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Gout

Patient name: _____

NRS
DATE INITIAL

- I. The client/caregiver can define gout.
- It is a metabolic condition in which there is excess uric acid in the blood, causing sodium urate crystals to be deposited in or near the joints.
 - The urate crystals form masses called tophi that cause irritation or inflammation of the joint.
 - Deposits are found in joints and other body tissues such as ear, cartilage, and kidneys. The joint most often affected is first metatarsal joint of the great toe.
 - Gout may be primary or secondary.
 - Primary gout occurs because of an inherited defect in purine metabolism, resulting in excess uric acid.
 - Secondary gout occurs because of increased uric acid secondary to lead poisoning, diuretics, renal disease, alcohol, surgery effects, and so forth.
 - Gout may be acute or chronic.
- II. The client/caregiver can list factors that may cause exacerbation.
- Prolonged fasting
 - Stress
 - Alcohol
 - Certain medication such as aspirin or thiazide diuretics
- III. The client/caregiver can recognize signs and symptoms.
- Intense pain
 - Swelling and tenderness
 - Limited motion of joint
 - Increased heart rate and blood pressure
 - Headache
 - Fever and chills
 - Malaise
 - Tophi: crystallized deposits accumulating in articular tissues

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- IV. The client/caregiver can list measures to prevent or control gout.
- Dietary measures
 - Eat a high-fiber, low-fat diet.
 - Reduce intake of refined sugars.
 - Drink fluids such as water and herbal teas. Drink 8 to 12 glasses of fluid per day.
 - Avoid foods high in purine such as glandular meats, shellfish, sardines, kidney, liver, lentils, mushrooms, and peas.
 - Avoid alcoholic beverages.
 - Check urine pH. If pH is less than six, increase fluids. Avoid high purine foods and eat alkaline foods such as potatoes or milk.
 - Avoid stress.
 - Avoid fasting.
 - Protect nodular tophi areas to prevent skin breakdown.
 - Use bed cradle to keep pressure off the affected part.
 - Apply ice to inflamed joints.
 - Obtain adequate rest (bedrest during acute stage).
 - Achieve and maintain ideal weight.
 - Take medications as ordered. Physician may want to avoid diuretics, aspirin, and nicotinic acid. Report nausea, rash, or constipation to physician.
 - Perform range of motion exercise as instructed.
 - Keep follow-up appointments with physician.
 - Notify physician of symptoms of kidney stones (nausea, vomiting, urinary retention, flank pain, fever, etc.).
- V. The client/caregiver is aware of possible complications.
- Permanent joint disability
 - Kidney stones
 - Hypertension
 - Gouty arthritis
 - Infection of ruptured deposits

(Continued)

Part II Diseases

Musculoskeletal Disorders/Diseases

RESOURCE

National Institute of Arthritis and Musculoskeletal and Skin Diseases
www.niams.nih.gov

REFERENCES

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