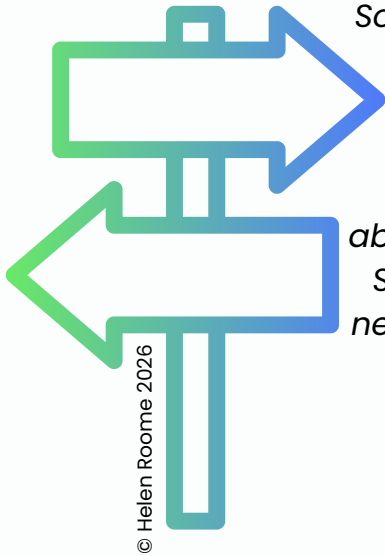


Making better BIG healthcare decisions



*Pain self-management involves lots of decision-making!
Some of these are significant decisions, some need to be made
under time pressure, and some are made in potentially-
intimidating situations – like when you are in
a hurried medical consultation.*

*It's important that you can still share the decision-making
about your health and wellbeing – it is YOUR body and YOUR life!
So, this simple decision-making tool may help you gather the
necessary information from practitioners, weigh it up, and guide
you to make the best decision for you.
(It can even be used in non-healthcare situations
when you are considering a change!)*

The trick is to use your BRAIN!

BRAIN is an acronym that stands for:

- **B – Benefits:** What are the potential advantages or positive outcomes of the action or intervention under consideration? For example, what benefits will a new treatment, test or procedure provide you with?
- **R – Risks:** What are the possible negative consequences, side effects or harms? This includes both immediate and long-term risks that may affect you or others.
- **A – Alternatives:** Are there other options available that could achieve similar outcomes? This might include non-intervention strategies, alternative treatments or lifestyle adjustments.
- **I – Intuition:** What is your gut or instinct telling you? How comfortable do you feel about this choice? Does it match your personal values and preferences?
- **N – Nothing:** What are the likely consequences if you don't take any action? Sometimes doing nothing may be the safest or most reasonable choice.

Remember: you do not need to rush into making an important decision. And be aware of the impact of pain, brainfog and fatigue on your capacity to make it at this time. Give yourself the time and space to use your BRAIN to make an informed, personalised decision.

Practical Example –You are considering a specific vaccination:

- Benefits: Reduced risk of contracting or transmitting the disease.
- Risks: Possible side effects or allergic reactions.
- Alternatives: Other vaccines, enhanced hygiene measures or lifestyle modifications.
- Intuition: You have always trusted conventional medicine and value scientific research.
- Nothing: Choosing not to get vaccinated and accepting the potential risk of illness.

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For more personalised guidance and support for persistent pain and Fibromyalgia,
get in touch with Helen at info@helenroome.co.za or www.helenroome.co.za