**NURS 530 Week 2 Discussion 1**

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Due Date

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**Q. Describe autoimmunity and how the body develops a hyperimmune or hypersensitive reaction on its tissues. Consider lupus. It has been found that those living with lupus are at a higher risk of other autoimmune diseases, such as rheumatoid arthritis. Explore this interrelationship, known as overlap diseases, and discuss the implications for care.**

Often, innate and adaptive immunity protects the body by responding to molecular patterns emanating from pathogens and damages. The innate immune system provides the first line of defense by preventing the entry of invading pathogens. On the other hand, the adaptive immune system protects the body by destroying invading pathogens and toxic molecules (Munoz-Carrillo et al., 2018). Although the immune system is central to human protection against diseases, the protective mechanisms, especially those initiated by adaptive immunity, can result in autoimmunity and hypersensitivity. According to Usman & Annamaraju (2022), hyperactivity reactions are overactive immune responses to antigens that result in adverse effects, including autoimmune diseases. On the other hand, autoimmunity is a phenomenon where the body fails to detect its tissues or organs, leading to self-directed attacks. Autoimmune reactions lead to autoimmune diseases, such as type 1 diabetes, lupus, and rheumatoid arthritis (RA).

Lupus and rheumatoid arthritis are burdensome autoimmune diseases when they coexist in a rare phenomenon (rhupus syndrome) which renders people with lupus susceptible to rheumatoid arthritis. According to Antonini et al. (2020), overlaps in systematic lupus erythematosus (SLE) are frequent, but lack comprehensive classification criteria. Rhupus syndrome is a rare condition that emanates from an overlap between SLE and rheumatoid arthritis (RA). The clinical manifestation of rhupus syndrome entails various "shared" symptoms, including erosive polyarthritis, rheumatoid nodules, alopecia, photosensitivity, and malar rash (Upadhaya et al., 2022). The presence of "constitutional" symptoms is a significant clinical concern.

The etiology of rhupus syndrome is unknown due to its rare occurrence and a lack of regular updates on the condition. Since this condition is rare with unknown etiology, it results in multiple implications for care. According to Upadhaya et al. (2022), clinicians should conduct timely diagnosis, avoid delayed treatment, and minimize sequelae for rhupus syndrome by administering recommended medications, including corticosteroids and methotrexate, to control the articular inflammatory process and reduce constitutional symptoms. Also, it is crucial to conduct adequate research on this overlap syndrome and develop definite guidelines for diagnosing and addressing Rhupus syndrome.

**References**

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