncture, including bleeding, hematoma, and pain, but these are generally mild and the treatment will be stopped quickly.

Where is the study run from?  
China Academy of Chinese Medical Sciences (China)

When is the study starting and how long is it expected to run for?  
May 2020 to December 2022

Who is funding the study?  
China Academy of Chinese Medical Sciences (China)

Who is the main contact?  
Mrs Hong Zhao  
hongzhao2005@aliyun.com

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Mrs Hong Zhao

**ORCID ID**  
<https://orcid.org/0000-0001-8211-9483>

**Contact details**  
16 Nanxiaojie  
Dongzhimennei  
Dongcheng District  
Beijing  
China  
100700  
+86 (0)13911132103  
hongzhao2005@aliyun.com

## Additional identifiers

### Study information

**Scientific Title**  
Effect of acupuncture combined with fluticasone propionate nasal spray in the treatment of persistent allergic rhinitis: a normalized controlled trial

**Study objectives**  
Acupuncture combined with fluticasone propionate nasal spray has better efficacy than fluticasone propionate nasal spray in reducing the nasal symptoms of persistent allergic rhinitis, and has a certain after effect.

**Ethics approval required**  
Old ethics approval format

## **Ethics approval(s)**

Approved 07/05/2020, Institute of Acupuncture and Moxibustion Hospital, China Academy of Chinese Medical Science (No.16, Nanxiaojie, Dongzhimennei, Beijing; +86 (0)10 64060868; zhenjislunli@163.com), ref: 2020-05-07

## **Study design**

Multicenter two-armed single-blind randomized controlled interventional trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Moderate to severe persistent allergic rhinitis

## **Interventions**

Current interventions as of 17/11/2020:

Eligible patients will be randomly assigned into treatment group or control group. The method of randomisation is central competitive randomization. The researchers in different centres will send messages by phone or text message to the Central Randomization System to get random number and allocation groups.

The treatment group will receive the nasal fluticasone propionate combined with acupuncture and the selected acupoints are as follows: DaZhui warming needle (DU14), YinTang (EX-HN3), SiBai (ST 2), YingXiang ( LI 20), ShangYingXiang (EX-HN8), ChiZe (LU 5) bilateral, Hegu (LI 4) bilateral. The participants will receive 16 times of acupuncture treatment in 6 weeks. Three times a week in the first 4 weeks; twice a week in the 5th to 6th weeks.

The control group will receive fluticasone propionate nasal spray 100µg per daily for 6 weeks.

The treatment time was 6 weeks. After the treatment, the patients were followed up for 24 weeks, a total of 30 weeks.

Previous interventions:

Eligible patients will be randomly assigned into treatment group or control group. The method of randomisation is central competitive randomization. The researchers in different centres will send messages by phone or text message to the Central Randomization System to get random number and allocation groups.

The treatment group will receive the nasal fluticasone propionate combined with acupuncture and the selected acupoints are as follows: DaZhui (DU14), YinTang (EX-HN3), SiBai (ST 2), YingXiang ( LI 20), ShangYingXiang (EX-HN8), ChiZe (LU 5) bilateral, Hegu (LI 4) bilateral. The participants will receive 16 times of acupuncture treatment in 6 weeks. Three times a week in the first 4 weeks; twice a week in the 5th to 6th weeks.

The control group will receive fluticasone propionate nasal spray 110 µg per daily for 6 weeks.

The treatment time was 6 weeks. After the treatment, the patients were followed up for 24 weeks, a total of 30 weeks.

## **Intervention Type**

Other

## **Primary outcome(s)**

Severity of allergic rhinitis symptoms measured using Reflective Total Nasal Symptom Score (rTNSS) at baseline and the end of treatment (6 weeks)

## **Key secondary outcome(s)**

1. Severity of allergic rhinitis symptoms measured using the Reflective Total Nasal Symptom Score (rTNSS) at baseline, weekly after treatment, week 6 and follow-up months 1, 3, 6
2. Severity of non-nasal symptoms measured using Total Non-Nasal Symptom Score (TNNSS) at baseline, weekly after treatment, week 6 and follow-up months 1, 3, 6
3. Severity of ocular symptoms measured using the reflective total ocular symptom score (rTOSS) at baseline, weekly after treatment, week 6 and follow-up months 1, 3, 6
4. Health-related quality of life measured using RQLQ(S) at baseline, week 6 and follow-up months 1, 3, 6
5. Rescue medication use measured using a 3-point scale: 1- nasal/oral antihistamines, 2- nasal glucocorticoids, 3- oral glucocorticoids at baseline, week 6 and follow-up months 1, 3, 6
6. Rhinitis control assessed using the Rhinitis Control Assessment Test (RCAT) at baseline, weeks 4 and 6, and follow-up months 1, 3, 6

## **Completion date**

31/12/2022

## **Eligibility**

### **Key inclusion criteria**

1. Age 18 to 65 years old
2. Diagnosed with persistent allergic rhinitis according to the diagnosis of Allergic Rhinitis and its Impaction Asthma, ARIA (WHO, 2008)
3. Meet the criteria for moderate to severe allergic rhinitis: the symptoms have a significant impact on the quality of life. The overall score of  $\geq 6$  on the Reflective Total Nasal Symptom Score (rTNSS)
4. Presence of nasal symptoms for 2 successive years
5. Agrees to participate in the study willingly and voluntarily and signs the informed consent form

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

### **Sex**

All

**Total final enrolment**

260

**Key exclusion criteria**

1. Presence of rhinosinusitis, respiratory diseases, acute paranasal sinusitis, or other systemic diseases that may affect allergic rhinitis
2. Patients are allergic to the fumes from moxibustion
3. Has taken nasal/oral decongestants, nasal/oral antihistamines, mast cell membrane stabilizer, glucocorticoid or antileukotrienes within the past 2 weeks; use of drugs the researchers believe are inappropriate
4. Patients who have received specific immunotherapy or systemic hormone therapy within the last year
5. Patients have received the following treatment measures for allergic rhinitis within the past month: acupuncture, moxibustion, inhalation therapy of Chinese medicine and other physical therapy within the scope of traditional medicine, and external treatment of western medicine or other therapies
6. Patient with severe cardiovascular diseases and endocrine diseases

**Date of first enrolment**

01/08/2020

**Date of final enrolment**

01/10/2022

**Locations**

**Countries of recruitment**

China

**Study participating centre**

**Acupuncture and Moxibustion Hospital of CACMS**

16 Nanxiao St

Dongzhimen

Dongcheng District

Beijing

China

100000

**Study participating centre**

**Beijing Hospital of Traditional Chinese Medicine, Capital Medical University**

No. 23, Back Street

Art Museum

Dongcheng District

Beijing  
China  
100010

**Study participating centre**  
**AnHui Provincial Hospital of Traditional Chinese Medicine**  
No. 117 Meishan Road  
HeFei  
China  
230031

**Study participating centre**  
**Guangdong Provincial Hospital of Traditional Chinese Medicine**  
No. 111 Dade Road  
Guangzhou  
China  
510120

**Study participating centre**  
**The First Hospital of Hunan University of Chinese Medicine**  
No. 95 Shaoshan Middle Road  
Changsha  
China  
410000

**Study participating centre**  
**HuBei Provincial Hospital of Traditional Chinese Medicine**  
No.4 Huayuanshan  
Wuchang District  
Wuhan  
China  
430061

**Study participating centre**  
**First Teaching Hospital of Tianjin University of Traditional Chinese Medicine**  
No. 88 Changling Road  
Xiqing District  
Tianjin  
China  
300381

**Study participating centre**

**The Second Hospital of HeiLongjiang University of Chinese Medicine**

No.411 Guogeli Street

Nangang District

Harbin

China

150009

**Study participating centre**

**Luohu District Hospital of Traditional Chinese Medicine**

16 Xiantong Road

Luohu District

Shenzhen

China

518004

## Sponsor information

**Organisation**

China Academy of Chinese Medical Sciences

**ROR**

<https://ror.org/042pgcv68>

## Funder(s)

**Funder type**

Research organisation

**Funder Name**

China Academy of Chinese Medical Sciences

**Alternative Name(s)**

CACMS

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

## Location

China

# Results and Publications

## Individual participant data (IPD) sharing plan

The datasets generated and/or analysed during the current study during this study will be included in the subsequent results publication.

## IPD sharing plan summary

Other

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol article</a>		31/01/2022	02/02/2022	Yes	No