



# Implementing a Pharmacist-Led Gout Clinic for Titration of Urate Lowering Therapy in an Australian Tertiary Referral Centre

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## Background

- The medical gout clinic waitlist at Fiona Stanley Hospital is growing.
- A pharmacist-led gout clinic for primary care patients in North America was more effective than usual care.<sup>1</sup>

## Objective

- To evaluate a pharmacist-led gout clinic in Australia.

## Action

- A pharmacist telephone clinic was established, consulting on Urate Lowering Therapy (ULT) titration, flare prophylaxis and maintenance guidance using a treatment algorithm.
- Referrals were from a tertiary Rheumatology clinic or for hospitalised patients.
- Once asymptomatic, patients were discharged to their General Practitioner for long-term follow-up.

## Results

- Forty-five patients were referred in the first 18 months.
- Ten patients (22%) successfully treated and discharged from the clinic.
- Eight patients (18%) successfully reached their uric acid (UA) target and are undergoing maintenance follow up.
- Nine patients (20%) were lost to follow up due to death, non-compliance or catchment relocation.
- New to follow-up ratios for the medical gout clinic increased from 16.67% to 50.00% over the first 7 months.

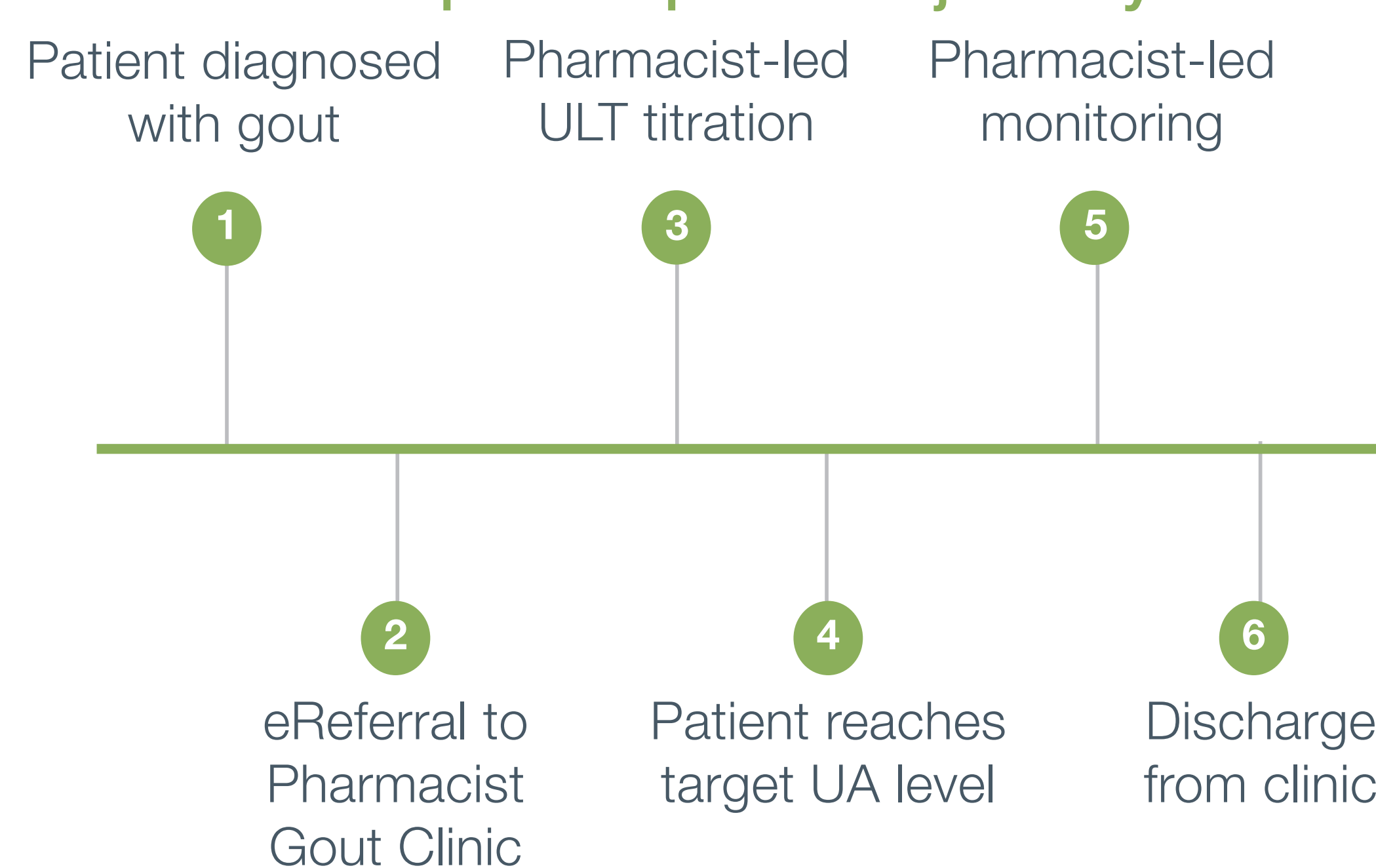
26 week data	Goldfien <sup>1</sup> (primary care patients)	Chang (tertiary care patients)
Per-protocol analysis participants	29	16
% achieving UA target*	44.83%	26.25%
Mean UA change from baseline (mmol/L)	-0.12	-0.16

\*p value of 0.468

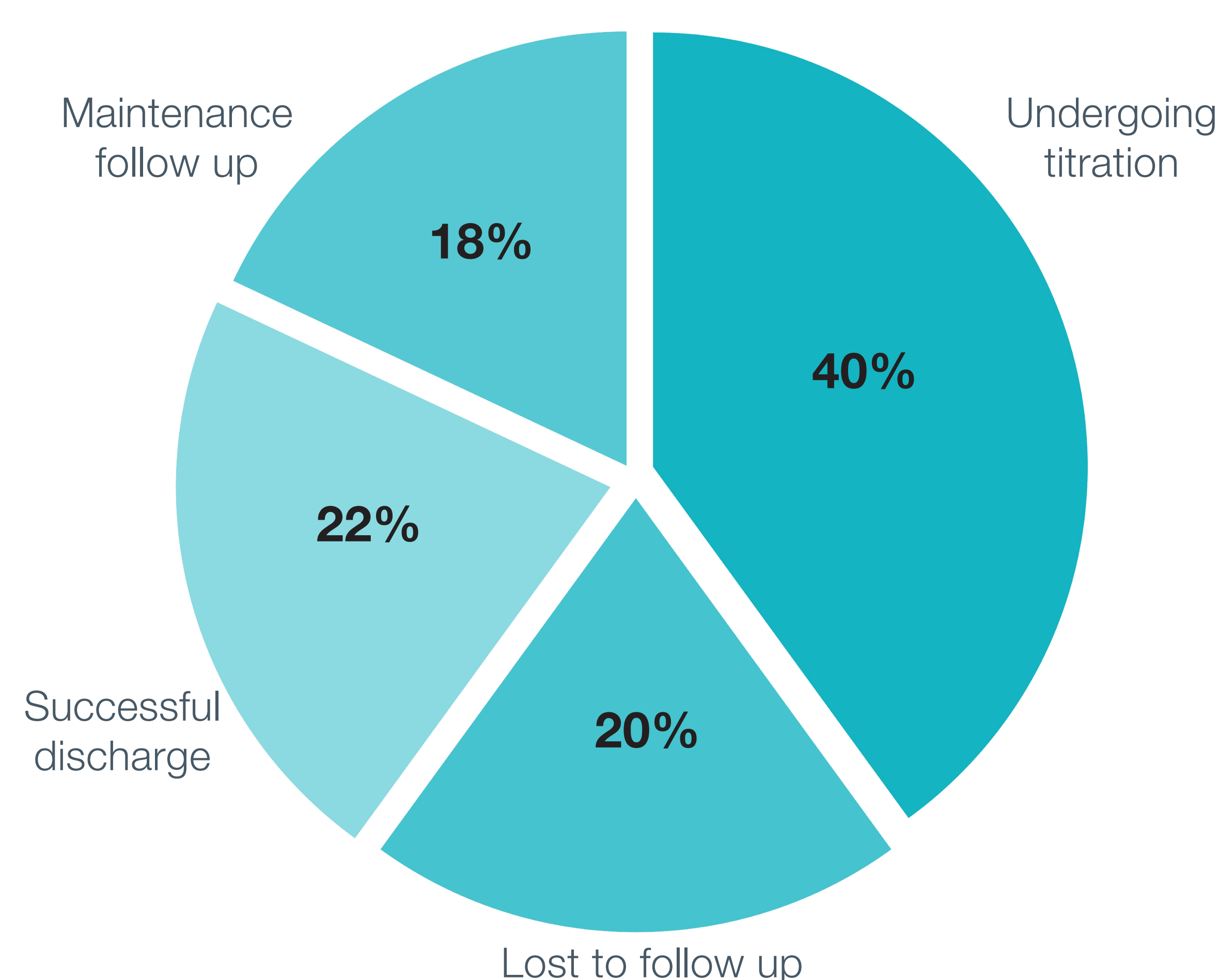
### Pharmacist Directed Dosing (PDD)

- Pharmacist independently adjusts medication doses in an outpatient setting.
- Must follow an approved treatment algorithm.
- PDD is ideal for the gout clinic due to its treat-to-target strategy.

### The expected patient's journey



### Patient outcomes after 18 months



## Conclusion

- Implementation of a pharmacist-led gout clinic in an Australian tertiary referral centre successfully titrated ULT therapy in some patients.
- The medical gout clinic waitlist was improved.
- Further evaluation is required.

### Reference:

1. Goldfien R, Pressman A, Jacobson A, Ng M, Avins A. A pharmacist-staffed, virtual gout management clinic for achieving target serum uric acid levels: a randomized clinical trial. Perm J 2016;20:15-234.