



Chapter 3 of the **Managing Your Lupus** presentation reviewed resources that are available for patients. You learned how to use these resources that may help patients and how requesting permission may help patients become more open to receiving information.

Use the section below to note how you would address the concerns of patients like Elaine, Mike, and Kim.

## LET'S PRACTICE

Elaine feels awkward talking to her doctor about personal issues related to her lupus. **How would you ease her mind and help her share more with her team?**

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**Tip:** Review **Slide 3.6** for ideas on how to start that conversation. Also think about some other support resources you may recommend (see **Slide 3.9**).

Mike feels alone. He would love to talk to someone who understands what he is going through. **What would you recommend for him?**

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**Tip:** **Slide 3.18** has some information that you could share. Consider what other patient support resources are available and how to connect Mike to them.

"I like being independent," says Kim. She worries that her family and friends feel like they have to take care of her. **How would you address this concern?**

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**Tip:** Consider using reflective statements to uncover more of what she may be feeling.

