**CASE-GOUT**

Mr KT is a 58-year-old man who has been admitted to the surgical ward on which you work for a total knee replacement. He smokes 15 cigarettes a day and usually drinks about 35 units of alcohol a week. He is slightly overweight with a BMI of 27 kg/m2. His current medication

includes

* amlodipine 5 mg daily
* bendroflumethiazide 2.5 mg daily
* paracetamol 1 g four times a day
* codeine phosphate 30 mg four times a day when required.
* enoxaparin 40 mg s.c. daily.

Apart from hypertension, he has no other co-morbidities or relevant past medical history.

His operation was a success and he is recovering well. However, during his stay he develops excruciating pain in the big toe of his right foot and his toe is very swollen. He is subsequently diagnosed with gout.

**Questions:**

1. What is Gout? Write the major risk factors for gout.
2. Write the pathophysiology of Gout.
3. What are the treatment goals for Mr.KT?
4. What is the formula for finding BMI? Write your comment on Mr.KT’’s BMI.
5. Why calcium channel blocker is recommended to Mr.KT? Is there any alternatives would you like to recommend?
6. What are the major side effects of codeine? What is the role of codeine phosphate in this case?
7. What are the major advantages of LMWH? Write the advantages and compare with other anticoagulants.
8. What are the monitoring parameters need to consider when Mr.KT is administered with enoxaparin?
9. Mr KT requires treatment for his attack of gout. Please discuss the options available for treating an acute attack. For each option discussed, include the following information:
* dose
* contraindications to use
* cautions for use
* potential side-effects.

Mr KT’s acute attack of gout resolves and he is discharged home. His GP is aware of his problem with gout and after he experiences a second attack of gout, his GP decides that it would be prudent to start him on some long-term prophylaxis against future attacks.

1. What options are available and which one is usually the drug of choice?
2. During your rounds, Mr. KT asks you if you could tell him what he could do to avoid another attack of gout. What lifestyle advice would you give him?
3. What are the treatment options available to control his smoking habit?
4. What is the pack years of smoking for Mr.KT?
5. What are the diet plan would you like to recommend to Mr.KT?
6. Summarize your discussion and set the priority for counselling.