mental health (median: 65, 75, 75, 88, and 88, respectively), while had low levels of quality in role physical, and bodily pain (median: 0, and 22, respectively). Patients presenting with ulcerations over tophi had worse scores on five SF-36 domains, the mental component summary (MCS) and the physical component summary (PCS) than gout patients without ulcerations [mean (SD); $P < 0.05$ for all]: Bodily pain, 30.86(31.59) vs 35.17(33.40); General health, 49.46(27.01) vs 64.17(23.69); Vitality, 57.14(32.53) vs 72.84(26.38); Mental health, 75.4(22.43) vs 83.05(20.96); Reported health transition, 3.58(0.89) vs 3.78(1.42); MCS, 52.62(21.82) vs 66.65(21.44); PCS, 35.85(21.17) vs 46.67(23.86).

Conclusion: Patients with ulcerations over tophi present much worse QoL compared those without ulcerations. Our study suggests that the presence of ulceration over tophi further deteriorates the QoL in gout patients.

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Table 1. Clinical characteristics

Variable	Total (n=79)	Non-ulcerations (n=51)	Ulcerations (n=28)	P value
Male, n (%)	74(93.7)	47(92.1)	27(96.4)	0.462
Age ^a , mean, y	54.23±14.30	53.96±12.24	54.71±17.69	0.842
Body mass index ^a , kg/m ²	24.87±3.97	25.13±4.02	24.40±3.91	0.444
Gout duration ^a , y	10.96±7.06	10.04±6.75	12.63±7.41	0.119
Maximum Serum uric acid, mg/dL	625.5±133.86	630.9±124.23	614.3±166.43	0.639
Smoking, n (%)	38(48.1)	23(45.1)	15(53.5)	0.477
Alcohol, n (%)	26(32.9)	13(25.5)	13(46.4)	0.072
Hypertension, n (%)	34(43.0)	18(35.3)	16(57.1)	0.062
Diabetes mellitus, n (%)	13(16.5)	10(19.6)	3(10.7)	0.281
Regular treatment, n(%)	3(3.8)	3(5.9)	0(0)	0.971
Glucocorticoid abuse, n (%)	18(22.8)	11(21.5)	7(25.0)	0.173

^aMean (SD).

Table 2. QoL scores

	Median (IQR)	Non-ulcerations (n=51), mean (SD)	Ulcerations (n=28), mean (SD)	P value
Physical function ^b	50(20-80)	58.62(32.17)	40.89(35.97)	0.095
Role physical ^b	0 (0-100)	33.03(46.91)	17.85(37.17)	0.119
Bodily pain ^b	22(0-62)	35.17(33.40)	30.86(31.59)	0.007
General health ^b	65 (40-80)	64.17(23.69)	49.46(27.01)	0.014
Vitality ^b	75 (50-95)	72.84(26.38)	57.14(32.53)	0.023
Social function ^b	75(38-100)	72.55(3.02)	60.27(33.85)	0.107
Role emotional ^b	88 (68-96)	33.98(47.37)	15.43(34.45)	0.135
Mental health ^b	88 (68-96)	83.05(20.96)	75.4(22.43)	0.007
Reported health transition		3.78(1.42)	3.58(0.89)	0.007
PCS		46.67(23.86)	35.85(21.17)	0.048
MCS		66.65(21.44)	52.62(21.82)	0.007

^b(range = 0-100)

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AB0932

FACTORS IN ACHIEVING TARGET SERUM URIC ACID LEVELS IN OUTPATIENT GOUT MANAGEMENT IN A MALAYSIAN TERTIARY RHEUMATOLOGY CENTRE

M. H. Mustapha¹, H. Baharuddin², N. Zainudin¹, S. S. Ch'ng¹, H. Mohd Yusoff¹, I. S. Lau¹, M. Mohd Zain¹, A. Rosman¹. ¹Hospital Selayang, Rheumatology Unit, Department of Medicine, Selangor, Malaysia; ²Universiti Teknologi MARA (UiTM), Faculty of Medicine, Hospital Selayang, Selangor, Malaysia

Background: Gout is one of the most common inflammatory arthropathies. A target serum uric acid of less than 300µmol/l is recommended when tophi are present, and less than 360µmol/l for non-tophaceous gout. Urate-lowering therapy (ULT) should be titrated until the target is achieved and long-term maintenance of the target concentration is recommended. Although ULT has been proven to reduce the uric acid level, less than half of treated patients achieved the target serum uric acid (sUA) in real-world clinical practice.

Objectives: To assess the mean treat-to-target achievement in outpatient management of gout by the tertiary rheumatology centre and to identify factors influencing the success rate.

Methods: Retrospective cross-sectional study of all patients with gout attending out-patient clinics in a rheumatology referral centre from 1st January 2018

until 31st December 2018. Electronic medical records were reviewed. The successful target achievement is defined as mean of all available sUA in 2018 which is ≤360 and ≤300µmol/l for non-tophaceous and tophaceous gout respectively. Chronic kidney disease (CKD) is defined as glomerular filtration rate of less than 60ml/min.

Results: There were 251 patients analysed with mean age of 56.3±13.8 years and disease duration of 10.5±9.2 years. Majority were males (215, 85.7%) and 133 (53%) patients had tophaceous gout. The rate of success achieving the target SUA level of ≤360 and ≤300µmol/l were 33.9% (40) and 15.8% (21) in non-tophaceous and tophaceous gout respectively. However, in patients who are compliant, the target sUA achieved is 52.4% (33) and 31.7% (19) in non-tophaceous and tophaceous gout respectively. Characteristics of patients who achieved the targeted sUA were patients of more than 50 years old (48, 78.7%), without family history of gout (29, 65.9%), were prescribed colchicine prophylaxis upon initiating ULT (46, 76.7%), with absence of joint erosions (34, 73.9%) and those with normal creatinine clearance (40, 65.5%). There were 120 (48.4%) patients who were compliant to ULT. In 42 compliant patients who achieved target sUA, the mean allopurinol dose is 289.66mg±101.2 and 369.23mg±175 in non-tophaceous and tophaceous gout respectively. Sub-analysis in 31 compliant CKD patients, revealed no difference in allopurinol dose between those who achieved versus non-achieved target sUA (mean 243mg versus 263mg respectively). However, we noted that 11 (61%) CKD patients with tophi did not achieved target sUA at dose less than 300mg allopurinol. Lower achievement of target sUA was significantly associated with presence of tophi (p=0.001), poor compliance (p=0.000) and presence of more than one comorbidity (p=0.041).

Conclusion: There are several challenges in achieving target uric acid level contributed by both patient and clinician factors such as compliance, presence of comorbidity and ULT dose. Our study suggests that higher dosage of allopurinol is required in patients with tophaceous gout, with or without renal impairment. However, the limitation of this study is, the small number of subjects which therefore needs further investigation.

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AB0933

PHYSICAL ACTIVITY DECREASES PAIN AND INFLAMMATION IN GOUT PATIENTS

N. Schlesinger¹, K. Jablonski², E. Schwarz², N. Young². ¹Rutgers Robert Wood Johnson Medical School, Medicine, New Brunswick, New Jersey, United States of America; ²The Ohio State University Wexner Medical Center, Medicine, Columbus, Ohio, United States of America

Background: Despite the high prevalence of gout, there has been little investigation into the relationship between physical activity and gout.

Objectives: To investigate whether physically active gout patients, as assessed by the International Physical Activity Questionnaire (IPAQ) long form, have lower pain scores, decreased inflammation, assessed by C-reactive protein (CRP) levels and less flares.

Methods: During scheduled appointments, gout patients not experiencing a flare at the time of visit were recruited from our clinics and consented to participate in the study. IPAQ were completed. Clinical data collected during the visit included age, years since diagnosis, flares per year, perceived pain at the time of visit and in the past 4 weeks, and C-reactive protein (CRP) levels.

Results: Thirty gout patients were recruited. Ages 31-86 (mean 61); duration of gout: one- 43 years (mean 9). IPAQ, separated gout patients into physically active (n=16) and physically inactive cohorts (n=14) (p<0.001). Physically active gout patients had over 12-fold fewer gout flares per year (p<0.01); 10-fold less CRP (p<0.01, a 4.6-fold decrease in perceived pain at the time of visit (p<0.01), and a 2.8-fold decrease in perceived pain over the past 4-week period (p<0.05).

Conclusion: This is the first study using a validated physical activity tool, IPAQ, to assess physical activity in gout patients. In this study, physically active gout patients were found to have lower CRP levels, less flares per year, and decreased pain perception compared to those that are not physically active, highlighting the importance of incorporating physical activity as a possible adjunct treatment option during intervals between flares.