

Understanding Systemic Lupus Erythematosus in Children and Young Adults

Training and Education for School Healthcare Providers



Welcome.

We are excited to speak with you today about lupus.

Before we get started...

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Learning objectives

After this presentation, you should:



Recognize the signs and symptoms of lupus and know what to do if lupus is suspected



Understand the general principles of lupus treatment and how it can affect students



Identify which populations have a higher risk of developing lupus



Describe how a school healthcare provider can support a student with lupus



Be familiar with the Lupus Care Plan and the Lupus Transition Plan for a student with lupus

What Is lupus?

What is an autoimmune disease?

The immune system is designed to attack infections.

Autoimmune diseases occur when the immune system mounts a response against one's own body.

Lupus is one type of autoimmune disease.

So what is systemic lupus erythematosus (SLE)?

Lupus is an inflammatory, multi-system, autoimmune disease of unknown cause.

Lupus can be mild to severe or life-threatening, or anything in between.

The diversity of clinical symptoms is great, and all organ systems are vulnerable.

Lupus is NOT contagious. You cannot “catch” lupus.

There is no cure but treatments are available.

Lupus is characterized by periods of flare and remission and can culminate in irreversible, end-stage organ damage.

Multiple factors contribute to lupus

✓ Genetics

✓ Race

✓ Age

✓ Estrogen

✓ Sunlight

✓ Certain
medications

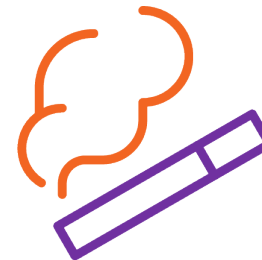
✓ Infection

✓ Smoking

✓ Stress

✓ Toxins

✓ Other
unknown
factors



Who is most impacted by lupus?

Systemic Lupus Erythematosus in Adulthood

Prevalence 3.3 – 24 per 100,000 worldwide

Incidence 0.3 – 2.2 per 100,000

Hispanic, Asians, and Native Americans are 2-3 times **more likely** to develop lupus than Caucasians.

African American women have **two to three times** higher risk than white women.

People with **lower incomes** are less likely to receive recommended care, and poverty is associated with poor outcomes.

African American, Hispanic / Latino, Asian, and AI/AN women have the **highest prevalence**.



Childhood Onset Systemic Lupus Erythematosus

Prevalence 1.89 – 25.7 per 100,000 persons

Incidence 0.36 – 2.5 per 100,000 per year

Female children are **at least 4 times more likely** to develop lupus than male children.

African American, Hispanic / Latino, Asian, and AI/AN children have higher **prevalence** than white children.



Impact of Lupus on Children



15-20 percent of lupus patients will present in their childhood years.



Children and adolescents often have more severe disease at onset than adults.



Children with lupus are also more likely to have kidney and neurologic disease.

You should know that lupus impacts African American and Hispanic / Latino women **at a younger age** and more severely than white women.

These populations are also more likely to have major organ involvement.



Children who are diagnosed with lupus face additional challenges outside of the lupus itself:



Psychosocial impact

- » Missed school
- » Decreased extracurricular activity due to unpredictable symptoms
- » Fatigue
- » Feeling poorly
- » Social isolation due to being different from peers



Adverse effects from medications

- » Growth delay
- » Early osteoporosis
- » Changes in appearance
- » Other complications