Gout	Referral Guide: Page 1 of	Rheum

Diagnosis/Definition:

Gout is an acute arthritis, often monoarticular, caused by uric acid crystals.

Initial Diagnosis and Management:

-Complete H and P
-Aspiration of the affected joint if possible for diagnosis and to R/O infection.
-CBC, Chem panel, uric acid
-Treatment of the acute attack with indomethacin or steroids depending on comorbidities
-Long term treatment with allopurinol or benemid when attack resolved

Ongoing Management and Objectives:

Indications for Specialty Care Referral:

- Need for aspiration of affected joints
- Difficult to control disease

Test(s) to Prepare for Consult:	**Test(s) Consultant May Need To Do:**
CBC, Chem panel and uric acid	Aspiration of joints 24 hour urine uric acid

Criteria for Return to Primary Care:

When stabilized patient will be returned to PCP for further follow-up and renewal of medications

Revision History: Created **Revised**

Disclaimer: Adherence to these guidelines will not ensure successful treatment in every situation. Further, these guidelines should not be considered inclusive of all accepted methods of care or exclusive of other methods of care reasonably directed to obtaining the same results. The ultimate judgment regarding the appropriateness of any specific procedure, therapy, or referral must be made by the physician/provider in light of all circumstances presented by an individual patient.