

**THE EFFICACY OF SELF-CARE MODEL APPLICATION
TOWARDS SELF-CARE AGENCY, SELF-CARE OPERATION
AND QUALITY OF LIFE IMPROVEMENT
IN SYSTEMIC LUPUS ERYTHEMATOSUS**

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ABSTRACT

Systemic Lupus Erythematosus (lupus) is a chronic autoimmune disease. Its flares could lower patients' quality of life (QoL). The application of self-care model could help patients achieving high QoL independently through self-care operation. This study aimed to prove the efficacy of self-care model application in improving self-care agency (SCA), self-care operation and QoL in lupus patients.

This is a pre-experimental study using the one group pretest-posttest design. Population was all lupus patients doing regular check-up in Rheumatology Unit of Dr. Soetomo Public Hospital, Surabaya. Sample was taken based on existed data in period of October-December 2014. Sample size was 36 enrolled by means of total sampling. Study intervention was Self-care Management Training followed up by four time weekly home visit. Instruments used were The Exercise of Self-care Agency Scale, Self-rated Abilities for Health Practices Scale and LUPUSPRO. Data analysis used paired t-test with $\alpha < 0.05$.

Result showed that all data were normally distributed in term of pretest and posttest ($p > \alpha$). Self-care model application could improve SCA by 19.93%, self-care operation by 17.53% and QoL by 12.19% averagely. Self-care model application was proved to be effective for improving SCA ($p=0.000$), self-care operation ($p=0.000$) and QoL ($p=0.000$) in lupus patients.

Self-care model is applicable in Indonesian context because adult patients have high capacity and SCA for performing self-care practice. Model application in term of educational support for empowering lupus patients and improving independence resulted in high SCA, optimum self-care and better QoL. It is proved to be effective for managing lupus in community setting and highly recommended for community nurses by using various method preferred.

Keywords: Systemic Lupus Erythematosus (SLE), Self-care model, Self-care Agency, Self-care, Quality of Life