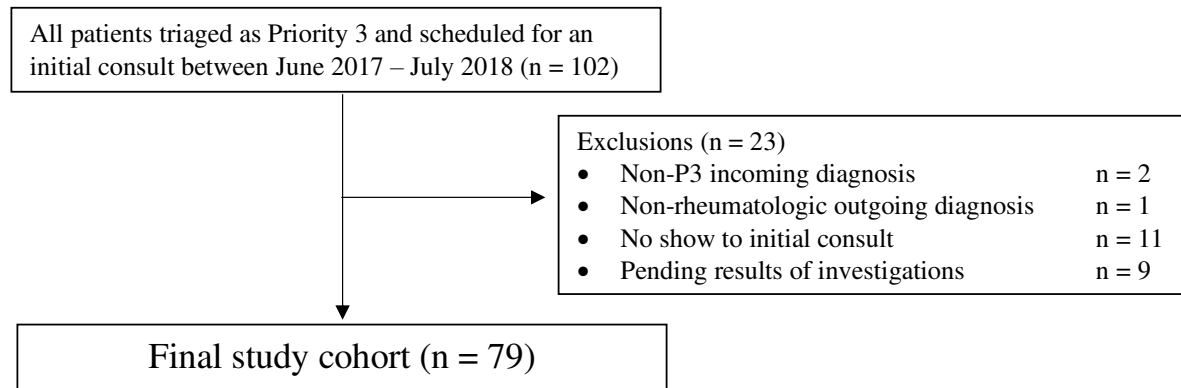


Supplemental Figure 1

APPENDIX 1: Patient Experience

Patient Perspectives on Rheumatology Care for Chronic Pain and Fibromyalgia**CONSENT LETTER**

You are invited to participate in a survey about patient satisfaction of rheumatology consultations at Women's College Hospital. Your participation is voluntary, anonymous, and has no impact on your care plan. You can complete some or all of this form as you feel comfortable. You can skip any question on this survey as you wish and still submit this survey.

Please do not include any identifying information, such as names, dates, etc.

Where to submit this survey?

Once you are finished with this survey, please drop it off in the designated box at the nurses station, labelled "Patient Experience Survey".

What is this study about?

The purpose of this survey is to find out what patients think about their experience of their rheumatology consultation across various domains including satisfaction, communication, and use of health resources. This survey is part of an overarching project that aims to determine how effective certain rheumatology referrals are by looking at patient experience, wait times, use of health resources, and costs.

Who is conducting this study?

This study is being conducted by the Department of Rheumatology at Women's College Hospital. The investigators of this study are Hilary Pang (MD/MSc student), Chandra Farrer (Advanced Practice Physiotherapist), and Dr. Natasha Gakhal (Rheumatologist).

The results from this survey will help inform how services are provided at Women's College Hospital. Thank you for your participation.

Patient Perspectives on Rheumatology Care for Chronic Pain and Fibromyalgia**SURVEY**

Were you satisfied after your appointment with the rheumatologist?

- Definitely
- For the most part
- Somewhat
- Not at all
- Don't know / Can't remember

Was it easily understood who is involved in your care plan?

- Definitely
- For the most part
- Somewhat
- Not at all
- Don't know / Can't remember

Did a member of the staff explain your care plan in a way you could understand?

- Definitely
- For the most part
- Somewhat
- Not at all
- Don't know / Can't remember
- I did not need an explanation

Before your appointment, what were your expectations for your appointment?

- To receive a diagnosis
- To receive a care plan to be carried out by my rheumatologist
- To receive a care plan to be carried out by my primary care/family doctor
- To receive education about my condition
- Other: _____

During your appointment, you received:

- A diagnosis
- A plan to return for ongoing care by rheumatology
- A plan to return for ongoing care by my primary care/family doctor
- To receive education about my condition
- Other: _____

After your appointment, did your appointment meet your expectations?

- Definitely
- For the most part
- Somewhat
- Not at all
- Don't know / Can't remember

Following today's appointment, how likely do you think your care plan can be put into action?

- Very likely
- Somewhat likely
- Neutral

- Somewhat unlikely
- Very unlikely
- Don't know / Can't remember

Did you receive written information by the end of your appointment?

- Yes
- No

After today's appointment with the rheumatologist, were you provided with any of the following services? Check all that apply.

- Exercise prescription
- Sleep study
- Medications for pain
- Medications for mood
- Management for mood
 - Examples: Cognitive Behavioral Therapy/CBT, mindfulness-based stress reduction, journaling, self-management programs, etc
- Referral to a medical specialist
 - Examples: Neurology, physiatry, psychiatry, etc
- Referral to an allied health professional
 - Examples: Physiotherapist, occupational therapist, dietician, etc

Do you have a family physician?

- Yes
- No

If yes, did your family physician provide any of the following services? Check all that apply.

- Exercise prescription
- Sleep study
- Medications for pain
- Medications for mood
- Management for mood
 - Examples: Cognitive Behavioral Therapy/CBT, mindfulness-based stress reduction, journaling, self-management programs, etc
- Referral to a medical specialist
 - Examples: Neurology, physiatry, psychiatry, etc
- Referral to an allied health professional
 - Examples: Physiotherapist, occupational therapist, dietician, etc

What did you like about your appointment? Please do not include any identifying information (such as names, dates, etc).

How could your appointment have been better? Please do not include any identifying information (such as names, dates, etc).

Any other feedback you would like to add? Please do not include any identifying information (such as names, dates, etc).

Thank you for your participation in this survey. Your participation is valuable to the research and services provided at Women's College Hospital. Once you are finished with this survey, please submit it in the designated box at the nurses station, labelled "Patient Experience Survey".

APPENDIX 2: Provider Experience

Perspectives of Primary Care Physicians Involved in the Care of Patients with Fibromyalgia**CONSENT LETTER**

Title of Study: Effectiveness of Fibromyalgia Referrals to Rheumatology Care: An Evaluation of Access, Resource Utilization, and Interdisciplinary Perspectives

To help you make an informed decision regarding your participation, this letter will explain what the study is about, the possible risks and benefits, and your rights as a research participant. If you have any questions about this letter or the study, please email the investigators prior to consenting to the study.

What is this study about?

You are invited to participate in a research study about the referral effectiveness of fibromyalgia patients to rheumatology care. One of the goals of this study is to engage with primary care physicians involved in the care of fibromyalgia patients. To gain a better understanding of the nature of the patient-provider relationship, we want to identify the practice patterns, barriers, and needs of practicing Canadian physicians who care for patients with fibromyalgia. This study also aims to determine the access, health resource utilization, and patient perspectives of referrals to Rheumatology.

This study has received ethics approval through the Women's College Hospital Ethics Assessment Process for Quality Improvement Projects.

What does participation involve?

Your participation in this study is voluntary. You may decline to answer any question(s) at any time.

This survey is anonymized; please do not provide any information that identifies you.

Participation in the study consists of an 9-item survey. This survey is expected to take a maximum of 3-5 minutes to complete. If you choose to participate, your responses will be compiled with other participants' and used in presentations and/or publications.

What are the possible benefits and risks of the study?

Participation in the study may not provide any personal benefit to you. However, the results of this study will be used to inform Rheumatology practices at Women's College Hospital on how to engage primary care physicians in the care of patients with fibromyalgia.

Will my identity be known to others?

No, this survey is anonymized. You will NOT be asked to provide any personal identifying information.

Will my information be kept confidential?

The information you share will be kept confidential. Only the research team will have access to study data. No identifying information will be used in any presentations and/or publications based on this research.

Who is funding this study?

There are no external funding sources.

Financial Incentive

At the completion of this survey, you will be directed to a separate link where you can choose to enter your email so that you can be sent a \$10 gift card. Survey responses will not be linked to identifying data collected for the gift card.

Consent to study

By participating in this survey, you have read the above information regarding this research study on the care of patients with fibromyalgia, and consent to participate in this study.

If you have any questions regarding this study, or would like additional information about your participation, please contact Hilary Pang at hilary.pang@mail.utoronto.ca.

Thank you for your participation in this study.

Study Investigators:

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Chandra Farrer, Advanced Practice Physiotherapist, Department of Rheumatology, Women's College Hospital. Email: chandra.farrer@wchospital.ca

Study Supervisor:

Natasha Gakhal, MD, FRCPC, Department of Rheumatology, Women's College Hospital. Email: natasha.gakhal@wchospital.ca.

**Perspectives of Primary Care Physicians Involved in the Care of Patients with Fibromyalgia
SURVEY**

1) What is your approach to managing patients with fibromyalgia? Please choose all that apply.

- Pharmacological (prescription)
- Pharmacological (over the counter)
- Counselling and/or psychological interventions
- Exercise and/or physical therapy
- Lifestyle modification
- Sleep optimization
- Self-management
- Referral to specialist
- Other (please specify):

2) Have you referred patients with fibromyalgia to Rheumatology?

- YES
- NO

If you answered YES to question 2, please proceed to questions 3 and 4.

3) What is the estimated number of patients with fibromyalgia you have referred to Rheumatology in a year?

4) What are your reason(s) for referring patients with fibromyalgia to rheumatology? Please choose all that apply.

- For diagnosis
- For management
- For monitoring outcomes to management therapies
- For patient reassurance / patient request for referral
- For transfer of care so patient can access interdisciplinary services

Other (please specify):

- 5) The following represents a barrier to the diagnosis of fibromyalgia: Unclear diagnostic criteria / guidelines
- Strongly agree
 Moderately agree
 Neutral
 Moderately disagree
 Strongly disagree
- 6) The following represents a barrier to the diagnosis of fibromyalgia: Competency/ability to diagnose fibromyalgia
- Strongly agree
 Moderately agree
 Neutral
 Moderately disagree
 Strongly disagree
- 7) The following represents a barrier to the management of fibromyalgia: Knowledge of management strategies
- Strongly agree
 Moderately agree
 Neutral
 Moderately disagree
 Strongly disagree
- 8) Do Rheumatology consults sufficiently address your reason(s) for referral?
- Always
 Usually
 Sometimes
 Rarely
 Never
- 9) What would aid your care of patients with fibromyalgia? Please choose all that apply.
- Medical education tools
- E.g. written explanation of guidelines, diagnostic criteria and multi-modal management strategies of fibromyalgia
 - E.g. online reference links and tools
- Patient education tools
- Access to mental health services
- Access to movement therapy services (e.g. athletic therapy, PT, OT)
- Referral to rheumatology

- Referral to interdisciplinary pain clinic
- Referral to other medical specialty or other interdisciplinary care provider (please specify in Comment box below)
- Other medical specialty, interdisciplinary care provider, aids, or tools (please specify):