

# primary cares

News & updates from the Calgary Zone



## Fibromyalgia pathway now available

A new Calgary Zone pathway has been developed to support family physicians, nurse practitioners and teams to [diagnose and manage fibromyalgia](#) within the medical home.

Fibromyalgia is a very common health issue but because symptoms can mimic other conditions and fluctuate or have periods of remission, it can be difficult to diagnose. Optimal management, however, requires prompt diagnosis.

The new pathway, which recommends support from a multidisciplinary team where available and appropriate, also gives consideration to the use of Specialist Link tele-advice, e-advice or relevant pathways to support clinical decision-making. The pathway is designed to help guide diagnosis and provide both pharmacologic and non-pharmacologic management guidelines.

Please note that it is aimed at patients over the age of 16. It is not for suspected fibromyalgia in pediatric, youth or pregnant or breastfeeding patients.

[Download the pathway.](#)

**Register for fibromyalgia webinar:** Demystifying fibromyalgia and mastering its management in the medical home is the main topic of the next Calgary Zone webinar, which takes place on Monday, June 24, from 6–8 p.m. Special guest Dr. Lori Montgomery will outline an evidence-based treatment approach for supporting patients with fibromyalgia. In addition, there will be updates on a live-in eating disorder program and physician pilot checks. [Register.](#)

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## FAST program pausing spine referrals

Spine surgery referrals sent to Alberta Health Services' [Facilitated Access to Specialized Treatment](#) (FAST) program are no longer being accepted in the Calgary Zone.

Effective Monday, June 3, the FAST program – a central access and intake initiative that is designed to improve referral and consultation processes as well as surgical wait times – began returning new referrals to providers in Calgary and the surrounding areas. Physicians, nurse practitioners and clinics are being asked to revert to their original process of sending those referrals directly to the spine clinic or surgeon of their choice, just as they did prior to the FAST launch in October 2022.

Referrals for all other non-urgent orthopedic surgical consults, as well as general surgery, urology, vascular surgery and adult gynecology (effective Monday, June 10), should continue to go through FAST.

AHS leadership says the referrals for spine are being paused due to the limitations of clinics accepting spine referrals for consultation, and patient fees for uninsured services provided by the clinics.

Please reference the [referral guide](#). It is not known if the change is temporary or permanent. Questions and concerns should be directed to the Calgary Zone FAST team at 1-833-553-3278 ext. 4 (Monday to Friday, 7:30 a.m.–3:45 p.m.) or emailed to [abfast.calgary@ahs.ca](mailto:abfast.calgary@ahs.ca).

**Gynecology added:** Gynecology was the latest specialty added to FAST earlier this week. Please reference the [adult gynecology pathway](#) and the [referral form](#).

[More information](#).

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## New guidance on minimum retesting intervals

A national advisory panel has unveiled new guidance on minimum retesting intervals for five commonly repeated lab tests.

Canada's Drug Agency and Choosing Wisely Canada provided recommendations on how frequently retesting should be completed for optimal patient care, and to avoid negative patient experiences, inappropriate treatments and inefficient use of resources:

- [Antinuclear antibody](#)
- [Hemoglobin A1C](#)
- [Lipase](#)
- [Serum protein electrophoresis](#)
- [Thyroid-stimulating hormone](#)
- [Full report](#)

[More information](#).

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## Prescription to Get Active form

A new prescription form has been created for the Prescription to Get Active (RxTGA) program.

The form, which is designed to simplify the prescribing process, has been integrated into selected electronic medical record systems (Accuro, AVA, Health Quest, Med Access, PS Suite and Telus CHR) and is also available as a [PDF](#).

[More information](#).

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## Quick links

### **Choosing Wisely Talks: Lab tests**

On Wednesday, June 19, at 10 a.m. Choosing Wisely Talks is hosting a webinar on reducing unnecessary repetitive lab testing. It includes insights from quality improvement studies on routine and unnecessary blood work in general medicine. [Register](#).

### **2SLGBTQ+ patients in your practice**

On Wednesday, June 26, at 6 p.m., the College of Family Physicians of Canada is hosting a webinar on medical topics related to caring for 2SLGBTQ+ patients in your practice. [Register](#).

### **PCN Pain Rounds: Migration pain and trauma**

On Thursday, July 18, from 5:30–7 p.m. the latest webinar in the PCN Pain Rounds series focuses on *Pain and Trauma Related to Migration: Another New Normal in Canada*. [Register](#).

### **Reminder: Clinic Managers Network**

The AMA's Accelerating Change Transformation Team and the Alberta Association of Clinic Managers have launched a network for clinic managers. [More information](#).