

Self-Management of Lupus

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Lupus Foundation of Northern California
Patient Education Class

Class Outline

I. Overview

II. Chronic Disease Self-Management

- Medical
- Behavioral
- Emotional

III. Complementary/Alternative Medicine

IV. Conclusion

How is Lupus Treated?

Medical Treatment
+
Self-Management

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Medical Specialists

That *May Be* Involved in Care of Lupus Patients

- **Rheumatologist**
- **Dermatologist**
- **Nephrologist**
- **Cardiologist**
- **Endocrinologist**
- **Hematologist**
- **Neurologist**
- **Ophthalmologist**
- **Perinatologist**
- **Physiatrist**
- **Etc.**

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Chronic Disease Self-Management Programs (CDSMP)

- Patient Education Research Center
 - Stanford University Medical School
- General and Disease-Specific Programs
- Well-Researched

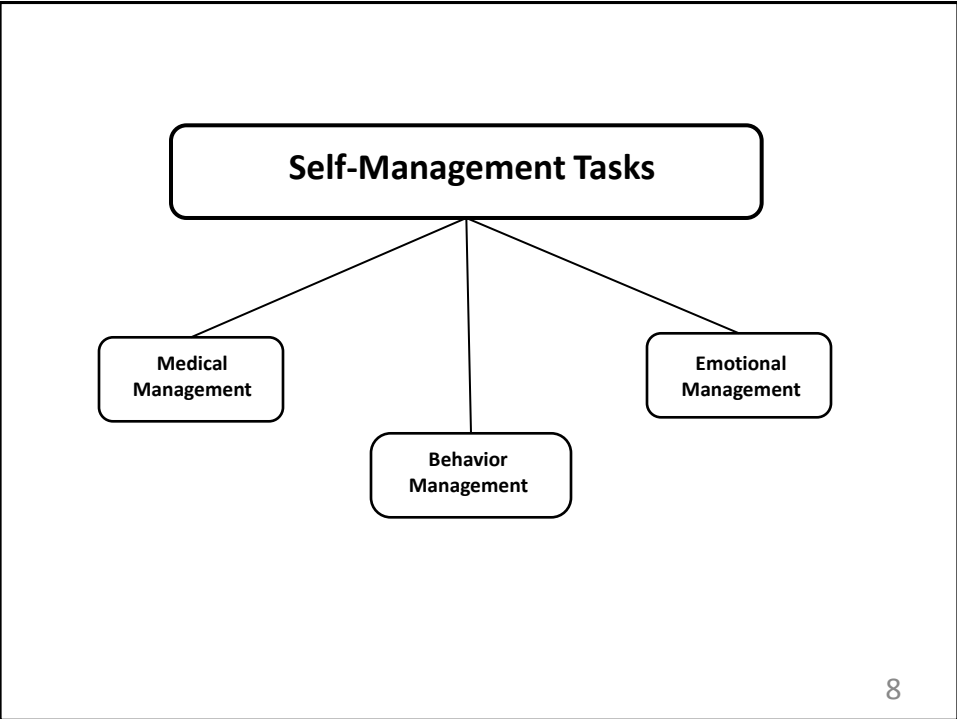
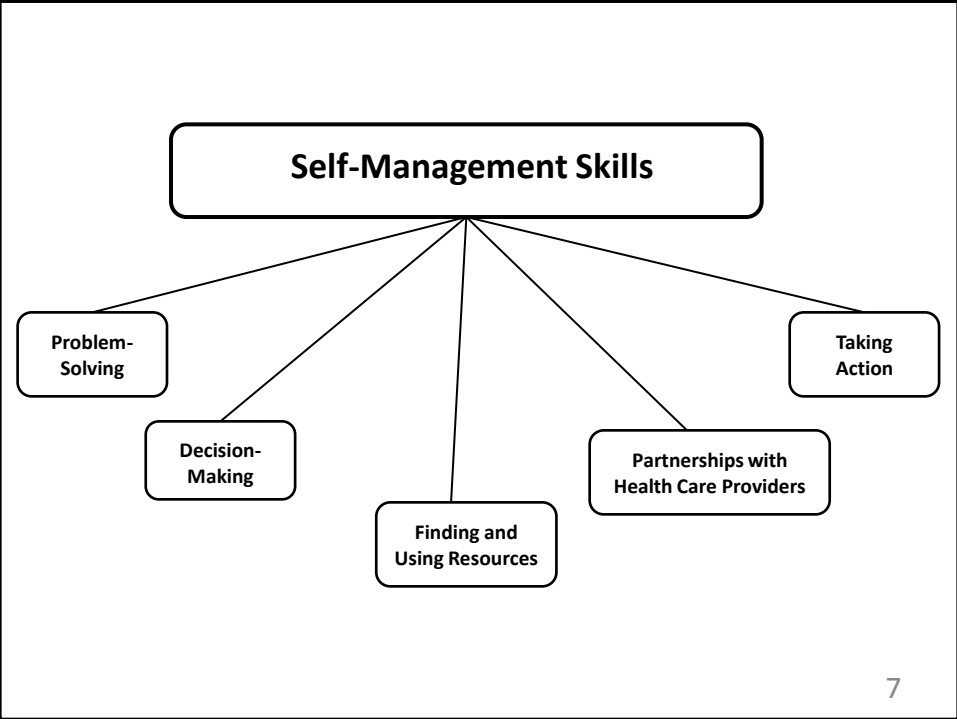
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Differences Between Acute and Chronic Disease

	Acute Disease	Chronic Disease
Beginning	Rapid	Gradual
Cause	Usually one	Many
Duration	Short	Indefinite
Diagnosis	Commonly accurate	Often uncertain, especially early on
Diagnostic Tests	Often decisive	Often of limited value
Treatment	Cure common	Cure rare
Professional's Role	Select and conduct therapy	Teacher and partner
Patient's Role	Follow orders	Partner of health professionals; responsible for daily management

From *Living a Healthy Life with Chronic Conditions, Third Edition* by Kate Lorig, David Sobel, Virginia Gonzalez, Marion Minor.

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Medical Management

- Learn
- Organize
- Track
- Prepare

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Keep Physician(s) Informed

- New or Troublesome Symptoms
- OTC Medications
- Complementary/Alternative Medicine
 - Supplements
 - Treatments

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Behavioral Management

- Good Health Habits
 - Diet/Nutrition
 - Sleep
 - Exercise
- UVA and UVB Protection
- Stress Reduction

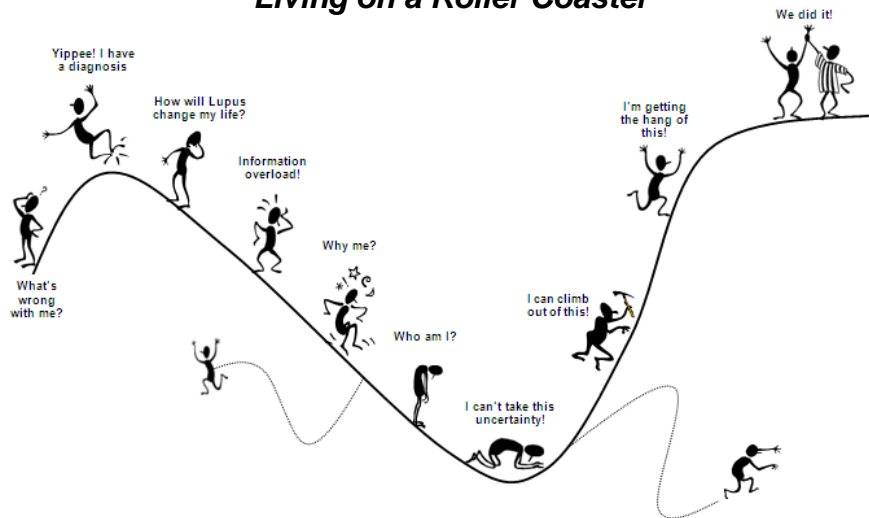
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Emotional Management

- Recognize Emotional Challenges
- Learn Coping Skills
- Learn Problem-Solving and
Decision-Making Skills
- Seek Social Support
- Practice Patience

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Living with Lupus Can Feel Like *Living on a Roller Coaster*



© John Fisher's Transition Curve 2009-2010, adapted by Susan Patrick for Lupus Foundation of Northern California. Diagrams and personal change theory from www.usthesis.com.

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Complementary/Alternative Medicine

- Complementary Treatments
 - *With* Conventional Medicine
- Alternative Treatments
 - *Instead of* Conventional Medicine

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Caution!

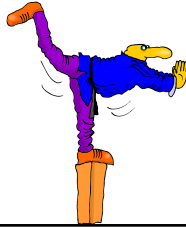


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Questions/Comments?

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Strive for Balance



Work and Play

Exercise and Rest

Your Needs and Others'

Managing Lupus and
Living Your Life