

The narrative study of leisure life and life quality for sjogren's patient

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ABSTRACT

This is a narrative research. Through the researcher's life story about having the Sjogren's syndrome, this study aims to understand the illness experience of the patients and to investigate the relationships between leisure life and life quality. The Sjogren's syndrome, currently not been paid much attention to, is a kind of systemic autoimmune disease. The disease slowly worsens patient's condition and often causes unfavorable life quality. The objective of this study is to explore how therapeutic recreation helps chronic disease patients divert their focus from the syndrome to improve their life quality. Research results are as follows: 1. Patients must consider their medical participative right seriously. 2. Under a stable condition, patients should choose a suitable leisure life style, try to make self-healing happen through health-recreation, expand life experiences, and coexist peacefully with the disease. 3. Suggestions for medical teams are: select appropriate leisure activities to assist patients in taking responsibility for their own health.

Keywords : Sjogren's Syndrome、Therapeutic Recreation、Life Quality、Narrative

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