

# PATIENT-REPORTED OUTCOMES IN A BULGARIAN POPULATION OF SYSTEMIC LUPUS ERYTHEMATOSUS PATIENTS

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## BACKGROUND

Systemic lupus erythematosus (SLE) is a chronic autoimmune disease with significant implications for health-related quality of life (HRQoL). The successful management of SLE is assisted by patient-reported outcome measures (PROMs). Assessing HRQoL with PROMs has been recommended in clinical practice and research and it offers SLE patients an opportunity to participate more fully in their treatment. A range of well-validated instruments is available. Both generic and disease-specific instruments have been developed for HRQoL measurement.

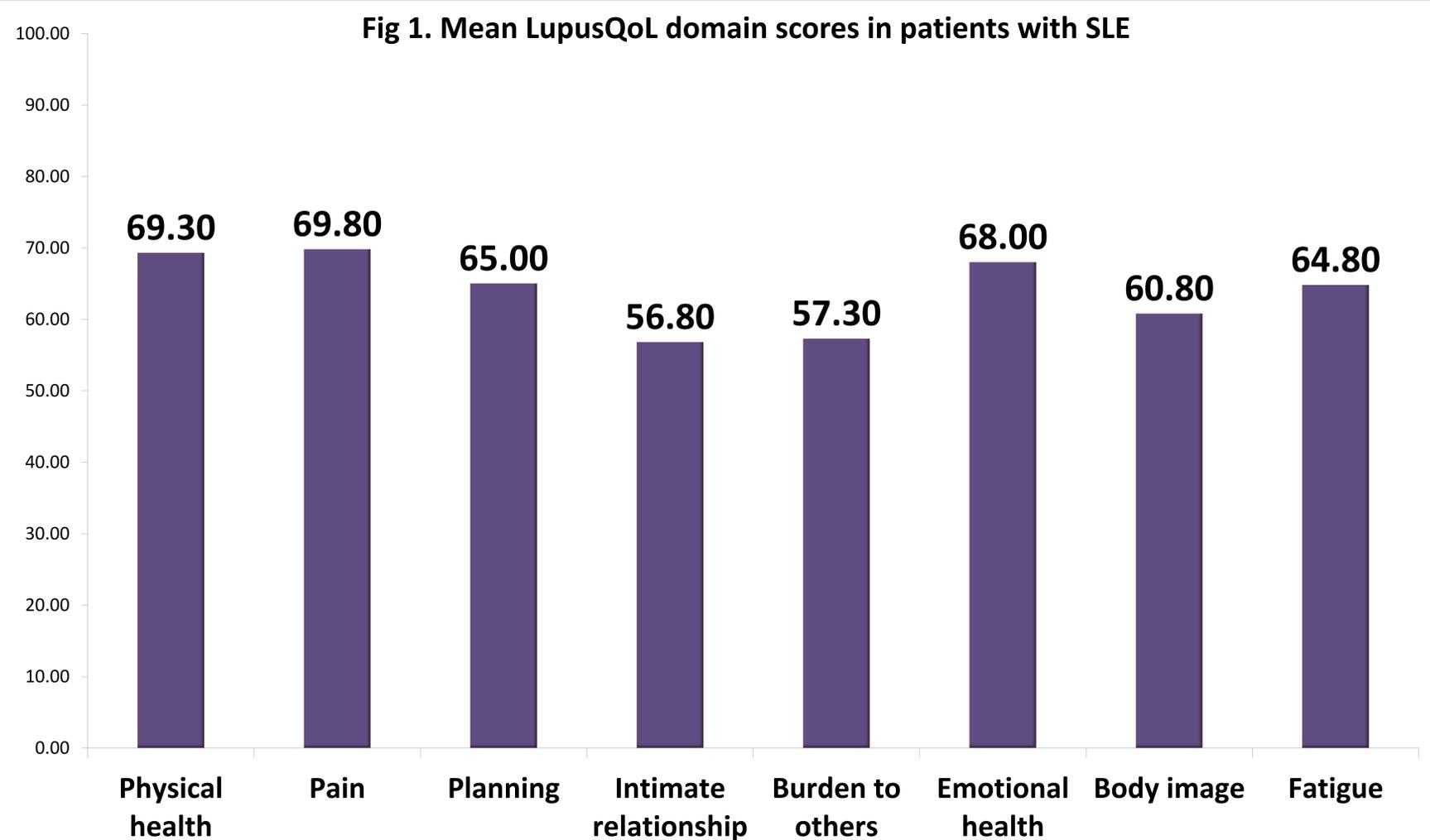
## METHODS

- We review the aspects, worst impaired by SLE in a population of 58 Bulgarian female patients with a confirmed diagnosis of SLE according to the ACR classification criteria.
- SLE patients were selected randomly as they attended their routine appointments in the Clinic of Rheumatology of the University Hospital "St. Ivan Rilski", Medical University of Sofia.
- The assessment has been made by using the only available in Bulgarian SLE-specific tool – LupusQoL, a 34-item HRQoL measure, consisting of eight domains.

## RESULTS

All domains of LupusQoL were affected – especially intimate relationships (56.8 ± 38.3), burden to others (57.3 ± 31.4), body image (60.8 ± 30.1), fatigue (64.8 ± 25.8), planning (65.0 ± 29.4), emotional health (68.0 ± 23.9), physical health (69.3 ± 24.1) and pain (69.8 ± 26.1).

\*higher values indicating a better HRQoL



SLE-specific questionnaires	Bulgarian language version	Validation
LupusQoL	✓	✓
SLEQoL	✗	✗
LupusPRO	✓	✗
L-QoL	✓	In a process of validation

## CONCLUSION

- SLE is a condition associated with high unmet need and considerable burden to patients. To the best of our knowledge, no previous study systematically examined clinical features and HRQoL of SLE patients in Bulgaria.
- We found that the quality of intimate relationships was poor for the majority of females with SLE. The results of this study indicated that more attention should be paid to the sexual health of women suffering from SLE – the right management might be important for improving HRQoL in SLE patients.
- Currently LupusQoL is the only disease-specific instrument, available for use in Bulgaria. Other SLE-specific instruments are being in process of validation in Bulgarian.