

Recommended

What science tells us is most likely to help

Diagnosis of JIA is based on a careful history and clinical examination.

Laboratory investigations are useful to help predict how it may behave in the future. We may use scans to exclude other diagnoses.



Management plans should include:

Understanding the signs of active arthritis, rather than pain flares

Plan for how to manage arthritis and pain flares

Plans for how to approach exercise, staying active.

How to manage education and work.

Managing your mental health

Identifying goals and working towards them



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 care is for you.

- 1 What is the target of this treatment? (Pain, sleep, mood)?
- 2 What are the risks and benefits of this treatment?
- 3 How long do I stay on this treatment before we decide if it is working?
- 4 What are the other options?
- 5 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.

For more info see our pain condition and management modules.

(screenshot friendly)

High value care is:

- Effective**
Evidence shows that it works to produce a positive effect
- Safe**
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

Not recommended

What science tells us is not likely to help and may cause harm

low value

Restrictive diets, avoiding food groups

Avoiding physical activity

Relying only on medication (especially for pain management)

Avoiding all medications (medications or procedures may be necessary to control active arthritis)

Relying only on passive treatment (massage, acupuncture, etc.)

Straps & braces

Joint injections in the absence of active arthritis

