Self-Management of Lupus

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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

Medical Specialists That May Be Involved in Care of Lupus Patients

- Rheumatologist
- Dermatologist
- Nephrologist
- Cardiologist
- Endocrinologist
- Hematologist
- Neurologist
- Ophthalmologist
- Perinatologist
- Psychiatrist
- Etc.
Chronic Disease
Self-Management Programs
(CDSMP)

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

Differences Between Acute and Chronic Disease

<table>
<thead>
<tr>
<th></th>
<th>Acute Disease</th>
<th>Chronic Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning</td>
<td>Rapid</td>
<td>Gradual</td>
</tr>
<tr>
<td>Cause</td>
<td>Usually one</td>
<td>Many</td>
</tr>
<tr>
<td>Duration</td>
<td>Short</td>
<td>Indefinite</td>
</tr>
<tr>
<td>Diagnosis</td>
<td>Commonly accurate</td>
<td>Often uncertain, especially early on</td>
</tr>
<tr>
<td>Diagnostic Tests</td>
<td>Often decisive</td>
<td>Often of limited value</td>
</tr>
<tr>
<td>Treatment</td>
<td>Cure common</td>
<td>Cure rare</td>
</tr>
<tr>
<td>Professional's Role</td>
<td>Select and conduct therapy</td>
<td>Teacher and partner</td>
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<tr>
<td>Patient’s Role</td>
<td>Follow orders</td>
<td>Partner of health professionals; responsible for daily management</td>
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</tbody>
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From Living a Healthy Life with Chronic Conditions, Third Edition by Kate Lorig, David Sobel, Virginia Gonzalez, Marion Minor.
Self-Management Skills

- Problem-Solving
- Decision-Making
- Finding and Using Resources
- Partnerships with Health Care Providers
- Taking Action

Self-Management Tasks

- Medical Management
- Emotional Management
- Behavior Management
Medical Management

- Learn
- Organize
- Track
- Prepare

Keep Physician(s) Informed

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

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

Emotional Management

• Recognize Emotional Challenges
• Learn Coping Skills
• Learn Problem-Solving and Decision-Making Skills
• Seek Social Support
• Practice Patience
Living with Lupus Can Feel Like
Living on a Roller Coaster

Complementary/Alternative Medicine

- Complementary Treatments
  - With Conventional Medicine

- Alternative Treatments
  - Instead of Conventional Medicine
Caution!

Questions/Comments?
Strive for Balance

- Work and Play
- Exercise and Rest
- Your Needs and Others’
- Managing Lupus and Living Your Life