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Self-care agency and associated factors in patients with systemic lupus erythematosus

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Purpose: 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).

Patients and methods: In this cross-sectional study, all patients were from a tertiary general hospital between July and October 2016 in Southwest China. The self-care agency was assessed by the Exercise of Self-care Agency Scale (ESCA). Other variables were measured by the visual analog scale (VAS), Systemic Lupus Erythematosus Disease Activity Index 2000 (SLEDAI-2K), the physical component summary (PCS) and mental component summary (MCS) of 36-item Short Form Health Survey (SF-36). Multivariate regression analysis was performed to explore the associated factors of self-care agency.

Results: A total of 123 patients were recruited. The mean score of ESCA was 86.29. In univariate analysis, self-care agency of patients differed in gender, work status, educational level, household income monthly per capita (HIMPC) and disease activity ($P < 0.05$). Additionally, higher body Mass Index (BMI), higher level of fatigue and worse mental health were found in patients with lower self-care agency ($P < 0.05$). The stepwise multivariate regression analysis showed that men ($P = 0.001$), lower educational level ($P = 0.003$), lower HIMPC ($P < 0.001$) and worse mental health ($P < 0.001$) could predict lower self-care agency.

Conclusion: Patients with SLE had a middle level of self-care agency, suggesting that there is still much scope for improvement. The lower level of self-care agency was associated with men, lower educational level, lower HIMPC and worse mental health. Therefore, healthcare providers should develop targeted and comprehensive interventions to enhance self-care agency in patients with SLE.

Biography

Hui Yang has completed her Undergraduate degree from Jilin University, China. Now she is a graduate student of Sichuan University majoring in Nursing.

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