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FACULTY OF NURSING

RAMA UNIVERSITY

GOUT

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GOUT

- It is caused by an increase in uric acid production, under excretion of uric acid by kidneys, or increased intake of foods containing purines which are metabolized to uric acid by the body.
- It may be classified as primary or secondary

Classification

- **Primary Gout:** a hereditary error of purine metabolism leads to over production or retention of uric acid.
- **Secondary Gout:** It may be relate to another acquired disorder

Etiology and Pathophysiology

Uric acid is the major end product of purine catabolism. Hyperuricemia may be result of increased purine synthesis, decreased renal excretion or both

Clinical Manifestations

- Gouty Arthritis
- Dusky or cyanotic appearance of joints
- Inflammation of great toe
- The onset of symptoms typically occurs at night with sudden swelling and excruciating pain peaking with several hours often accompanied by low grade fever.

Cont…

- Chronic gout is characterized by multiple joint involvement and visible deposits of sodium urate crystals called TOPHI. These are typically noted in synovium, subchondral bone, olecranon bursae and vertebrae

Diagnostic Evaluation

- History Collection & Physical Examination
- Family History of Gout
- Serum uric acid above 6mg/dl
- Presence of Sodium Urate crystals in synovial fluid
- Elevated 24 hour urine for uric acid level
- X ray

Management

- Joint Immobilization
- Local application of heat or cold application
- Joint aspiration and intra articular corticosteroids
- Dietary avoidance of food/ fluids with high purine content
- Limiting alcohol

Cont…

- Drug therapy
  - NSAIDs
  - Corticosteroids
  - ACTH
  - Colchidine
  - Allopurinol

Purine containing foods

- *High Purine containing foods*:

  Liver, Kidney, Meat, Soups, Goose, Sweet Breads

- *Moderate Purine containing foods:*

  Chicken, Crab, Mutton, Bacon, Pork, Beef, Ham