



EVALUATION OF INSTRUMENTAL ACTIVITIES OF DAILY LIVING (IADL) IN PATIENTS WITH SYSTEMIC LUPUS ERYTHEMATOSUS (SLE).

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BACKGROUND

The Systemic Lupus Erythematosus (SLE) as a chronic inflammatory disease, which symptoms can occur in several organs, can often cause several limitations to patients, impairing their functional capacity. The objective of this study was to evaluate the ability to perform the instrumental activities of daily living (IADLs) of patients with SLE treated at the outpatient clinic of a referral hospital in Fortaleza.

MATERIALS AND METHODS

Quantitative cross-sectional study based on the data collected through a validated version of the Instrumental Activities of Daily Living Scale (IADL) developed by Lawton and Brody and adapted to the Brazilian context, which scores range from 5 to 21 points, with index 5 indicating a total dependence, index between 5 and 20 indicates partial dependence and the index equal to 21 indicates independence. The Ethical Committee approved the study of research, and the participants filled the free and clarified consent term (TCLE).

RESULTS

We interviewed 48 patients with SLE through The majority of patients interviewed were female (95.8%), with a mean age of 39.35 ± 13.09 . The mean score of the Lawton and Brody Scale was 18.35 ± 1.91 . Regarding the ability to perform the AIVDs, 89.6% of the patients interviewed classified as partial dependents. About the time of diagnosis of SLE, the mean value found was 8.79 ± 6.11 years, a large part (41.7%) in the interval of 7 to 12 years of diagnosis. In addition, 56.2% of the patients presented other pathologies associated with SLE, such as fibromyalgia, hypothyroidism, and dyslipidemia.

CONCLUSION

Patients with SLE, for the most part, are partially dependent on their ability to perform AIVDs when evaluated by the Lawton and Brody Scale.