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Self-care agency and associated factors in patients with Systemic Lupus Erythematosus

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Objective: The aim of this study was to estimate the level of self-care agency and explore its associated factors in patients with Systemic Lupus Erythematosus(SLE).

Method: A cross-sectional study was conducted between July and October 2016 and all patients were from a tertiary general hospital in Southwest China. The self-care agency was assessed by the Exercise of Self-care Agency Scale(ESCA). Pain and fatigue were assessed by the visual analog scale(VAS). The disease activity was measured using Systemic Lupus Erythematosus Disease Activity Index 2000 (SLEDAI-2K). Physical and mental health were evaluated by the physical (PCS) and Mental Component Summary (MCS) of the instrument SF-36, version 2. Multivariate regression analysis was performed to explore the associated factors of self-care agency.

Result: A total of 123 patients were recruited. The mean of ESCA was 86.29. In univariate analysis, self-care agency of patients have the difference in gender, work status, educational level, household income and disease activity($P<0.05$). Additionally, higher BMI, higher level of fatigue and worse mental health was found in patients with lower self-care agency($P<0.05$). The stepwise multivariate regression analysis showed that male($P = 0.001$), lower educational level($P=0.003$), lower household income($P<0.001$) and worse mental health($P <0.001$) could predict lower self-care agency.

Conclusion: This results indicated that the patients with SLE had a middle level of self-care agency. The lower level of self-care agency was assessed with male, lower educational level, lower household income and worse mental health. These findings pointed out the importance of targeted intervention to enhance the self-care agency in patients with SLE.

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