



Gout: nurses' knowledge and need for educational training!

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❖ **Introduction:**

- Gout is an inflammatory disease of the joints, caused by excessive levels of uric acid in the blood: hyperuricemia.
- Treatment must be rapid and effective to avoid irreversible joint damage.
- All health professionals, including nurses, must be involved.

❖ **Aim:**

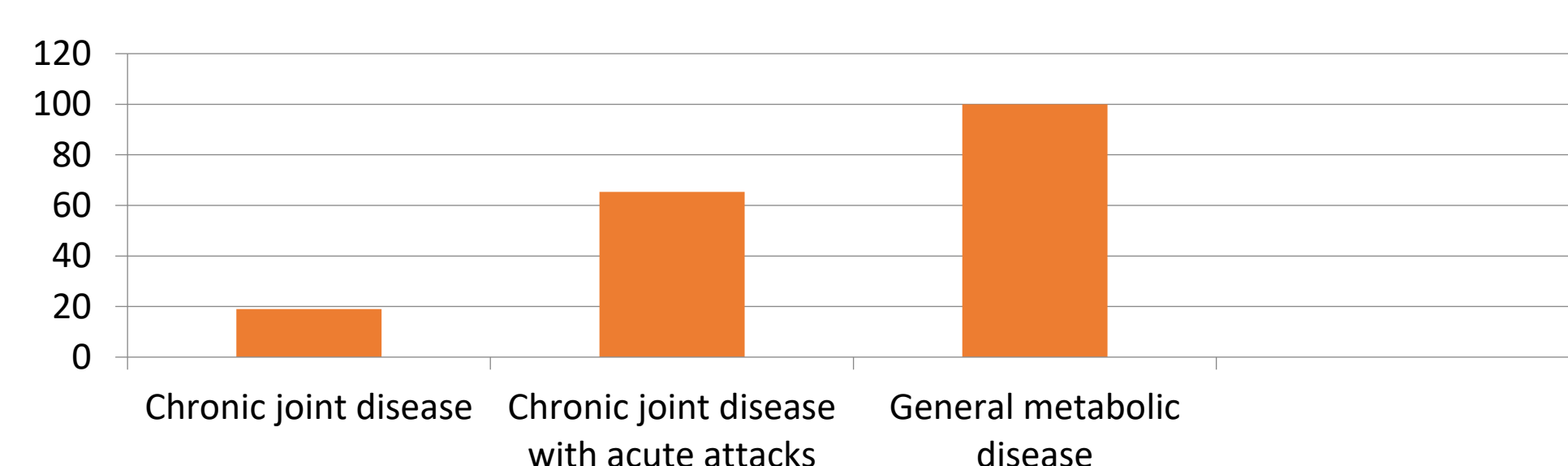
- We designed this study to better understand nurses' knowledge and beliefs about gout,
- In order to more effectively develop a therapeutic education program.

❖ **Materials and Methods:**

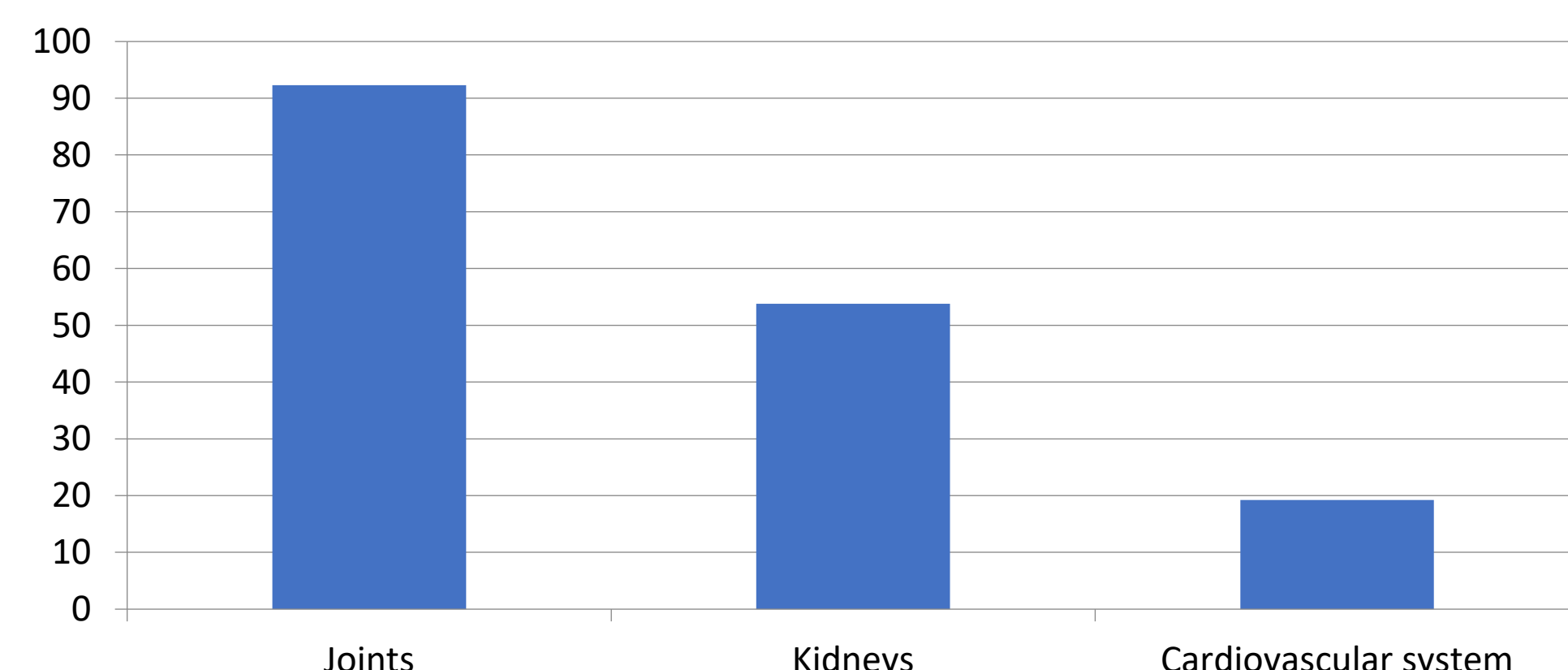
- A self-administered survey was developed via Google Forms.
- It was conducted among nurses practicing in Rheumatology departments in December 2024.

❖ **Results:**

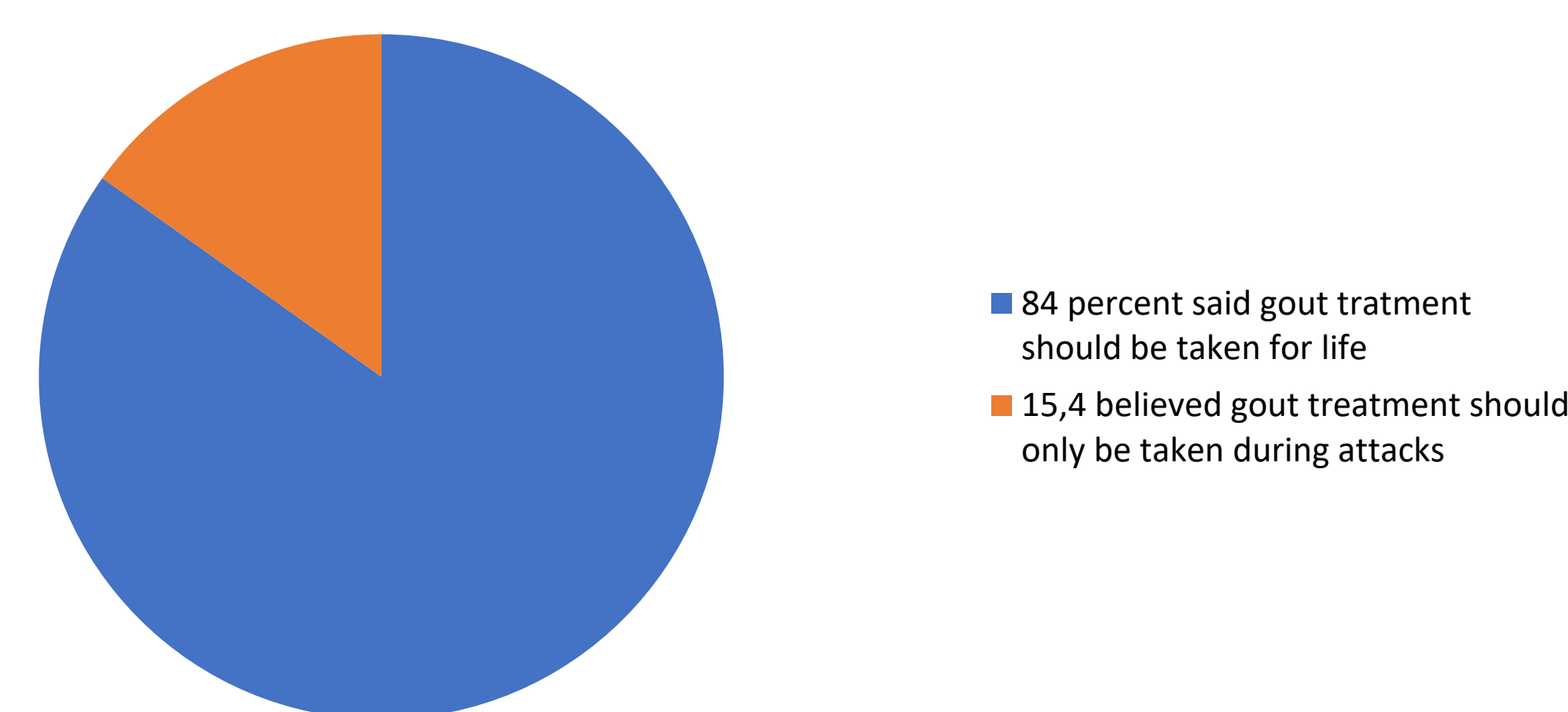
- Our study included 26 nurses:
 - 76.9% were female
 - 23.1% were male
- The mean age of the nurses was 32.5 ± 6.4 years.
- Length of service ranged from 3 to 23 years.
- When asked about the definition of gout:



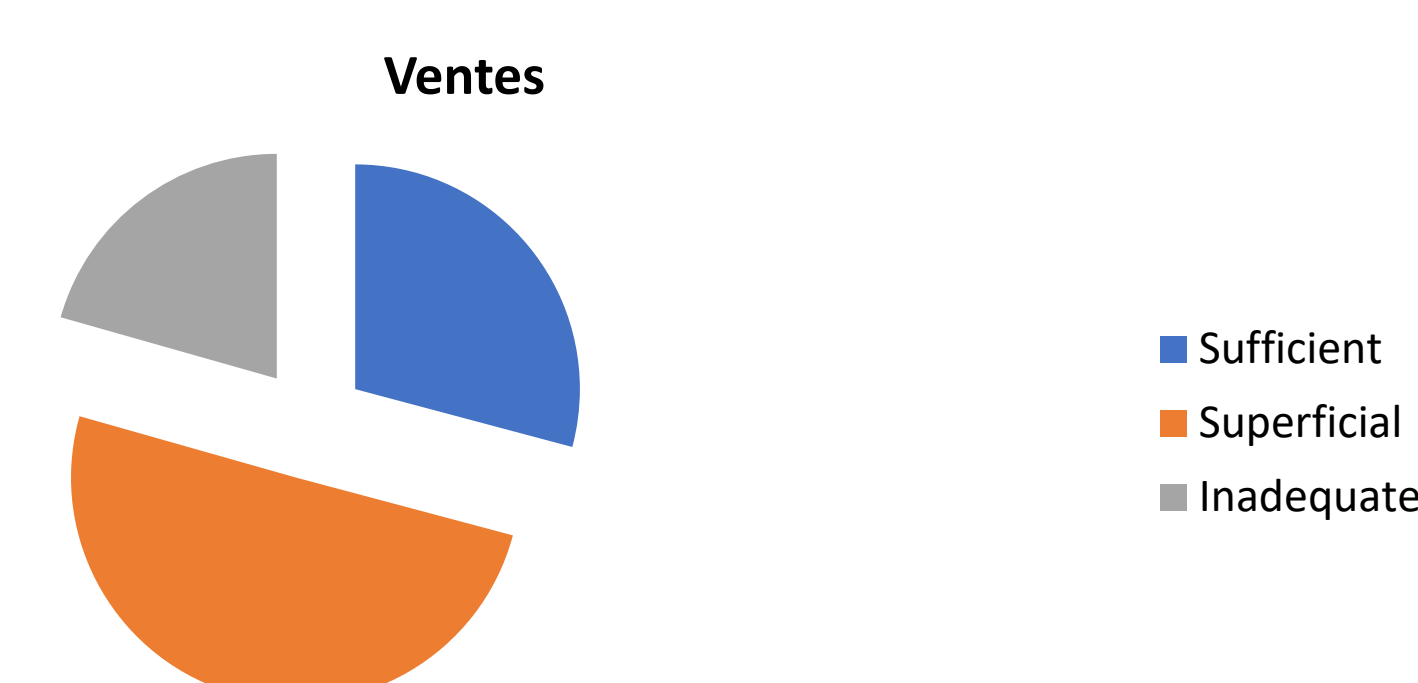
- Regarding uric acid:
 - 53% believed that any increase in uric acid was gout
 - The others did not share this view
- Organs affected by gout:



- Etiologies noted:
 - Dietary causes (84.6%)
 - Medicinal causes (30.8%)
 - Genetic causes (26.9%)
- Regarding treatment duration:



- Therapeutic approaches:
 - 69.2% emphasized the need for hypo-uricemic treatments
 - 53.8% recognized the importance of hygienic-dietary rules
 - 15.4% considered colchicine alone as the best treatment
- 90% of nurses stated they always emphasized hygienic and dietary rules when caring for gout patients.
- Regarding their training:



- All nurses acknowledged the importance of their role in managing this disease.
- 84% expressed interest in educational training on this microcrystalline arthropathy.

❖ **Conclusion:**

- The results of this study highlight an overall sufficient understanding of gout among nurses.
- However, gaps remain.
- This emphasizes the crucial need for better continuing education on this pathology.
- Nursing interventions are effective and should be reinforced to ensure:
 - Optimal disease management
 - Regular treatment follow-up
 - Personalized patient support
 - Prevention of attacks
 - Improved quality of life for patients