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## Case study on gout.

**Ruchika Sharma**

akal college of nursing

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### THE VARIOUS NEEDS IDENTIFIED WERE:

There was a need to monitor the weight, dietary habits of the client regularly and also other daily physical activities of Mr. Mathu Ram.

#### OBJECTIVE:

- To establish the good IPR with the family.
- To assess the health needs of the family.
- To provide health education regarding the problem identified in the family.
- To provide the interventions as per the needs of the family, like regarding dietary and lifestyle modifications.
- To do the follow up visits in the family.

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### IDENTIFICATION DATA:

- **Name of the head of the family:** Mrs. Mathu Ram
- **Address:** Baldeyan ,Shimla
- **Age and sex:** 78 years, Female
- **Religion:** Hindu

#### Classification:

- **Total member:** 04
- **Postnatal :** Nil
- **Newborn:** Nil
- **Infant:** Nil
- **Toddler:** one (Master.Yograj)
- **Elderly client-** 1 (Mr. Mathu Ram)
- **Adult:** 2 (Mr. Kundlal and Mrs. Amita)
- **Date of study begins:** 5/06/2024
- **Date of study ends:** 15/07/2024

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### FAMILY CHARACTERISTICS:

- **Type of family:** Nuclear family
- **Size of family:** 4 members
- **Religion :** Hindu
- **Chief diet :** Vegetarian diet

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### SOCIAL BACKGROUND SPACE AND PRESENT STATUS:

#### SOCIO ECONOMIC STATUS:

- ✓ **Number of earning members:** 01
- ✓ **Total monthly income of all family members:** 15,000
- ✓ **Income per capita:** 3,600

**COMMUNITY SETTING:**

- ✓ **Name of the area (urban/ rural):** Rural
- ✓ **Name of the taluka and district:** Shimla
- ✓ **Administrative set-up (panchayat/ municipality/ corporation):** Panchayat
- ✓ **Caste:** schedule caste
- ✓ **Religion (Hindu/ Muslim/ Sikh):** Hindu
- ✓ **Occupation:** agriculture
- ✓ **Methods of recording birth and death:** Sub-centre and PHC Mashobra.

**FACILITIES AVAILABLE IN AREA (IN KM)**

- ✓ Medical –
- **Government hospital:** IGMC Shimla
- **Private hospital:** 10-12km
- ✓ **Social agencies:** Police station, Bank and Post office.
- ✓ Educational status:
- **School :** 500-700 meter
- **College :** in Seoni
- ✓ **Market:** 500m
- ✓ **Church /temple/ mosque:** 2km
- ✓ **Way of recreation:** Spend time on listening to news channel, with friends as well as read newspaper.
- ✓ **Communication:** Telephonic, Mobile.

**HOUSING SANITATION:**

- **Type of house:** Pucca house
- **Number of living rooms:** 02
- **Living space per head:** Adequate
- **Ventilation of room:** Well ventilated
- **Kitchen facilities:** Separated
- **Water supply:** Tap
- **Electricity arrangement:** Properly arranged
- **Drainage system-** Closed drainage system
- **Mosquito breeding areas:** No mosquito breeding places in surrounding
- **Type of latrine:** Indian
- **Methods of waste disposal:** Dispose in dustbins

**HOUSING CONDITION:**

- **Own /Rented:** Rented
- **Roof:** Concrete
- **Walls:** Cemented
- **Floor :** Tiled
- **Furniture:** Table and chairs, furniture, beds, almirah and others as per requirements.
- **Storage of food:** Refrigerator
- **Surrounding:** Neat and clean

**FAMILY HEALTH PRACTICES, ATTITUDE AND BELIEFS:**

The family is having positive attitude regarding health issues regarding hand washing, personal hygiene, cleanliness of environment and surroundings. They take healthy diet and perform yoga to take care of their self.

**NUTRITIONAL STATUS OF THE FAMILY: GOOD**

- **Breakfast:** Healthy breakfast with chapatti and vegetable.
- **Lunch:** Chapatti or rice dal.
- **Dinner:** Chapatti and seasonable vegetable

**HEALTH PROBLEM FELT BY FAMILY MEMBERS: GOUT :****DEFINITION:**

Gout is a type of inflammatory arthritis that causes pain and swelling in your joints, usually as flares that last for a week or two, and then resolve. Gout happens when high levels of serum urate build up in your body, which can then form needle-shaped crystals in and around the joint. This leads to inflammation and arthritis of the joint. When the body makes too much urate, or removes too little, urate levels build up in the body. However, many people with high levels of serum urate will not develop gout. Its most common symptom is sudden and severe joint pain along with swelling and redness. It usually affects the big toe, but it can develop in any joint. Symptoms can rapidly get worse over 6-24 hours and usually last for 3-10 days (sometimes referred to as a gout attack). After this time, the joint will start to feel normal again and any pain or discomfort will eventually disappear completely.

**CAUSES:**

SR.NO	BOOK PICTURE	CLIENT PICTURE
1.	Gout is caused by the accumulation of uric acid in the blood. Uric acid is a waste product that is created when the body breaks down chemicals in cells, known as purines.	✓ Increased serum uric acid.

**RISK-FACTORS:**

SR.NO.	BOOK PICTURE	CLIENT PICTURE
1.	Increased serum uric acid	
2.	Certain medicines like diuretics, niacin	X
3.	Gender (male)	Present
4.	Foods rich in purines	
5.	Smoking and alcohol	X
6.	Family history of gout	X
7.	Medical conditions like hypertension, diabetes mellitus, kidney problems etc.	X

**SIGN AND SYMPTOMS:**

SR.NO.	BOOK PICTURE	CLIENT PICTURE
1.	Swelling (swelling) in and around the affected joint	
2.	Red, shiny skin over the affected joint	X
3.	As the swelling subsides, a peeling, itchy and flaky skin on the affected joint	Complaints of itching and peeling of skin around ankles

**DIAGNOSTIC FINDINGS:**

SR.NO.	BOOK PICTURE	CLIENT PICTURE
1.	History collection	
2.	Physical examination	
3.	Serum uric acid test	

**MANAGEMENT:**

SR.NO.	BOOK PICTURE	CLIENT PICTURE
1.	<b>Medicines:</b> Medicines given to the clients in order to relieve symptoms of gout and some medicines may decrease serum uric acid levels. Medicines included:	Tablet Diclofenac sodium 75 mg SOS and tablet allopurinol 100mg OD has been advised by doctor.  Mr. Mathu Ram took medicine Diclofenac sodium

	<ul style="list-style-type: none"> <li>● Diclofenac sodium</li> <li>● Indomethacin</li> <li>● Colchicine</li> <li>● Corticosteroids</li> <li>● Allopurinol</li> <li>● Febuxostat</li> </ul>	
2.	<p><b>Exercise:</b></p> <p>Do exercise regularly but avoid intense exercise or putting lots of pressure on joints.</p>	Mr. Mathu Ram started doing exercises daily.
3.	<p><b>Diet:</b></p> <p>Take healthy diet which includes low-fat yogurt, garlic, ginger, apple cider vinegar, citrus fruits, avocado, cherries, beans, cereals, pulses, fresh dairy products.</p>	Mrs. Mathu Ram does not take healthy diet, as he don't avoid high purine rich diet.

HEALTH PROBLEM FELT BY COMMUNITY HEALTH NURSE:FAMILY VISITS:

- **Frequency:** 1-2 visit visits
- **Plan of care done:** Care provided according to the health problem : Gout

**FAMILY HEALTH NURSING CARE PLAN:**

- ❖ Name of family members: Mr. Mathu Ram
- ❖ Age and sex: 78years/male
- ❖ Health problem: Gout.

**NURSING CARE PLAN:**

SR.NO.	HEALTH PROBLEM	FAMILY NURSING DIAGNOSIS	GOALS	PLANNING	NURSING INTERVENTIONS	EVALUATION
1.	Gout as	Inability	After rendering the health education, the family will be able to understand the pattern of symptoms of gout.	<ul style="list-style-type: none"> <li>● To assess the client</li> <li>● To assess the client</li> <li>● To assess the client</li> <li>● To demonstrate joint exercises to the client.</li> <li>● To educate client about home remedies that</li> <li>● To advise client to assistance while walking.</li> </ul>	<ul style="list-style-type: none"> <li>● Pain level of the client has been assessed</li> <li>● Physical activity and mobility level of the client has been assessed.</li> <li>● Client's nutritional status has been assessed.</li> <li>● Joints exercises (ROM) has been demonstrated.</li> <li>● Education about home remedies has been given like apple cider vinegar, ginger...</li> <li>● Advice regarding assistance has been given to client.</li> </ul>	By doing all these nursing interventions client's pain has been reduced up to some extent and now she is able to perform activity of daily living.

SR.NO.	HEALTH PROBLEM	FAMILY NURSING DIAGNOSIS	GOALS	PLANNING	NURSING INTERVENTIONS	EVALUATION
2.	Lack knowledge	Inability problem.	After rendering the health education, the family will be able to understand the nature and extent of gout, symptoms of gout, complications of gout, preventive measures and home remedies of gout.	<ul style="list-style-type: none"> <li>To assess</li> <li>To provide health education about the nature and extent</li> <li>To encourage client to ask her doubts and queries.</li> <li>To assess the activities of the clients.</li> </ul>	<ul style="list-style-type: none"> <li>Knowledge level of the client has been assessed. She is unaware about the extent of problem.</li> <li>Health education has been given about nature of gout preventive measures</li> <li>Client having queries about how to ginger</li> <li>Client</li> </ul>	By doing all these nursing interventions client's knowledge level has been increased up to some extent and now client is able to provide desired and proper care.

#### OBSERVATION:

Mr. Mathu Ram is having gout since one year and recently having symptoms of joint pain, unable to walk freely and having no awareness about which types of food is good for her health and what food he should be avoided.

#### REMARKS:

During the health visits from the initiation till the last visit it can be concluded that Mr. Mathu Ram adopt good healthy dietary habits and do exercises daily now having no symptoms like joints pain and inability to walk.

#### TERMINATION OF THE VISIT:

Termination of the visit was done on 15/06/2022. The family has given the full support during the visits. They were happy and satisfied from the visits. Now the client's joints pain reduced up to some extent and she is able to walk normally. Mr. Mathu Ram take home remedies for gout like daily intake of ginger, garlic and avoid food that will cause high serum uric acid and he also do joint exercises.

#### SUMMARY AND CONCLUSION:

I RuchiKA Sharma started the case study on 5/06/2024 during community posting at urban training health Baldeyan ,Shimla. I visited the family of Mr. Mathu Ram. I have given the self-introduction to the family members and maintained good interpersonal relationship with them. There are total 4 members in the family. The name of the head of the family is Mr. Mathu Ram. During assessment I found that Mr. Mathu Ram is having gout and undergone treatment from IGMC Shimla and rest of the family members were healthy. Mr. Mathu Ram recently having complaints of joint pain and she is unable to walk freely. During the family case study the assessment was made on dietary patterns and exercise habits of Mr. Mathu Ram .The family was educated regarding the importance of regular exercises like knee rotation exercise, yoga, morning and evening walk, and also taught about the healthy dietary pattern and home remedies of gout like apple cider vinegar, garlic, ginger, baking soda and lemon juice to relief symptoms. They are following all the preventive measures and remedies of gout and now joints pain of Mr. Mathu Ram has been reduced up to some extent. The living conditions and surroundings of the family are good and satisfactory

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