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## Physical activity levels and associated factors in women with systemic lupus erythematosus

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**Statement of the Problem:** Cardiovascular disease remains a leading cause of mortality and morbidity in women with systemic lupus erythematosus (SLE). In addition, physical inactiveness is common in this population and increases the risk of developing cardiovascular diseases. This study aimed to explore physical activity levels and associated factors in SLE women.

**Methodology:** A cross-sectional study was conducted between August 2015 and July 2016. Women with SLE, age 20 years or older were recruited from immunology outpatient clinics of a medical center in Taiwan. Data on demographic characteristics, disease status, medications, perception of symptoms, exercise environment factors, and health related quality of life were collected. Each participant wore a pedometer at least 10 hours per day for seven consecutive days. Levels of physical activity were calculated by daily step counts. Multiple regression analyses were performed to identify predicting variables of physical activity.

**Findings:** The subject consisted of 124 SLE women, with a mean age of 43.5±11 years and an average disease duration 11.2±7.7 years. The mean daily step counts were 6077±2493 (range from 1320 to 13725). Mean time spent in moderate/vigorous physical activity (MVPA) was 17.4±13.0 min/day. Age, BMI, employment status, educational levels, disease duration and severity, fatigue, and sleep quality were not associated with both daily step counts and time spent in MVPA. The mean daily step counts were correlated with prednisolone usage ($r=-0.26$, $p<0.001$), accessibility of exercise environment ($r=0.20$, $p=0.02$), and reported physical functioning scores ($r=0.22$, $p=0.02$). Collectively these three variables accounted for 13.6% of the variance in daily step counts.

**Conclusion & Significance:** Result of our study showed the SLE women remain sedentary lifestyle. It is important for advanced practice nurses to consider medication responses and exercise environment issues when providing health education of physical activity for SLE patients.

### Biography

Jen-Chen Tsai is a Professor of National Yang-Ming University, School of Nursing, in Taiwan. Her clinical and professional specialty includes nursing care of adults with medical and surgical health problems, cardiovascular nursing, cardiac rehabilitation nursing, and physical activity interventions for patients with chronic illness.

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