



# PELVIC PAIN AND ENDOMETRIOSIS CLINIC

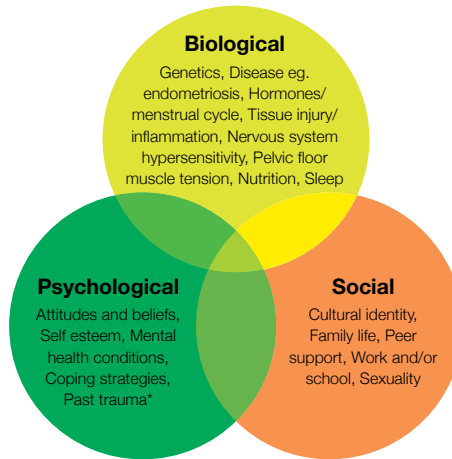
## PATIENT INFORMATION

The 2022-23 Federal Government Budget committed funding to support the establishment of targeted Endometriosis and Pelvic Pain GP Clinics, with the aim to improve access to education, diagnosis, treatment and referral for endometriosis and persistent pelvic pain.

The clinic is available to any female or person assigned female at birth who has started menstruating (i.e have had a period), who has recurrent or persistent pelvic pain lasting longer than 6 months, and is not currently pregnant. You do not need a diagnosis of endometriosis in order to access the clinic, and you do not require a referral from your regular GP.

While people with chronic pelvic pain often have similar symptoms and experiences, there is no one-size-fits-all approach. The philosophy of our clinic at Kardinia Health is to approach pelvic pain with a biopsychosocial focus.

This means that we consider all the biological (physical), psychological and social factors that play a role in your pain experience and the impact it has on your life.



\* As you can see in the diagram above, previous trauma can play a role in pain and it can be helpful if your care team are aware of this in order to provide you the best and most sensitive care. It is entirely up to you how much you wish to share and if you prefer not to disclose sensitive information that is also okay. All of your information is confidential and only shared with other healthcare providers with your permission. If you are worried about this impacting on your care you are most welcome to discuss this privately with our support nurses.

It is well recognised that people with chronic pelvic pain often experience multiple types of pain, and often have coexisting symptoms such as fatigue, bladder or bowel concerns, or sexual health concerns. This can impact on many facets of life including work, study and relationships. The clinic is interdisciplinary, using a team of nurses, GPs, pelvic floor physiotherapists, psychologists, pain educators and dietitians to help you take control of your symptoms and improve your quality of life. If you have a regular GP who you want involved in the process we will share information and work alongside them also.

Please note we are not a surgical service and do not have a gynaecologist on site, but can refer on and work alongside gynaecologists where appropriate/necessary.

Our clinic does not prescribe opioids (strong painkillers) or drugs of dependence. If you are already on these medications you may still attend the clinic but you will need to see your usual prescriber for scripts.

# CLINIC PROCESS



## Intake questionnaire

To be completed by patient and reviewed by our dedicated pelvic pain nurse for an intake appointment.



## Nurse meeting and information gathering

45 minute appointment with nurse (telehealth or face to face) to go over questionnaire and gather necessary information.



## Connection and planning with a Pelvic Pain Clinician

60 minute consultation with a pelvic pain clinician (this may be a GP, pelvic health physiotherapist or pain educator) to explore your health history and work together to understand your symptoms and reach your health goals.



## Enacting your personalised plan

This may involve a combination of group and one on one sessions based on your unique needs, with varying practitioners including dietitian, pelvic floor physiotherapist, psychologist, GP, pain educator or sex therapist. Your personalised team will communicate with each other to ensure all aspects of your health and wellbeing are being addressed.



## Ongoing nurse check ins

Periodic check in phone calls from a dedicated pelvic pain nurse to monitor progress and help address any obstacles to achieving your goals.



## Referral out

Generally patients will remain with the service for up to 12 months before being referred back to their regular GP with a comprehensive plan and relationships with trusted care providers in place. If you do not have a regular GP we can recommend an appropriate GP with an interest in pelvic pain/women's health.

## Financial disclosure

An initial fee of \$125 (\$100 for concession card holders) is taken prior to your first appointment to cover nurse support throughout your engagement with the clinic and your first appointment with a pelvic pain clinician.

The number and frequency of individual sessions after your plan is created will vary depending on your symptoms and needs.

Ongoing individual sessions with the GP will be charged at standard GP rates. (Some sessions may be bulk billed.)

Ongoing allied health costs will also vary, but may be subsidised by team care arrangements or mental health care plans in some instances. External public services or low cost options can also be explored with your team. If you have concerns about meeting costs, please discuss this at your initial nurse appointment.

If you would like to access this service please complete the attached patient questionnaires <https://kardiniahealth.snapforms.com.au/form/kardinia-health-persistent-pelvic-pain-and-endometriosis-clinic---intake-questionnaire>

Our pelvic pain clinic nurse will then contact you with an initial appointment time. If you have not heard within two weeks please contact the clinic on (03) 5202 9333.

