Owning My Gout Service (OMG)
(Community Pharmacy Gout Management Service)

Presenter: Diana Phone (Pharmacist and Clinical Lead)
Project Team: Diana Phone, Rebecca Lawn, Trevor Lloyd, Katy Boulton, Ian Hutchby, Cathy Martin
Acknowledgements: Susan Reid, Dr. Peter Gow, Dr. Nicola Dalbeth, Dr. Bruce Arroll
About myself...

- Early Career Pharmacist
- Clinical Lead- Owning My Gout Service (Counties Manukau DHB)
- Clinical Lead- Safety in Practice Programme (Waitematā and Auckland DHB)
- Professional Practice Fellow- Otago School of Pharmacy
- Vice President- Pacific Pharmacists Association Inc. of NZ

Pharmacy Rocks
GO SAMOA
IF IN DOUBT BLAME IT ON GOUT
Gout in Aotearoa New Zealand: are we going to ignore this for another 3 years?

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Nicola Dalbeth, Catherine Gerard, Peter Gow, Gary Jackson, Carl Shuker, Leanne Te Karu, Doone Winnard

"It is not wholly fanciful to compare the Dartmouth Atlas of Health Care with On the Origin of Species." So wrote Richard Smith, for 13 years editor of the BMJ, in that journal in 2011. "Both books ... fundamentally changed our world view. Darwin's book showed our descent from apes. The
Prevalence of gout in Counties Manukau

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Reference:
Prevalence of gout by DHB in 2016

Reference:
Impact of Gout?

Reference:
Metabolic Syndrome
Maori and Pasifika disproportionately affected

Figure 1: Prevalence of identified gout in New Zealand, by ethnicity, 2012–2016.

Reference:
3. Gout in Aotearoa New Zealand: the equity crisis continues in plain sight. NZMJ 2018
Gout Management Plan

- Diagnose gout accurately

- Treat acute attack promptly
  - NSAIDs, corticosteroids, colchicine
  - Choice- individual clinical circumstances

- Control hyperuricaemia
  - Urate-lowering medication (e.g. allopurinol) + prophylaxis (e.g. colchicine)
  - Target serum urate <0.36mmol/L (tophi - <0.30mmol/L)
  - Check identifiable causes e.g. diuretic
  - Lifestyle factors e.g. weight loss, exercise
  - Identify trigger factors e.g. kai moana, beer, exercise, tomatoes

- Control blood pressure and other CVS risk factors, comorbidities
Barriers to Optimal Management

- Health system barriers
- Patient barriers
- HEALTH LITERACY - both clinicians and patients!
- Lack of collaboration between healthcare providers
Owning My Gout Service model

**Specialist**
- Continuing Professional Development
- Review Standing Order
- Future- referral into service from secondary care

**Pharmacist**
- POC serum urate test monthly -> titrate allopurinol dose (Standing Order)
- Education using Stop Gout booklet

**Referral**
GP/nurse/pharmacist/patient

**GP**
- Rx- Allopurinol, Prophylaxis
- Lab form- eGFR

**Patient**

**Nurse**
- Goals of treatment- Shared Care Plan (Planned Proactive Care)
- Education using Stop Gout booklet
Patient education and support is crucial

Giving the right information, in the right way, at the right time

- STOP GOUT booklet (Mandarin, Tongan, Samoan)
- Health Literacy Framework
  A: Ask
  B: Build
  C: Check
- Recorded on Shared Care Plan
- Adherence support
Proof of Concept

Average Serum Urate Level by Visit Number for Patients Enrolled in the OMG Service - All Practices

- 6 General Practices and 7 Pharmacies
- N = 150 patients
- P value <0.0001
Proof of Concept

- ~80% patients in the OMG service are Maori or Pacific
- ~45% patients in the OMG service are between the age of 19-44 years
The Owning My Gout journey...

what people think it looks like

what it really looks like
Critical Success Factors

- Relationship and communication between Pharmacy and General Practice
- Working Group (Clinical Lead, Project Manager, Improvement Advisor)- develop, refine & implement the service
- Champions at Pharmacy and General Practice
- Patient voice
- Funding for the pharmacies (consumables, quality control, IT, Pharmacist professional time)
- Adequate training for Pharmacists- e-learning module on Pharmaceutical Society of NZ platform
- Institute for Healthcare Improvement (IHI)- Model for Improvement methodology, Plan-Do-Study-Act (PDSA) cycles
- Collaborative learning sessions- reflection, information sharing, problem solving
"I have really appreciated the gout project - it removes a significant work load from the GP’s to manage gout. The education is high quality and knowing there is a system to get the uric acid level measured regularly and at point of care is excellent."

Dr Lily Fraser, GP, Turuki Healthcare
"We can see the difference it’s made for patients. They’re delighted that they’re not getting flare-ups and they’re engaged in learning about their condition and medication."

Sana Khalil, Pharmacist

"We find it rewarding to be part of the clinical team - helping the patients achieve good outcomes for their gout condition."

Jasmine Yap, Pharmacist
“I’d been getting pain and aches in my feet and knuckles. I was really struggling. I couldn’t put my boots on or walk and my sore knuckles were affecting me. I couldn’t even lie down on my bed to sleep.

The Nurse explained it to me the changes I needed in my diet and lifestyle to stop the gout coming back.

I’ve been to the Pharmacist three times now and I’ve noticed a big difference. Since I started taking the tablets I’m great. I’ve almost reached the target, and I can put on my boots and do my work with no problems and no pain.”

Mr JS, OMG patient
Summary- Owning My Gout Service

- Collaborative model of care to manage gout
- Optimising therapy and increasing accessibility
- Providing education and support so patients can self manage their gout
- Most significant gain - feedback from the patients

*He aha te mea nui o te ao*
What is the most important thing in the world?
He tangata, he tangata, he tangata
It is the people, it is the people, it is the people
Acknowledgements

- Dr Allan Tee – The Doctors Ti Rakau
- Clare Hewison & Sara Kourkgy – Unichem Ti Rakau Drive Pharmacy
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- Carol Miller - Manurewa Medical Pharmacy
- David Lim - Unichem Manurewa Pharmacy
- Dr Lily Fraser - Turuki Health Care
- Jasmine Yap and Sana Khalil - Turuki Pharmacy
- Dr Carl Kole – Papatoetoe Family Doctors
- Lynette O’Brien - Unichem Papatoetoe Pharmacy
- Dr Fiona Shepherd - Southpoint Family Doctors
- Mohammad Hamadeh - Unichem Manukau Pharmacy
- Dr Mary Daly & Dr Tom Martin - Roselands Doctors
- Mike Guy - Life Pharmacy Papakura
Thank you 😊

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