10/10/2023

AHD Rheumatology Month

**Gout: Dr. Young**

1. 1. Describe the differential diagnosis for acute monoarthritis and create a table for the 4 different types of synovial fluid (normal, non-inflammatory, inflammatory and septic).
2. 2. Describe the synovial fluid characteristics of gout and pseudogout.
3. 3. Describe the treatment options for acute gout.
4. 4. Recognize when to start urate lowering therapy recommended based on the 2020 American College of Rheumatology guidelines.

**Reading:** Mayo Clinic: My Approach to Gout

**Podcasts:** <https://thecurbsiders.com/podcast/112-gout-flares-bathtubs-andfirefighting>

<https://thecurbsiders.com/podcast/113-gout-uric-acid-targets-urate-therapy>

**Myositis - Dr. Young**

1. Develop a differential diagnosis for the patient with muscle pain and/or muscle weakness.

2. Understand the inflammatory myopathies by making a table of the inflammatory myopathies (PM, DM, IMNM and IBM) and outline key clinical features of each.

3. Understand the relationship between inflammatory myopathies and malignancy. Name a 2-3 factors that raise your concern for an associated malignancy in a patient with inflammatory myopathy.

Reading: Nature Review Idiopathic inflammatory myopathies

**Systemic lupus erythematosus - Dr. Young**

1. Consider and describe the differential diagnosis for lupus.

2. Describe several symptoms and exam findings (by organ system) that should prompt clinicians to consider a diagnosis of lupus.

3. Review the 2019 ACR/EULAR classification criteria for SLE.

4. List the appropriate laboratory evaluation for SLE, and which laboratory findings are included in the 2019 ACR/EULAR classification criteria. Identify the labs that are important for monitoring for a lupus flare.

5. List benefits of hydroxychloroquine for patients with SLE, recommended monitoring while on hydroxychloroquine and common side effects.

READING: MKSAP SLE chapter Podcast if interested: <https://thecurbsiders.com/podcast/171-lupus>