TITLE: Interventions for the Nutritional and Medical Management of Gout in Adults: Clinical Effectiveness and Guidelines

DATE: 20 February 2009

RESEARCH QUESTIONS:

1. What is the clinical effectiveness of interventions for the nutritional and medical management of adult patients with gout?

2. What are the guidelines for the nutritional and medical management of adult patients with gout?

METHODS:

A limited literature search was conducted on key health technology assessment resources, including PubMed, the Cochrane Library (Issue 1, 2009), University of York Centre for Reviews and Dissemination (CRD) databases, ECRI, EuroScan, international health technology agencies, and a focused Internet search. Results include articles published between 2004 and February 2009, and are limited to English language publications only. Filters were applied to limit the retrieval to health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, and guidelines. Internet links are provided, where available.

RESULTS:

HTIS reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, and evidence-based guidelines.

Three systematic reviews, nine randomized controlled trials, and two evidence-based guidelines were identified regarding the medical management of adult patients with gout. No systematic reviews or randomized controlled trials were identified regarding nutritional management of adult patients with gout. No relevant health technology assessments were identified. Additional articles of interest may be found in the appendix.
Health technology assessments
No literature identified

Systematic reviews and meta-analyses


CRD abstract: http://www.crd.york.ac.uk/CRDWeb/ShowRecord.asp?ID=12006007745

Randomized controlled trials


**Guidelines and recommendations**

   Full guideline: [http://rheumatology.oxfordjournals.org/cgi/data/kem056a/DC1/1](http://rheumatology.oxfordjournals.org/cgi/data/kem056a/DC1/1)


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APPENDIX – FURTHER INFORMATION:

Observational studies


Review articles


Additional references
