


# GOUT

## Virtual Monitoring Clinic

A photograph of a middle-aged man with grey hair, wearing a white striped short-sleeved shirt and a black wristwatch, talking on a black smartphone. He is standing in front of a window with sheer curtains. A white speech bubble is positioned over the phone, containing the text: "Hi Nurse Jamie, what is my uric acid level this time?".

Hi Nurse Jamie,  
what is my uric acid  
level this time?

General

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## What Is The Gout Virtual Monitoring Clinic?

The gout virtual monitoring clinic allows for patients to have their gout condition treated to achieve the target uric acid level quicker and be reviewed virtually by the AH care team. This service consists of telephone consultations and safety calls by a nurse. With this virtual clinic, you may choose to do your blood tests at AH, or at your preferred polyclinic before each telephone consultation. You will not be required to visit AH on the day of your consultation, saving you time and money.

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### Who Runs The Gout Virtual Monitoring Clinic?

Trained nurses run the clinic. They work hand-in-hand with your physician, and alongside you to ensure your gout condition is managed safely.

### What Is The Purpose Of The Safety Calls?

To ensure you are confident of managing your condition, our nurses will make the safety calls with you when you start your gout medications. This will happen every two weeks for the first three months for our nurses to monitor you for any adverse effects and gout flares.

### How Many Virtual Consultations Do I Have To Attend?

The healthcare professionals at the gout virtual monitoring clinic will adjust your gout medications until your uric acid level is under control. On average, patients require two to four telephone consultations after the first physical consultation with our nurse, each held about two months apart.

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Some patients may require more sessions, depending on their condition.

The nurse and your physician will collaborate to manage your condition and any complications. The nurse will assist to inform the physician if you face any issues. Your care team will arrange for you to return to AH when necessary for a consultation with your physician in the clinic, to assess and ensure your suitability to continue with the virtual monitoring programme.

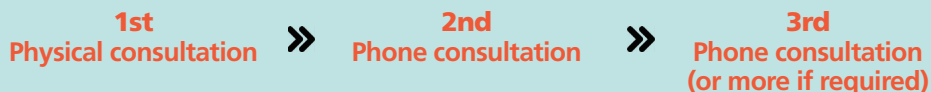
### Where Can I Do My Blood Tests For The Gout Virtual Monitoring Clinic?

You may choose to do your blood tests at AH or at any of these polyclinics:

- Ang Mo Kio Polyclinic
- Bukit Batok Polyclinic
- Choa Chu Kang Polyclinic
- Clementi Polyclinic
- Geylang Polyclinic
- Hougang Polyclinic
- Jurong Polyclinic
- Pioneer Polyclinic

- Queenstown Polyclinic
- Toa Payoh Polyclinic
- Woodlands Polyclinic
- Yishun Polyclinic

## 1 Doctor Refers Suitable Patient To Attend Gout Virtual Monitoring Clinic



### What you need to do:

- Our staff will inform you on when you need to go for your scheduled blood test at AH or your preferred polyclinic before each virtual consultation.
- On the day of your virtual consultation, you do not need to turn up at AH. Please wait for our video/ phone call.

Note: Patients who have been assessed by the nurse to require medical attention will be arranged to be seen by their attending physician in the clinic.



## 2 Discharge to primary care or referring physician once gout condition is under control.

### What Are The Cost Savings?

- **Traditional in-clinic model:**
  - 3 physical consultations with your physician in AH.
- **Gout virtual monitoring clinic:**
  - 3 consultations with your nurse.
  - 4 safety calls with your nurse.
- **Cost savings:**
  - Between 40-50%.

The above charges are correct as at July 2021. Our staff will advise you on the amount payable during your consultation.

### Contact Us

The Gout Virtual Monitoring Clinic is offered under the Chronic Care programme of Alexandra Hospital at:

#### Clinic J, Integrated Care Clinic

#### Location:

Blk 1, Level 2

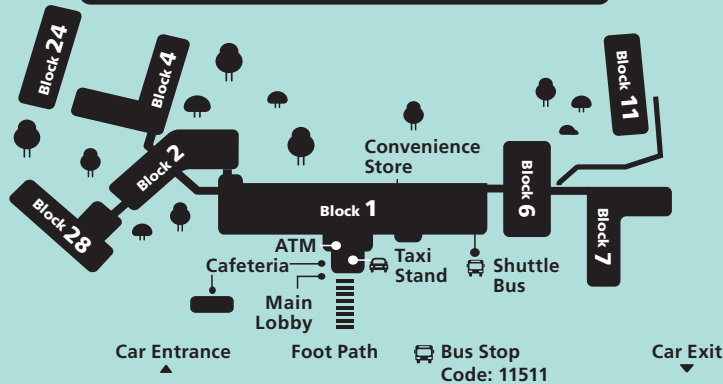
#### Email:

AH\_Enquiries@nuhs.edu.sg

#### Contact no.:

+65 6472 2000

## How to Get Around Alexandra Hospital



### Block 1

#### Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

#### Level 2

- Clinic J, Integrated Care Clinic
  - Gynaecology Clinic
  - Outpatient Infusion Centre (OPIC)
  - Podiatry
- Clinic K, Healthy Ageing Clinic
  - Dietetics
  - General Surgery Clinic
  - Palliative Clinic
  - Physiotherapy
  - Plastic Surgery
  - Rehabilitation & Restorative Medicine Clinic
  - Staff Clinic
  - Urology Clinic
  - Vascular Clinic

#### Level 3

- Ward 7

### Block 2

#### Level 1

- Clinic D, Dental Centre
- Clinic E
  - Anaesthesia Outpatient Consultation Clinic
  - Hand and Reconstruction Microsurgery
  - Neurosurgery
  - Orthopaedic Centre

#### Level 3

- Day Surgery Operating Theatre (DSOT)

### Block 4

#### Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

#### Level 2

- Wards 2 and 3

#### Level 3

- Wards 4 and 5

### Block 6

#### Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

#### Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

#### Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

### Block 7

#### Level 1

- Wards 8 and 9

#### Level 2

- Wards 10 and 11

#### Level 3

- Wards 12 and 13

### Block 11

#### Level 1

- Rehabilitation 2

### Block 28

#### Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

#### Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (August 2021) and subject to revision without prior notice.

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