

# Lupus Action Plan

Living with systemic lupus erythematosus (lupus) can be a challenge. Symptoms often come and go over time. They may range in severity. New symptoms can occur at any time. Symptoms are not the same for everyone living with lupus.

Help manage your lupus by deciding which symptom category best describes how you feel right now. Then place a check mark next to any symptoms you have. Check off the actions you plan to take related to your symptom category.

SYMPTOM CATEGORY	ACTIONS
<p><input type="checkbox"/> <b>No Symptoms:</b> You have no symptoms and are able to do most of your daily activities.</p>	<p><input type="checkbox"/> Take your medicines as directed by your healthcare provider.</p> <p><input type="checkbox"/> See your provider for scheduled check-ups.</p> <p><input type="checkbox"/> Talk with your provider about how lupus can affect your body. Ask about the things you can do to help stay as healthy as possible.</p> <p><input type="checkbox"/> Work with your provider to create a lupus management plan.</p> <p><input type="checkbox"/> Talk with your provider if you begin to have symptoms or worsening of lupus. Your provider may suggest changes you can make in your management plan.</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>
<p><input type="checkbox"/> <b>Mild to Moderate Symptoms:</b> When you have symptoms, they may include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pain in joints</li> <li><input type="checkbox"/> Swelling in joints</li> <li><input type="checkbox"/> Fever with no known cause</li> <li><input type="checkbox"/> Feeling very tired/fatigued</li> <li><input type="checkbox"/> Skin rash</li> <li><input type="checkbox"/> Muscle aches</li> <li><input type="checkbox"/> Hair loss</li> <li><input type="checkbox"/> Mouth ulcers</li> </ul>	<p><input type="checkbox"/> Take your medicines as directed by your provider.</p> <p><input type="checkbox"/> See your provider for scheduled check-ups.</p> <p><input type="checkbox"/> Talk with your provider about managing your symptoms. You and your provider can work together to create a management plan for lupus.</p> <p><input type="checkbox"/> If your symptoms get worse or new symptoms appear, contact your provider. He or she will help you decide if you need to change your management plan.</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>
<p><input type="checkbox"/> <b>Severe Symptoms:</b> Your symptoms may become worse. When you have severe symptoms, they may include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Severe abdominal pain</li> <li><input type="checkbox"/> Chest pain or trouble breathing</li> <li><input type="checkbox"/> Seizures</li> <li><input type="checkbox"/> Excess bruising or bleeding</li> <li><input type="checkbox"/> Change in mood</li> <li><input type="checkbox"/> Confusion, memory loss, disorientation</li> <li><input type="checkbox"/> Severe headache, neck stiffness, fever</li> <li><input type="checkbox"/> Stroke</li> <li><input type="checkbox"/> _____</li> </ul>	<p><input type="checkbox"/> Call your provider immediately.</p> <p><b>Provider/Phone:</b> _____</p> <p><b>Emergency number:</b> _____</p>

*Use this action plan to help you manage lupus. Tell your healthcare provider if you get new symptoms or your symptoms change.*

