

PELVIC PAIN-SPECIFIC EDUCATION IN CHRONIC PAIN - A SERVICE EVALUATION

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BACKGROUND

- Chronic pelvic pain (CPP) affects 6% - 27% of females worldwide.
- CPP patients presents in primary care as frequently as migraine or low back pain.
- CPP can significantly impact a patient's ability to function economically and socially.
- Early effective management of chronic pain may help to reduce this disruption and avoid an endless succession of referrals, investigations and operations.
- Addenbrookes Hospital offers a dedicated MDT delivered pelvic pain education seminar for female patients with CPP.

OBJECTIVES

- To assess the participants' opinion on the usefulness of the Pelvic Pain education sessions.
- To evaluate participant satisfaction.
- To gather recommendations from the participants to improve our seminar sessions.

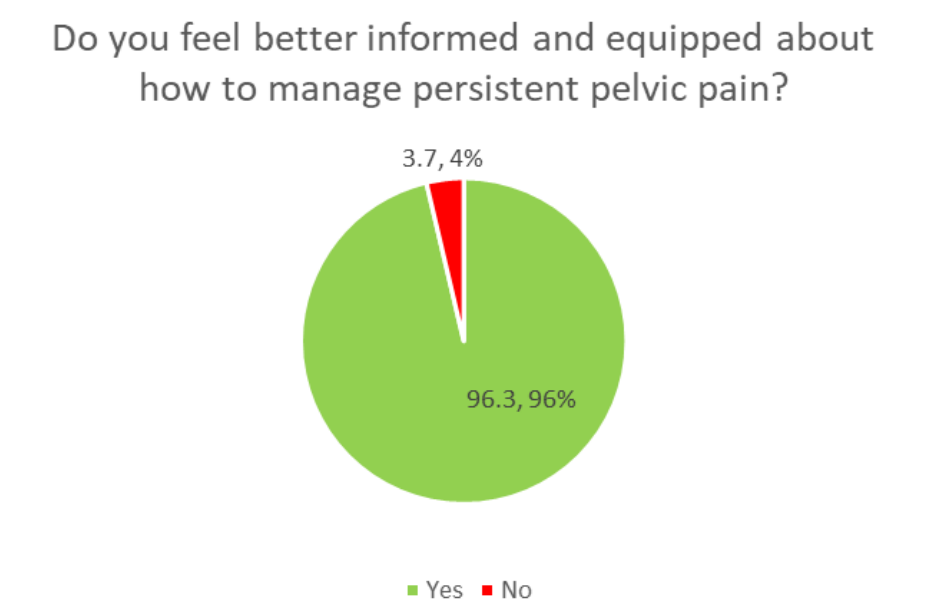
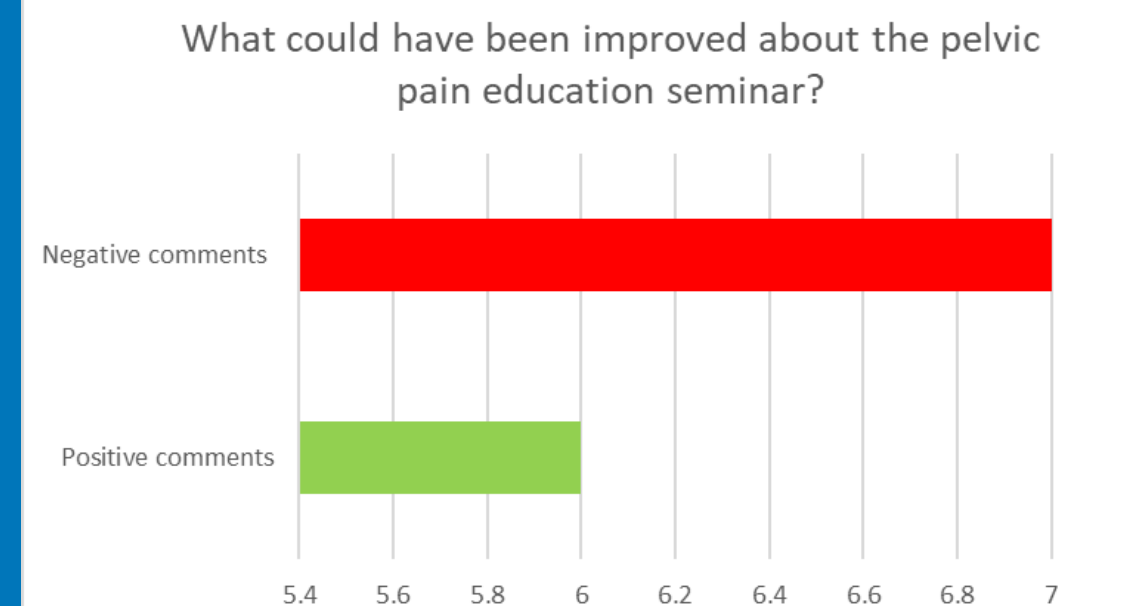
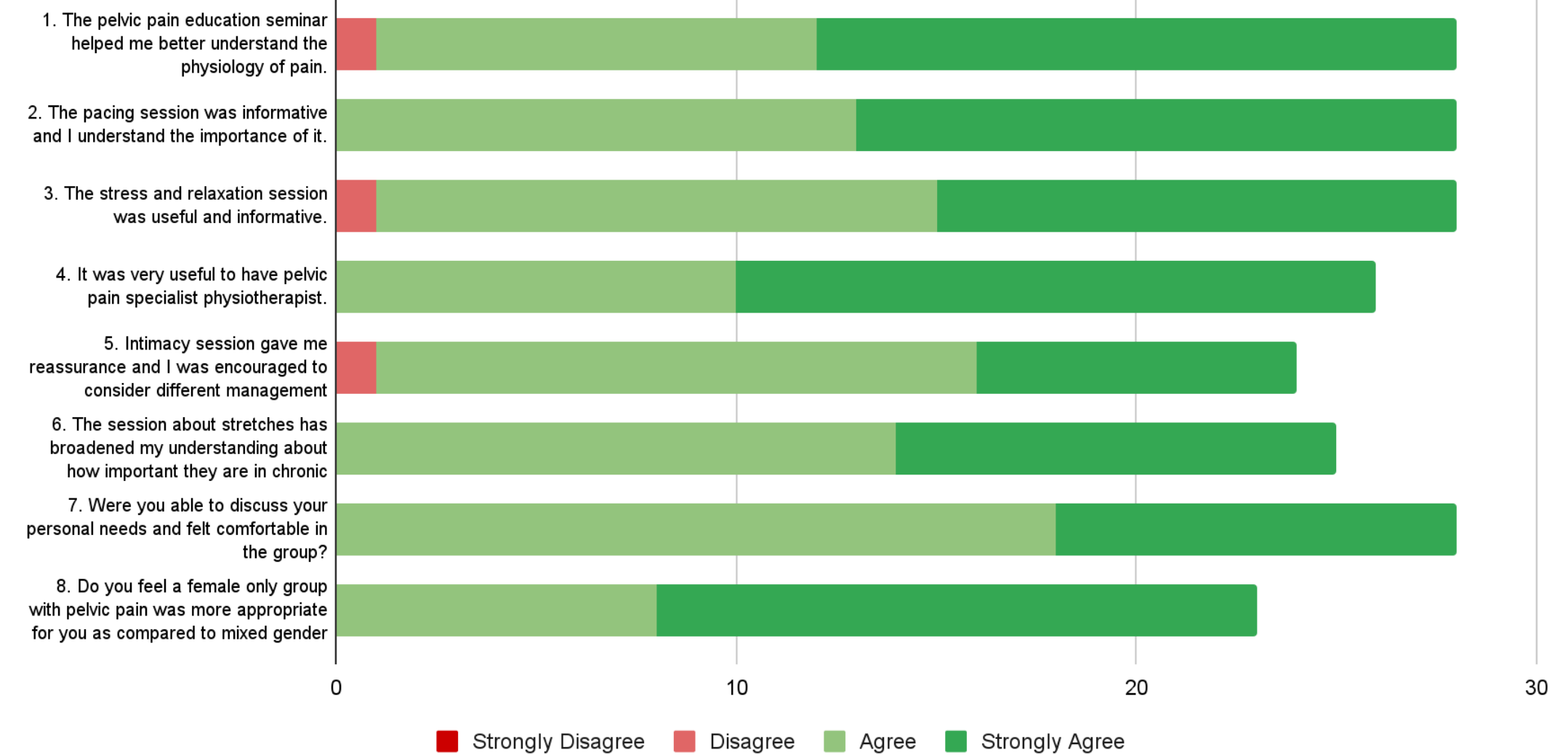
METHODS

- Participants who attended the seminar were given an 8 part questionnaire to fill of 8 closed and 4 open questions.
- Sample size: 28.
- Location: Addenbrookes Hospital Outpatient Pain Services.
- Population: (1) Female, (2) Adults, and (3) Diagnosed with CPP.
- Exclusions: Male, aged <16, and presenting with pain in other locations.
- Timing: April 2021 to September 2022.

CONCLUSIONS

- 96% of participants found the pelvic pain-specific education seminar useful.
- Sessions on pacing and stretches received the most positive reviews.
- Participants preferred a female only group.
- No change to the education seminar required until further follow up data.
- Consideration of having specific education seminars for widespread pain and back pain.

RESULTS



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