

## Primary Care Referral Pathways to Rheumatology Services at RNHRD

### Suspected Gout

**Key message:** Most cases of Gout can be managed in primary care

**Referral to a Specialist Rheumatologist is recommended if:**

Polyarticular disease (>1 joint)

Uncertainty regarding diagnosis

Presence of progressive joint damage (clinically or radiologically)

Difficulty establishing or maintaining disease control

**Suggested investigations**

Urate

CRP

PV

FBC

U&E, Creat, LFTs

RF

Lipids (including Triglycerides)

Xrays hands and feet

**DO NOT DELAY REFERRAL IF BLOOD TESTS ARE NORMAL**

Urate can be normal in acute gout

Persistent symptoms can lead to progressive joint damage

**Please include in referral letter:**

Symptom duration

Number of attacks per year

Risk factors eg alcohol, diuretics, renal disease, family history

Presence of tophi

Significant PMH and medication history