



The Lupus Health Passport

Overview of Technology:

Lupus is an incurable autoimmune disorder characterized by flare-ups of disease activity of unpredictable duration generally followed by symptom-free periods. Its wide variety of symptoms range from mild to life threatening, and often mimic other diseases.

The UHN research group led by Dr. Paul Fortin, has developed a personalized Lupus Health Passport: a small spiral bound booklet containing general information on lupus, coronary artery disease (CAD) prevention, osteoporosis prevention, customized information about patient's specific risks for CAD and osteoporosis, medication history, vaccination history, diet and exercise advise, upcoming visits, past hospitalization record, and blood and urine test results. All this information is updated at each clinic visit by a nurse case manager.

The Passport is divided into six sections to provide both the doctor and patient with convenient access to information regarding the patients:

- 1) Personal health care
- 2) Medications
- 3) Blood test results
- 4) Personalized treatment plan
- 5) Prevention and screening
- 6) General information and helpful tips

The tool also teaches patients with lupus how to alter health habits in order to decrease the risk of developing cardiovascular disease and osteoporosis. This tool also ensures that patients recognize the signs and symptoms of a flare as early as possible and take the appropriate actions to remedy the situation.

The Lupus Health Passport has been successfully pilot tested at two sites in Toronto and Montreal and pediatric version is currently being developed and tested. The Passport is not only something that physicians have found important; it is something that patients have requested.

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