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### Improving Care for Adolescents with Autoimmune Disease

Grace Findlay

Lillian Holland

Caitlin Lintoco

Michele Shaw

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# Improving Care for Adolescents with Autoimmune Disease

Grace Findlay, Lillian Holland, Caitlin Lintoco, Dr. Michele Shaw, Department of Nursing, Gonzaga University

## RESEARCH QUESTION

*How does the presence of **autoimmune disease** affect the **mental, social and spiritual well-being** of young adults?*

## BACKGROUND

An autoimmune disease is a condition in which one's immune system attacks healthy cells and tissues. The care of patients with autoimmune diseases must be reevaluated as autoimmune conditions have become increasingly prevalent, especially amongst the adolescent population. This project investigates ways to improve care for young adults with autoimmune disease, and proposes interventions that aim to increase treatment compliance and provide emotional support to patients in need.

## EBP INTERVENTION & IMPLEMENTATION

- One way that has been shown to increase medical compliance has been through the use of smartphone apps.
- By designing an app that is directed at adolescents, we can not only increase medical compliance, but also provide support and information.
- App includes reminders to take medication, information on the autoimmune disease, support from other individuals experiencing autoimmune diseases, and a chat line for answering questions.
- In-app badges to collect that relate to compliance and how many days in a row a patient has taken their medication.
- Available for teens and young adults ages 13-25.
- Provide notifications as reminders.



## EXPECTED OUTCOMES

- Reduce stress and rates of depression by making a daunting schedule more manageable.
- Develop a manageable schedules with consistent medication management and to reduce the feeling of being overwhelmed by diagnosis.
- Reduction in the risk of developing anxiety/ depression or feelings of hopelessness.

## REFERENCES

