



Service Priorities and Programmes
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A Study of Impact of Pharmacist Counseling Service on Disease Control of Patients with Gout

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Introduction

Gout affects around 3-6% of people in Hong Kong. Some studies discovered that only 30-50% of them received adequate information about their medications and lifestyle advice and less than 10% had good clinical and biochemical control of gout. In addition to the impact on the patient's lifestyle, uncontrolled gout can lead to joint deformity, renal impairment and cardiovascular events. Thus, it is important to ensure that patients have a good disease control. Different guidelines consider patient education as an essential element in gout treatment, so a pharmacist-led counseling service may be beneficial to gout patients.

Objectives

To examine the effect of pharmacist counseling service on the control of gout through patient education and to examine its ability to improve patients' knowledge of gout.

Methodology

This prospective, service-interventional study was conducted in Tseung Kwan O Hospital between October 2012 and March 2013. Thirty-nine patients were recruited in out-patient section and they received a detailed counseling on their disease, medication use and lifestyle modification. Disease control was assessed by the Gout Control Questionnaire which measures the severity of gout and impact on the patient's quality of life while patients' knowledge was assessed by the Gout Knowledge Checklist. Patient satisfaction was asked at the end of study.

Result

The mean total score of the Gout Control Questionnaire obtained at baseline was 33±8 while that at the end of study was 18±9. The disease control was significantly improved after this study ($p<0.001$). The mean total mark of the Gout Knowledge Checklist was 6±2 at baseline and 9±1 at the end of study. Patients' knowledge was also significantly improved ($p<0.001$). All of the patients were satisfied with this service. The majority of the patients did lifestyle modification at the end of study. This study shows that pharmacist counseling service is effective in improving control of

gout. It has also demonstrated to improve patients' knowledge of gout and their awareness of lifestyle modification. Generally, the patients were highly satisfied with this service with positive feedback.