



The Lupus Self-Management Program ©2017 Cathy Ferren RHN

Duration: 11 Webinar Modules + Q&A

Hours Per Module: 1 to 1-1/2 hours

Prepared by: Cathy Ferren RHN

Cost: \$800 + HST = \$904.00

Program Description: This program will teach attendees the basic physiology involved in lupus, discuss nutrition and other self management techniques to live better with their chronic illness.

Objective: Living Well With Lupus, Healing and Hope

Learning Outcomes:

Upon completion of the lupus program, attendees will have the ability to:

- ✓ Establish a more effective plan to manage their lupus
- ✓ Have a better understanding of the role and function of body, mind and spirit in health
- ✓ Have a better understanding of the role of holistic nutrition in physical, psychological and spiritual health in lupus
- ✓ Be able to build their lupus treatment and support teams
- ✓ Be able to increase their spiritual health to help with health conditions
- ✓ Set realistic and achievable goals for their health concerns and wellness
- ✓ Develop and monitor their personal wellness plan

Materials: All materials will be provided in pdf format including: worksheets, charts, logs, articles and other resources.

Module 1: What is SLE Signs and Symptoms, Physiology & Immunity

Review of anatomy in lupus and the physiology of the gastrointestinal system and its function in health and chronic conditions.

Module 2: The Role of Nutrition

Information about holistic nutrition, digestion and absorption of nutrients and nutritional deficiencies. Discussion of key nutrients important in lupus.

Module 3: Inflammation and Infection

Provides information on the types of inflammation, the types of infections and how these two affect gut health, lupus symptoms and your nutritional status.

Discussion on what you can do to manage inflammation and infections.



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Module 4: Stress Management

The role of stress management in lupus. Introduction to various relaxation techniques and coping therapies. Tips for self management.

Module 5: Movement and Exercise

Everyone can move, even when bedridden. Discusses types of movement and appropriate exercise.

Module 6: Pacing and Priorities

Provides information on pacing your activities, setting SMART goals and includes practical examples.

Module 7: Medications and Dietary Supplements – 2 Webinars

Discussion of typical medications prescribed for this condition, side effects and potential interactions. Common dietary supplements used by health care practitioners for lupus. Signs of medication or supplement allergy or sensitivity.

Module 8: Building Your Treatment and Support Teams

Examines your existing treatment and support teams, then discusses other options for team members. How to talk to your health care professionals and support people. Discussion of patient rights and responsibilities.

Module 9: Mental Health and Spiritual Health

Discussion of various aspects of maintaining, regaining and increasing mental health. Looks at what is spiritual health, how to maintain or increase it, and how that affects your illness and wellbeing.

Module 10: Building Your Personal Wellness Plan

Using the handouts and information from this series, to take charge of and implement your personal wellness plan for living well with lupus. Information on Power of Attorney for Personal Care and your personal medical record keeping.

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Bonus #1: with early bird registration, free download of Smoothies eBook.

Bonus #2: one hour follow up question and answer webinar to discuss your progress.