

Reflection: Experiences With Lupus

Take a moment and think about your experiences with lupus.

What symptoms have I experienced?

Symptom: _____

Symptom: _____

Symptom: _____

Symptom: _____

Has this changed since my last visit with my healthcare team?

| Yes | No |

| Yes | No |

| Yes | No |

| Yes | No |

How has this changed since my last visit (frequency, duration, severity)?

What are the areas of my body that most concern me? *(circle all that apply)*



Skin and hair



Brain



Eyes



Nose and mouth



Heart and lungs



Kidneys



Muscles and bones

Other: _____

Why do these areas concern me?

I am | **Not** | **Somewhat** | **Very** | worried about the silent effects of lupus. *(circle one)*

I share these concerns about the silent effects eg, inflamed kidneys of lupus with my: *(circle all that apply)*

Healthcare team | **Family members** | **Friends**

Other: _____

I share these concerns by:

Refer to UsinLupus.com for tools and resources to understand and learn more about your symptoms.



Reflection: Managing Your Lupus

Think about how you currently manage your lupus.

Things that I can do to help manage my lupus include:

What challenges am I facing?

Challenge 1:

Challenge 2:

Challenge 3:

Ways that I can overcome these challenges include:

I will overcome Challenge 1 by:

I will overcome Challenge 2 by:

I will overcome Challenge 3 by:

Ways I can take an active role in my disease self-management include:

Tools I can use to help overcome challenges and take an active role in my disease self-management include:

Refer to UsinLupus.com for tools to help you manage and track your lupus.



Reflection: Interacting With Your Healthcare Team

Think about how you have interacted with your healthcare team about your lupus.

I describe good communication with my healthcare team as:

(Think about a time you had a good experience with your healthcare team. For example, you felt that you were honest about your symptoms, and you were heard by your healthcare team.)

Consider your symptoms. Some symptoms that I do not talk about with my healthcare team include:

Symptom:

Reason for not sharing:

Symptom:

Reason for not sharing:

Symptom:

Reason for not sharing:

I would like my interactions with my healthcare team to be:

I would like my healthcare team to support me by:

To have more effective communication with my healthcare team, I will:

Refer to UsinLupus.com for tools to learn more about how to better communicate and work with your healthcare team.



Reflection: Reporting Your Symptoms

Think about how you have tracked and reported your symptoms.

I keep track of my symptoms by:

An incident when I forgot to tell my healthcare team about a symptom was when:

Consider this statement: *I feel that it is important to track my symptoms accurately and report honestly to my healthcare team.* (circle one)

| True | False |

To ensure I communicate all of my symptoms to my healthcare team, in my next visit, I will:

Refer to UsinLupus.com for tools to conveniently track lupus symptoms and record how they are affecting you.



Reflection: **Using Tools Available to You**

My challenges in living with lupus are:

Challenge 1: _____

Challenge 2: _____

Challenge 3: _____

Describe how you would use each of the tools that Us in Lupus provides to the community.

With the Lupus Checklist, I can: _____

With the Lupus Impact Tracker™, I can: _____

With the My Lupus Log app, I can: _____

With the Lupus Journal, I can: _____

With the Appointment Prep Guide, I can: _____

With the Lupus Dictionary, I can: _____

Refer to UsinLupus.com to access these tools and resources to give you the confidence to better manage your lupus.

