Nursing Strategies for the Control of Systemic Erythematosus Lupus

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ABSTRACT

Systemic Lupus Erythematosus is a chronic condition, of autoimmune, inflammatory and multisystemic origin, with a higher incidence in women in the reproductive period. This condition can spread and affect other systems, including psychosomatic dimensions. It can be triggered by environmental, immunological, genetic, and external factors such as drugs. Based on the clinical aspects found in literatures of the classic form of the disease, it is proposed to draw up nursing strategies for coping with it. The coping and self-preservation strategies were: Guidance on the exposure and use of sunscreens, demonstration of well-being positions to ease discomfort (gastric and respiratory), stimulate physical exercise, establish routine nursing for evaluation of blood count and vital signs, refer the patient to the nutrition service whenever necessary, and offer psychological support for the acceptance of his or her own image.

In the presence of clinical findings (tissue damage resulting from photosensitivity, cutaneous and articular lesions and oral ulcers, etc.), laboratory tests (hemogram, FAN (antenatal factor), among others) and clinical manifestations presented by patients with the disease (fever, loss of weight, renal problems, pleuritis, myalgias, pericarditis, gastrointestinal problems, peripheral neuropathies and low self-esteem), there is a great advance in the clinical and psychological improvement of the patients who use these therapeutic techniques, as a consequence of the diagnosis and early interventions. These interventions promise to trigger a self-esteem improvement in the patients, as well as to broaden the discourse.

Keywords: Autoimmune disease; Confrontation; Self-care strategies; Systemic lupus erythematosus