



## Fibromyalgia: Promoting wise healthcare

Healthcare is often described as ‘high value’ or ‘low value’<sup>1</sup>. Both are important to know about so you can get the right care, not care that is risky or has little benefit.

High value care is	Low value care is
<ul style="list-style-type: none"> <li>✓ Effective – evidence suggests that it works to produce a positive effect</li> <li>✓ Safe – there is low risk of harm</li> <li>✓ Cost effective – despite cost, the care provides benefit relative to alternative options</li> </ul>	<ul style="list-style-type: none"> <li>✗ Ineffective – evidence suggests that the care will provide no or very little benefit</li> <li>✗ Potentially harmful – the risk of harm is greater than any likely benefit</li> <li>✗ Not cost effective – since the care is unlikely to provide benefit, the cost associated with care delivery could be used on other care options</li> </ul>

### High value care for fibromyalgia:

- ✓ A diagnosis of fibromyalgia is based on a thorough clinical assessment, and is valid irrespective of other medical diagnoses. A diagnosis of fibromyalgia does not exclude the presence of other clinically important illnesses.
- ✓ A personalised management plan made with you that focuses on:
  - Accurate education about fibromyalgia that fosters a positive mindset
  - How to stay active, safely exercise and increase your physical activity and movement using a paced approach (not too much/not too little), how often and how much (“dose”), and how to manage if pain increases
  - Cognitive (mind-body therapies), to help cope with and manage pain and achieve meaningful activities (at home, at work, school)
  - Promoting helpful habits (restorative sleep, social activities, working or studying)
  - Complementary care: tai chi, yoga, meditation and mindfulness-based interventions, hypnosis or guided imagery, or hydrotherapy may be helpful
  - Medicines: currently most medicines are associated with greater risks than benefits

<sup>1</sup> Scott IA, Duckett SJ In search of professional consensus in defining and reducing low-value care Med J Aust 2015; 203 (4): 179-181. || doi: 10.5694/mja14.01664



### Low value care for fibromyalgia is:

- ✗ Relying on medications and other passive treatments (things being done to you)
- ✗ Use of opioid medications, (these have a significant risk of harm).
- ✗ Repeated blood testing
- ✗ Use of other treatments that do not have evidence of benefit, or evidence is inconclusive, including: qigong, acupuncture, chiropractic interventions, electroencephalogram (EEG) biofeedback and nutritional supplements, homeopathy and phytotherapy (plant extracts).

### Important questions to ask your health professional

Here are [5 important questions](#) (available in 12 different languages) from the [Choosing Wisely](#) initiative. These are the recommended questions that you should ask your health professional about your fibromyalgia condition to help you decide what the right care is for you.

#### 5 important question to ask your health professional(s)

1. Do I really need this test, treatment or procedure?
2. What are the risks?
3. Are there simpler, safer options?
4. What happens if I don't do anything?
5. What are the costs?