



# EPiC Reflect: Gout

EPiC can be used to explore your data and reflect on your current practice, either as an individual or as a practice team.

## Purpose

Reflecting in this way may help you to have more effective conversations with patients and colleagues, to set goals, and to incorporate your learning into everyday practice. You can download and save this document, then upload it to your professional development learning record upon completion.

## How to complete this reflection activity

This activity encourages you to reflect on your current practice and to set goals and establish the actions you will take to achieve these goals. We have provided some examples to assist you.

Download this document and save it to your device, then work your way through each of the reflection examples and type your notes in the spaces provided in the editable tables.

For each of the four data stories listed in the table below ([Prevalence](#), [ULT](#), [Flare medicines](#), and [NSAIDs](#)):

- in the first column of the table, think about the points to consider (or make up your own)
- in the second column, type in what the data show you
- in the third column, record your learning notes, reflection notes, and your proposed actions.

You will see that we have provided example answers in some of the columns to help you formulate your notes. You can use these and/or add your own thoughts.

This reflection activity has been endorsed by the RNZCGP and PSNZ for continuing professional development purposes

| <b>Points to consider for each data story</b> | <b>What do the data show?</b><br><br>View the EPiC data displays and write notes for yourself and/or your practice in this column, as per the examples below. | <b>Your learning, reflections, and actions</b><br><br>Write your notes in this column, using the examples below as prompts.<br><br><b>Learning notes:</b> What are possible conclusions I can draw from the data?<br><br><b>Reflection notes:</b> What do the data make me think and feel about my current practice eg, might any internal bias be shown in the data?<br><br><b>Actions:</b> Are there any changes I could make to my practice in response to these data? |
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### Prevalence

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| <p>How many patients do I have with gout? How many patients does my practice have with gout?</p> <p>Are there particular demographic groups who have a higher prevalence of gout in my practice?</p> |  |  |
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## Urate Lowering Therapy (ULT)

How many of my patients are not regularly being dispensed ULT?

What proportion are getting none and what proportion are not getting enough?

When I look at these data by ethnicity how does the prescribing look? Are there particular groups of patients who would benefit from a targeted intervention?

## Flare medicines

How many of my patients with gout, and my practice's patients with gout, have had two or more prescriptions of a flare medicine dispensed in the last year?

When I look at these data by ethnicity how does the prescribing look? Are there inequities?

## NSAIDs

How many of my patients with gout and my practice's patients with gout have had NSAIDs dispensed in the last year?

How many of these patients are potentially at high risk of adverse events from NSAID use?