

# (GOUT ARTHRITIS) NURSING CARE PLAN

Medical Diagnosis: Gout Arthritis		
<b>Subjective Data:</b> <ul style="list-style-type: none"> <li>• Sudden pain in joints, often the big toe</li> <li>• Stiffness in joint</li> <li>• Tenderness of the joint</li> <li>• Limited range of motion</li> <li>• Itching</li> </ul>	Nursing Intervention (ADPIE)	Rationale
	Assess and manage pain Administer medications Apply cool cloths as tolerable Assist with positioning to avoid pressure on the affected joint	An acute attack can cause intense pain for the first 36 hours. Offer options to help manage pain.
	Administer medications NSAIDs / Corticosteroids Colchicine Xanthine Oxidase Inhibitors (XOIs) Uricosurics	NSAIDS (Swelling); Colchicine (Gout pain); Allopurinol (block uric acid production); probenecid (↑ uric acid excretion)
	Promote hydration and increase fluid intake	Prevents dehydration and helps the kidneys excrete uric acid
<b>Objective Data:</b> <ul style="list-style-type: none"> <li>• Tophi (nodules in the skin)</li> <li>• Renal calculi</li> <li>• Joint inflammation; Erythema</li> <li>• Joint edema</li> </ul>	Nutrition Education	Avoid alcohol; ↓Animal protein; ↑Vitamin C; Limit high purine foods (shellfish, tuna, sardines)
	Assist with AROM or PROM	Prevents joint stiffness and increases mobility