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PATIENT PERCEPTIONS OF PHYSICAL ACTIVITY IN SYSTEMIC LUPUS ERYTHEMATOSUS – AN EXPLORATIVE QUALITATIVE STUDY

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Background Physical Activity (PA) promotion is a global health priority, with a positive impact on fatigue, pain and cardiovascular disease risk for People with Systemic Lupus Erythematosus (PwSLE). Nonetheless, PwSLE typically appear to lead sedentary lives with low adherence to PA programmes. We aimed to inform PA promotion efforts for this group by exploring perceptions of PA in PwSLE.

Methods This qualitative study employed a constructivist framework with meaningful patient and public involvement at all stages from design to dissemination. Ten PwSLE at a tertiary Lupus Centre participated in semi-structured interviews, which were audio-recorded and transcribed verbatim to enable thematic analysis. Rigour and trustworthiness of findings was ensured through field notes and multiple coding. An independent patient lupus group discussed the findings to provide respondent validation and further context.

Results Eight themes (figure 1) emerged from the interview data including four inductive themes related to PwSLE

experience of SLE; diagnosis with an unknown disease, knowledge of SLE, lost identity and self-management strategies. These themes were precursors to four deductive themes; benefits of PA, barriers to PA, facilitators to PA and manageable PA. PwSLE experience of the condition underpinned their perceptions of PA.

Conclusion Clinicians need to elicit the individual perceptions of PA within the individual disease context for PwSLE to ensure balance of the inductive and deductive themes in order to facilitate manageable PA. SLE is a conglomerate disease, which requires a sensitive and tailored approach to ensure PwSLE are assisted to control their disease while optimising PA levels, an infographic (figure 2) has been constructed to use as a prompt for clinicians.

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Abstract P118 Figure 1 Theme map showing inductive and deductive themes with subthemes