

Women's Awareness Regarding Systemic Lupus Erythematosus: Impact of Self- Management Guidelines

Abstract

Background: Systemic Lupus Erythematosus (SLE) is a common long-term autoimmune disease calls for self-care strategies tailored to enable women to actively manage their health and presume responsibility for disease control **Aim:** This study aimed to evaluate the impact of implementing self-management guidelines on the women's awareness regarding SLE. **Design:** A quasi-experimental designed study. **Settings:** the participants were recruited from the Rheumatology and antenatal outpatient clinics at Al-Azhar University Hospital in New Damietta. **Subjects:** A purposive sample was conducted on adult female women (18-45 years old), that suffer from different signs and symptoms of disease. **Four tools** were employed for gathering of data as follows: **Tool I** was a structured interview questionnaire divided into 2 parts to assess personal characteristics of the women and their medical and obstetric history. **Tool II** was women's awareness knowledge about SLE. **Tool III** was The Brief Pain Inventory (BPI) scale. **Tool IV** was disability index scale. **Results:** This study found that 67.7% of women had satisfactory knowledge about SLE disease, 72.3% were able to self-management post guidelines, statistically significant differences in improving knowledge, pain interference, and disability index post application of the self-management guidelines were found. Also, women acquired sufficient knowledge, and an increase in positive daily life practices was observed. **Conclusion:** The self-management guidelines reinforced the women's knowledge also improved daily life and reflected in decreased pain and increased disability index. **Recommendations:** Ongoing educational programs for females with SLE in order to enhancing their health status.

Keywords: Awareness, Disability index, Guidelines, Pain interference, Self-management & Systemic lupus erythematosus