IMPROVING NURSING CARE IN PATIENTS WITH SYSTEMIC LUPUS ERYTHEMATOSUS


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Background: Systematic Lupus Erythematosus (SLE) is a systemic inflammatory autoimmune disease with a heterogeneous presentation in which almost every organ can be affected. SLE patients experience a lower quality of life due to fatigue, arthritis, skin abnormalities, myalgia and general fatigue. The treatment and support of patients with SLE is carried out by a multidisciplinary team, composed of rheumatologists, clinical immunologists, nurse practitioners and rheumatology nurses.

Objectives: To investigate the patients’ needs for nursing care support in a SLE clinical pathway.

Methods: To identify specific factors regarding nursing care for SLE patients, a literature search was performed. Subsequently, semi-structured interviews were held among patients with SLE from the department Rheumatology and Clinical Immunology of the University Medical Center Utrecht (tertiary care referral centre with approx. 300 SLE pts/year). The interviews focused on patients’ needs, quality of life and nursing care.

Results: Twenty-one individuals with CINP (15 female, mean age 37.5 years). All were using a DMARD and/or biological. Patients indicated a need for help with problems in daily life, information regarding SLE, peer support, and psychosocial help. Pain and fatigue were the most commonly reported symptoms. Most patients saw their nurse on an irregular basis. They appreciated the accessibility, accuracy, clarity, and patience of nurses.

Conclusions: There is a need for individualised nursing support in dealing with SLE. To assess individual needs among patients, a needs assessment tool could be used. Further research on the usefulness and effectiveness of a needs assessment tool in daily clinical practice is needed.

REFERENCES:


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EFFECTS OF FLAT CUSHIONING INSOLE ON GAIT PARAMETERS OF INDIVIDUALS WITH CHRONIC IDIOPATHIC NECK PAIN

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Background: Shock waves caused by ground reaction force dissipate through the body during walking, which brings about dynamic loading on bones and soft tissues. It was showed that individuals with neck pain walk with a stiffer spine due to protective movement strategy against pain. Degenerative changes, pain and increased stiffness decrease the shock absorption capacity of the spine and cause an increase in dynamic loading affecting the spine. It was known that chronic idiopathic neck pain (CINP) causes alternations in gait parameters, but it is still unclear if using flat cushioning insole affects gait parameters in individuals with CINP.

Objectives: The aim of the study was to investigate the effects of flat cushioning insole on neck pain during walking and gait parameters in individuals with CINP.

Methods: Twenty-one individuals with CINP (15 female – 6 male, mean age: 35.67±12.64) and 21 healthy controls (15 female – 6 male, mean age: 35.33±12.51) recruited into this study. Assessment of gait...