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"EDUCATION" OF PATIENTS WITH CUTANEOUS LUPUS ERYTHEMATOSUS (CLE)

Aim: Because of more and more patients with CLE, momentarily I have 34 patients which such diagnosis on regular control each 3 month, 11 are coming irregularly and did not follow our instructions and 2 developed systemic form (SLE) and are now on internal medicine, I decided to organize meetings with patients in my free time to educate them about disease.

Patients and Methods: From spring in year 2008. - June, we had regular meetings with CLE patients. Second one was in December and third one will be in June again. On meetings about 10- 12 patients are present. They all have CLE about 2- 20 years, age 22- 68 years, 5 men and 6 women without signs of systemic changes. The purpose of these meetings was to talk with CLE patients about their problems concerning the disease and to form also a personal contact of them. So the understanding of therapy, diagnostical methods and regular visits became more understandable to them. Also possibilities of developing severe forms are included.

Results: Such kind of meetings are very helpful to the patients and they are coming more and more, to speak with me but also with their "companions". We can speak freely about all topics concerning CLE and also SLE, consult together Internet sides and be in a good contact. Such good results we achieved also with psoriasis patients, atopic dermatitis patients and so on.

Conclusion: It is possible to conclude that "education" is good and helpful in CLE patients and the pictures of my first group will be presented as their opinions in short.