

## Self-Management Behaviors in Thai Adolescents with Systemic Lupus Erythematosus

Supattana Sakdisthanont<sup>1\*</sup>, Pulsuk Siripul<sup>1</sup> and Wiyada Tipmom

<sup>1</sup>KhonKaen University, Thailand

<sup>2</sup>Bangkok-Thonburi Hospital, Thailand

Systemic lupus erythematosus (SLE) is the chronic disease. More than 25% of cases of SLE occur in adolescence period. Adolescents with SLE have more worsening symptoms and higher of mortality rate than others age. Self-management behavior can help them to improve their health. The studies of self-management behaviors in Thai adolescents with SLE have limited. The descriptive research aimed to study the dimension of self-management in adolescents with SLE. The sample consisted of 136 adolescents with SLE, aged 10-19 years, who were follow-up at the outpatient department in two tertiary hospitals at Khon Kaen province, South-East region of Thailand. Self management for adolescent with SLE questionnaire was used for data collection. Data was analyzed by frequency, percentage, mean, and standard deviation. Result showed that adolescent with SLE had a moderated level of the overall self-management 50.7%. The almost of adolescents' self-management behaviors were in the good level. Good level of self-management behaviors were as follow: taking medicine 98.5%, food consumption 66.2%, emotion control 58.1%, Prevention of relapse 56.6%, and communication with health team 47.8%. The moderated level of self-management behaviors were exercise 73.5%, sun protection 47.8%. Conclusions, Nurses should be giving clearly information to adolescents with SLE to promote their self-management behaviors. Future research should be study about the development of very effective intervention to promote self-management behaviors in adolescents with SLE.

**Keywords:** Self-management, adolescents, Systemic lupus erythematosus (SLE)

### Biography:

Supattana Sakdisthanont is an associate professor in the faculty of nursing at KhonKaen University, Thailand.