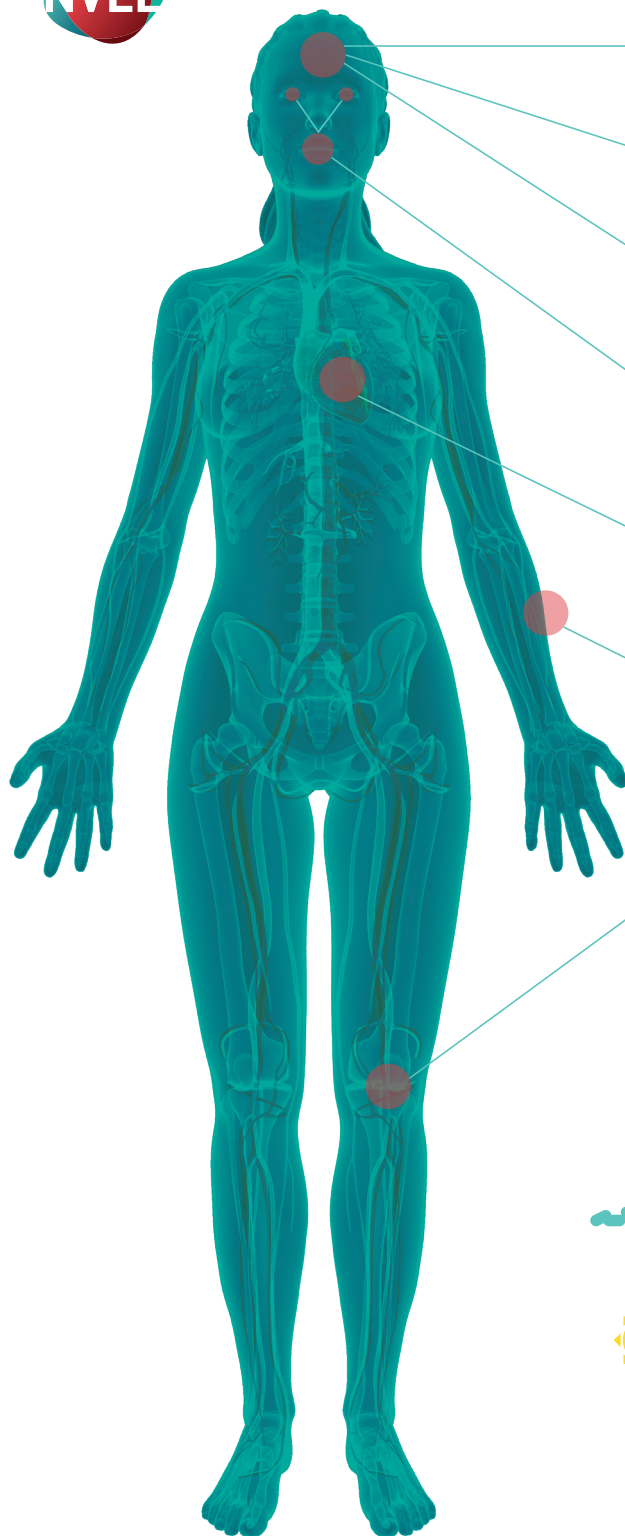


Consult card **lupus/SLE**



Neurological signs



Brain fog



Psychic disorders



Dry eyes or mouth



Cardiovascular problems



Skin lesions



Joint problems



Pain



Fatigue



Side effects



Photosensitivity



Other complaints



Source: Huber M, van den Brekel-Dijkstra K, Jung HP. Positieve Gezondheid in de spreekkamer. Handboek Positieve Gezondheid in de huisartspraktijk: Samenwerken aan betekenisvolle zorg. Houten: Bohn Stafleu van Loghum; 2021. p. 73-116.Huber2021

On a scale of 1 to 10, rate how much it bothers you.
1 is not bothersome and 10 is bothersome.

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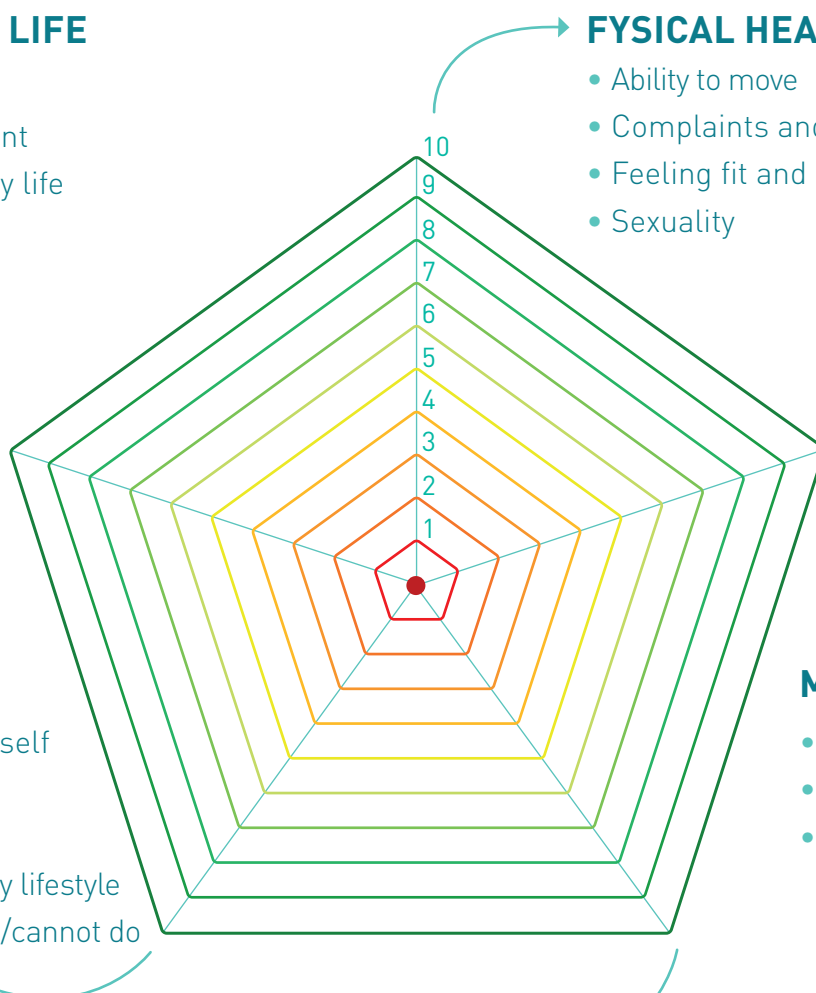
Nationale vereniging voor mensen met
lupus, APS, sclerodermie en MCTD

QUALITY OF LIFE

- Happiness
- Feeling content
- Ability to enjoy life

PHYSICAL HEALTH

- Ability to move
- Complaints and pain
- Feeling fit and healthy
- Sexuality
- Sleep
- Eat



EVERYDAY LIFE

- Ability to care for oneself
- Ability to ask for help
- Ability to study/work
- Knowledge of a healthy lifestyle
- Knowing what you can/cannot do

MEANINGFUL LIFE

- Disease acceptance
- Meaningful life
- Trust in the future

MENTAL HEALTH

- Ability to focus
- Memory
- Ability to communicate
- Independence
- Contentment with oneself
- Coping with change
- Cheerfulness

MY POSITIVE HEALTH

Rate your online health from 0 to 10 for each domain.

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