

GOUT PATHOCHART

PATHOPHYSIOLOGY

Gout is a disease caused when uric acid crystals build up in the body, especially in the joints. This is usually due to increased purine synthesis or decreased renal excretion of uric acid. When the uric acid deposits in joints and body tissues, it causes painful joint inflammation and swelling. Exacerbations can occur because of purine intake (organ meats, wine, aged cheese), illness, and alcohol intake.



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ASSESSMENT FINDINGS

- Painful joint inflammation and swelling
- Tophi - nodules in skin near joints
- Pruritus
- Renal Calculi

DIAGNOSTICS

- Uric acid levels
- Clinical Findings
- X-ray of joints
- Joint fluid test (arthroscopy)

NURSING PRIORITIES

- Promote Comfort
- Optimize Mobility

THERAPEUTIC MANAGEMENT

- Avoid purines
- Adequate fluid intake
- Bed rest during exacerbations

MEDICATION THERAPY

- Anti-inflammatories
 - NSAIDs
 - Corticosteroids
- Antihyperuricemics
 - Allopurinol (control)
 - Colchicine (for flares)