Subacute single or several joint arthritis

- Recent onset over days to weeks of joint swelling and pain or stiffness in one or several joints (<4 joints = oligoarthritis), often asymmetrical.
- **Differential diagnoses include:** Reactive arthritis or other spondyloarthropathy, early rheumatoid arthritis, chronic gout, osteoarthritis, tumours (rare)

### Information Required

- Duration of symptoms:  
  - <6 weeks, >6 weeks, <12 months, >2 years
- Distribution of joints involved
- Associated symptoms: recent infective illness eg. urethritis, ocular inflammation, inflammatory back pain, diarrhoea and weight loss
- Functional Impairment
- History of recent travel, TB exposure
- Family history of rheumatological disease, psoriasis, inflammatory bowel disease, or other autoimmune disease
- Weight and BP
- Treatments used/opinions sought thus far

### Investigations Required

- Urethral swab for gonorrhea, urine PCR for chlamydia
- Rheumatoid factor and anti CCP antibody titres
- ANA (titre and pattern must be included), HLA B27
- ESR, CRP
- U&’s, LFT’s, urate, CBP
- X-ray if OA suspected

### Fax Referrals to Rheumatology Outpatients

- Flinders Medical Centre (FMC)  
  Fax: 8204 6105 (Clinic B)
- Repatriation General Hospital (RGH)  
  Fax: 8374 2591 (GP liaison)

### Suggested GP Management

- Symptomatic treatment with NSAIDs unless contraindicated
- Contact Rheumatology registrar at RGH or FMC if urgent referral/advice required.
- If a crystal arthropathy is suspected, joint aspiration should be performed. This could be arranged via a local radiology service if required. Synovial fluid analysis request should include microscopy for crystals and organisms, cell count, culture and sensitivity.

### Clinical Resources

- EULAR recommendations for the management of psoriatic arthritis with pharmacological therapies. Ann Rheum Dis 2012, 71(1):4-1
- [www.rheumatology.org](http://www.rheumatology.org) and follow links to clinical practice guidelines

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients)