DESIGNING AN AT-HOME VISCERAL SENSITIVITY TESTING PARADIGM: THE IMPORTANCE OF PPI Lydia Coxon, Razneen Shah, Kirsten Parsons, Katy Vincent **Contact: Lydia.coxon@wrh.ox.ac.uk**

BACKGROUND & AIMS:



Chronic pelvic pain is as common as asthma and diabetes, affecting **up to 25% of women** at some point in their lives.



Visceral hypersensitivity has been shown to be an important factor in many women with chronic pelvic pain.



Until recently, investigations of visceral sensitivity have involved **invasive procedures.**



Recently there has been a **paradigm designed** which makes visceral sensitivity testing easier for research purposes [1].

EXISTING PARADIGM:

Participant empties bladder

01

02 Participant drinks 20floz of water in 5 minutes

Ask for pain and urgency ratings (0-10) every 15 minutes

First Sensation - when riding in a car, the driver pulls over to a reststop to urinate you would go as well.

First Urge - when riding in a car you would initiate the request to find a reststop to urinate.

Maximum Tolerance - when riding in a car you would urinate on the side of the road in $\mathbf{z}_{\mathbf{z}}$ bumper-to-bumper traffic.

Participant tells us when they reach certain sensations, and give pain and urgency ratings at these points

GN: DES STUDY

Funding is secured for a planned **pilot study** in which **female participants** will complete the paradigm with researchers as in previous studies [1] and 4 times at home. We will compare the **reproducibility** of measures using the at-home paradigm and the in person paradigm, as well as assess the **acceptability** of the at-home paradigm. We will also explore whether visceral sensitivity varies across the month with **menstrual cycle**.

PPI METHODS:

- Public Patient Involvement (PPI) advisors were recruited using posters distributed on social media and word-of-mouth (total 9 advisors).
- PPI sessions took place online using teams or in person, as suited the advisor.
- The sessions included an explanation of the study and PPI as well as discussion about specific aspects of the study.
- PPI advisors were remunerated for their participation in sessions.



However this paradigm is time consuming and can be intimate in nature, which limits its utility in research and prohibits use in clinical practice.

- practicality.
- and relevance to the studied population.





• PPI in research is crucial for study design, offering valuable feedback on research

PPI encourages innovative study design methods and ensures research accessibility

• Co-designing an at-home visceral sensitivity paradigm could expand research and clinical practice, especially in chronic pelvic pain, by enabling data collection at home, reducing access barriers, and allowing testing more similar to physiological processes.

References: [1] Tu ClinJPain:doi:10.1097/AJP.0b013e31827a71a3





