274. GOUT: NOT SOMETHING YOU BRAG ABOUT: A QUALITATIVE STUDY OF HEALTH RELATED QUALITY OF LIFE IN GOUT

Priyanka Chandrate1, Edward Roddy1, Christian Mallen1, Sam Hider1, Jennifer Liddle1 and Jane Richardson1
1Research Institute for Primary Care & Health Sciences, Keele University, Staffordshire, UK

Background: Gout is the commonest inflammatory arthritis affecting 1.4% of the population in the UK. Quantitative studies show that gout
Results: In total, 44 cases were identified, giving a prevalence of (specialist HIV rheumatology clinic). The case-notes were extracted for all cases (diagnosed by a doctor) was defined as a case. These cases were out of investigations mentioning gout. Any individual with at least 2012 and 31st March 2013, the database was interrogated for letters outpatient care for patients with HIV infection. Between 31st October increased prevalence of the metabolic syndrome. In the general increased. However, previously unrecognized long-term complications average life expectancy of those living with HIV infection has being. Treatment adherence may be improved by addressing the patients’ concerns and explaining the rationale behind the long-term inconvenience (lifelong pill-popping associated with allopurinol). Too participants recognized that treatments can improve HRQOL by lifestyle. The unpredictable nature of attacks made it difficult to make commitments or plan for the future. Lack of sexual relationships due to fear of pain worsening on physical contact and the burden of care placed on the spouse or partner caused stress at home. Although participants recognized that treatments can improve HRQOL by reducing pain and swelling, treatments were thought to cause embarrassment (diarrhoea due to colchicine), additional health problems (kidney problems due to non-steroidal anti-inflammatory drugs) and inconvenience (lifelong pill-popping associated with allopurinol). Too many dietary restrictions curbed enjoyment of life. Participants wished for education of the general public and physicians to reduce stigmatization and achieve personalized treatment plans. Although many wanted gout to be considered a serious condition, they themselves were unaware of the comorbidities associated with it.

Conclusion: This is the first focus group study of the effects of gout characteristics and treatments on HRQOL. Our study highlights the major burden of gout on psychological HRQOL in addition to physical HRQOL found in quantitative studies. Clinicians should recognize and address the impact of stigma and trivialization on psychological well-being. Treatment adherence may be improved by addressing the patients’ concerns and explaining the rationale behind the long-term treatment of gout.

Disclosure statement: P.C. has received grants/research support from the National Institute of Health Research School for Primary Care Research. All other authors have declared no conflicts of interest.