



**equip**  
Education Experience Excellence

# That's GOUT to hurt

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## Background

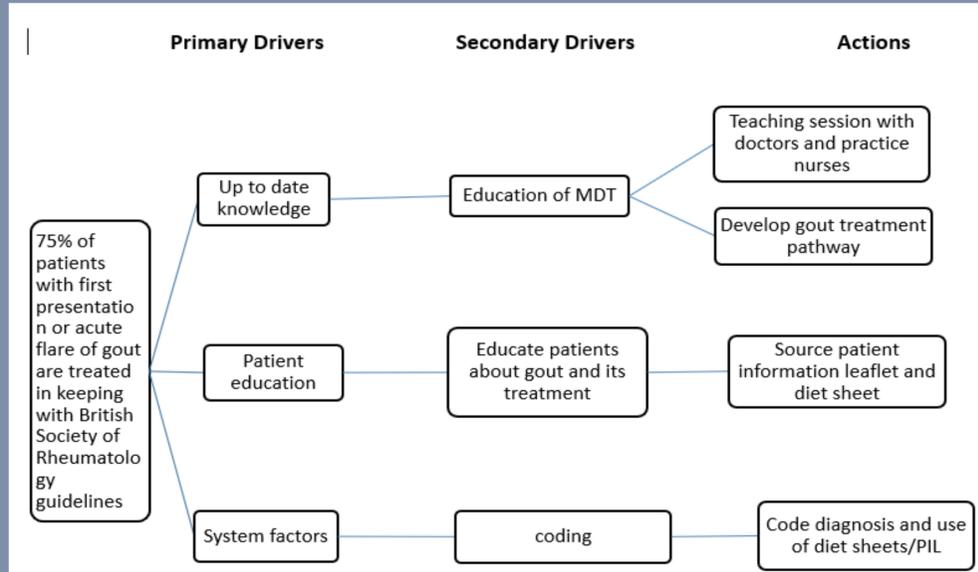
- Gout is now recognised to be the most common inflammatory arthritis, however the British society of rheumatology states it is still 'sub-optimally managed in both primary and secondary care'.
- Recent guidelines from 2017 emphasise the importance of appropriate medication in the acute phase, as well as patient information for lifestyle and diet/medication changes to reduce recurrence
- Guidelines also emphasise the importance of checking serum urate levels and assessing cardiovascular risk factors in 4-6 weeks after acute flare

## Aim

75% of patients presenting with a confirmed or suspected flare of gout (first presentation or reoccurrence) will be managed based on the current guidelines by May 2019

## Improvement Methodology

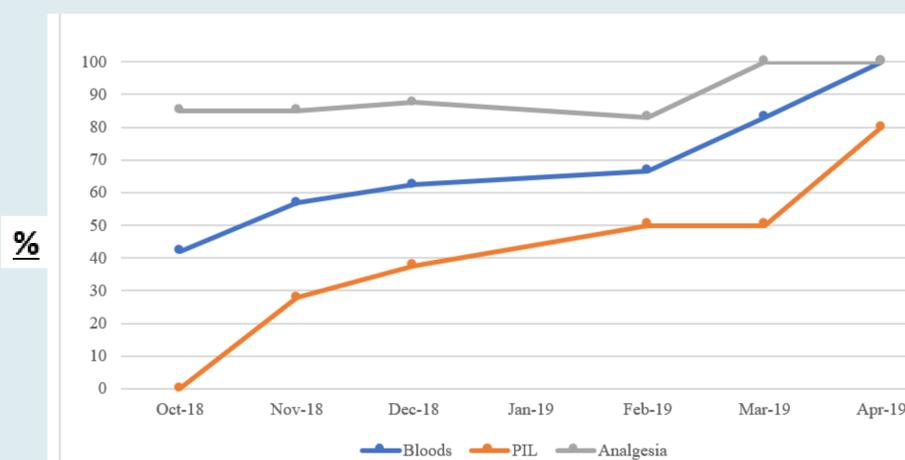
- Initial planning in October/November 2018 where the idea for the project was discussed at practice meeting and partners agreed to aims of project.
- December 2018
  - summary of BSR guidelines created and treatment protocol for practice
  - Baseline data collection for previous 3 months undertaken
- First intervention early Jan 2019- education session for GP partners and treatment protocol distributed
- Second intervention Feb 2019- 'mop up' education with frequent Locums and practice nurses who see and assess patients.
- Third intervention April 2019- informal update of results to date with partners and refresher of guidelines



## Outcome Measures

- Diet/lifestyle sheets given/documentated in consultation
- Advised to attend for blood tests in 4-6weeks
- Appropriate analgesia prescribed

## Results



## Outcome

- Target of over 75% of patients being treated as per guidelines has been met
- Significant improvement in use of diet and lifestyle information leaflet

## Next Steps

- Display run chart in staff only area to encourage continued compliance
- Implement treatment protocol for ongoing gout management – looking at initiation and titration of urate lowering therapy. Protocol has been developed alongside initial presentation/acute flare management.