

Lupus

Physical Exam

- Malar rash
- Discoid lesions
- Hard palate ulcers or erythema
- Arthritis
- Nasal ulcers
- Lymphadenopathy
- Hair loss
- Peripheral edema

History

- Unexplained fevers
- Unexplained weight loss
- Pleuritic chest pain
- Changes in urine output
- Mood changes

All Patients

- CBCw/diff, ESR, CRP, CMP, UA with urine protein:creatinine, TFTs
- If multiple exam or history findings
- ANA with reflex analyzer test

—If any abnormalities on the labs—

- dsDNA, Smith, SSA, SSB, C3, C4
- Rheum referral

NOTE: ANA is a non-specific test and does not always indicate underlying autoimmune disease. At low levels (<1:160) it can be found in 15-20% of the healthy population

Red Flags

- Renal disease (elevated creatinine or significant hematuria or proteinuria)
- Persistent fever
- Weight loss
- Cytopenias
- New psychiatric symptoms

Send to ED