

GOUT



1. What is it?

Gout is a common form of inflammatory arthritis characterised by raised uric acid concentration in the blood (hyperuricaemia) and the deposition of urate crystals in joints and other tissues (NICE)



2. Core Characteristics

- Swelling, warmth, erythema and decreased ROM of joint
- Severe level of pain and irritability
- Rapid onset (often over night)
- Usually lower limbs but can affect upper limb also

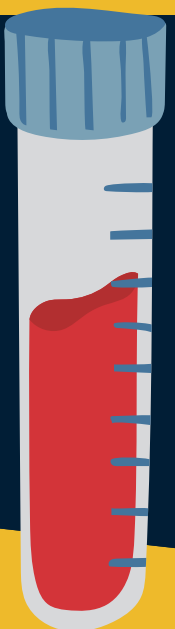
3. Risk Factors

- Family history of hyperuricaemia and gout
- Excess body weight or obesity.
- Male > Female
- Diet – consumption of excess alcohol, sugary drinks, meat, and seafood.



4. Diagnosis

- Combination of clinical symptoms and measuring serum urate.
- A serum urate level of 360 micromol/L (6 mg/dL) or more confirms the diagnosis.
- Gold standard is synovial fluid aspiration



5. Management

- NSAIDs, colchicine, or short course of oral corticosteroid
- Advice on maintaining hydration, Vitamin C, and avoid aggravating activities
- Diet and lifestyle advice
- Consider longer term medication like allopurinol for those with recurrent flares

