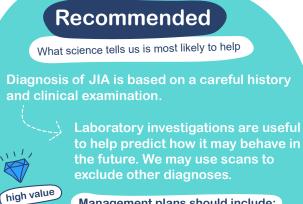
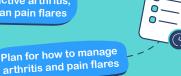
Juvenile Idiopathic Arthritis: Recommended care





Management plans should include:

Understanding the signs of active arthritis, rather than pain flares



Plans for how to approach exercise, staying active.

> Managing your mental health

How to manage education and work.

ldentifying goals and working towards them

High value care is:

Effective

Evidence shows that it works to produce a positive effect



There is low risk of harm



Cost effective

Despite cost, the care provides benefit relative to other options

Low value care is:



Ineffective

Evidence shows that the care will provide no or very little benefit



Potentially harmful

The risk of harm is greater than any likely benefit



Not cost effective

If the care is unlikely to provide a benefit, the cost could be used on other care options



5 questions to ask your health care practitioner:

These are the recommended questions that you should ask your health professional/s about your neck pain to help you decide what the right

- What is the target of this treatment? (Pain, sleep, mood)?
- What are the risks and benefits of this treatment?
- How long do I stay on this treatment before we decide if it is working?
- What are the other options?
- What else could I be doing??

These questions help to make sure you end up with the right amount of care — not too much and not too little.

