

REVIEWER'S REPORT

Manuscript No.: IJAR-55409

Title:

The Effect of Self- Care Program on the Quality of Life for Patients with Systemic Lupus Erythematosus

Recommendation:

Accept as it is

Accept after minor revision.....

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Accept after major revision

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity	Excellent			
Significance	Excellent			

Reviewer Name: Dr.Sumathi

Detailed Reviewer's Report

- 1. Systemic Lupus Erythematosus (SLE), or lupus, is a chronic autoimmune disease where the immune system mistakenly attacks the body's own healthy tissues and organs, causing widespread inflammation affecting skin, joints, kidneys, brain, heart, lungs, and blood.**
- 2. Symptoms vary widely and can fluctuate, including fatigue, joint pain, fever, skin rashes (like the butterfly rash), hair loss, and mouth sores, with flare-ups and periods of remission. While the exact cause is unknown, it involves genetic, hormonal, and environmental factors, and it has no cure, but treatments manage symptoms**
- 3. Quality of life (QOL) is a broad measure of overall well-being, reflecting how people feel about their lives, encompassing subjective feelings (happiness, satisfaction) and objective conditions (health, wealth, safety, relationships, environment, social connection) in the context of their culture and goals.**
- 4. It's not just about not being sick, but about thriving, enjoying daily activities, having autonomy, and experiencing positive mental, physical, and social functioning.**

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- 5. Self-care is the practice of taking intentional actions to support your own physical, mental, emotional, and spiritual well-being, encompassing everything from daily hygiene and healthy eating to managing stress, setting boundaries, and engaging in joyful activities that nourish you.**
- 6. It's not selfish indulgence but essential for preventing burnout and effectively caring for yourself and others, involving conscious choices like getting enough sleep, exercising, pursuing hobbies, or simply practicing mindfulness and saying "no" to overcommitment.**
- 7. Key words are good. But can be given more words.**
- 8. Result and discussion part is awesome with tables and graphs .**
- 9. Significant points are given.**
- 10. Summary points can be added.**
- 11. References are good.**
- 12. After a small correction good to publish in your journal.**