

## Gout: Diagnosis and Management

### Review Questions

1.1	What information and support is needed by people with gout and their families or carers in relation to gout, and when should this be provided?
2.1	What signs and symptoms indicate gout as a possible diagnosis?
2.2	What are the most accurate and cost-effective approaches to diagnosing gout, in particular serum urate level compared with joint aspiration?
3.1+ 3.2	What is the clinical and cost effectiveness of pharmacological interventions (including NSAIDs, colchicine, corticosteroids and IL-1 inhibitors) and non-pharmacological interventions for managing gout flares?
4.1a	Which people with gout should be offered a urate-lowering therapy such as a xanthine oxidase inhibitor, a uricosuric or a uricase?
4.1b	When should urate-lowering therapy be started, in relation to a flare, in people with gout?
4.2- 4.4	In people with gout (including people with gout and chronic kidney disease), which urate-lowering therapies (either alone or in combination with each other) are the most clinically and cost effective for first-line treatment and second-line treatment if first line is not tolerated or provides inadequate control?
4.5	In people with gout (including people with gout and chronic kidney disease), what is the clinical and cost effectiveness of colchicine, NSAIDs, corticosteroids and IL-1 inhibitors for the prevention of gout flares during the initiation or titration of urate-lowering therapy?
4.6	What is the clinical and cost effectiveness of diet and lifestyle modifications for gout?
5.1	What is the clinical and cost effectiveness of a 'treat-to-target' urate lowering management strategy compared with usual care for gout?
5.2	What is the best serum urate level target to use when treating-to-target in gout?
5.3	What is the optimum frequency of serum urate level monitoring for people continuing on urate-lowering therapies for gout?
5.4	What follow-up should be offered to people with gout after a gout flare?
6.1	What are the indications for referring people with suspected or confirmed gout to specialist services?
6.2	What is the clinical and cost effectiveness of surgical excision of tophi (deposits of monosodium urate crystals) in people with gout?