

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 gonorrhoea, urine PCR for chlamydia
- Rheumatoid factor and anti CCP antibody titres
- ANA (titre and pattern must be included), HLA B27
- ESR, CRP
- U&E'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 and follow links to clinical practice guidelines
- <http://www.rheumatology.org.au/community/PatientMedicineInformation.asp>

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

Version	Date from	Date to	Amendment
1.0	August 2014	August 2016	Original