

Inflammatory Mono Arthritis

Urgent MSK
service
referral

Red flags

Septic
Arthritis
suspected

Refer acute
orthopaedics
via A&E

History and Examination

- Rapid onset
- Early morning stiffness over 30 minutes
- Obvious painful swollen joint
- Family history

Investigations

- FBC, uric acid, U&E, CRP, ESR, Rh factor
- Patient temperature
- No imaging necessary (acute onset)
- Auto Antibodies only necessary if symptoms suggestive of Connective Tissue Disorder i.e. Dry eyes/mouth, photosensitive rash, significant alopecia, recurrent miscarriage

Management

- If Gout suspected go to gout pathway
- Patient education
- RICE
- Naproxen 750mg then 250mg tds with PPI after NSAID risk assessment

Urgent Referral to Integrated MSK Service if:

- First episode **and** symptoms are more than 10 days **and** not responding to Primary Care Management