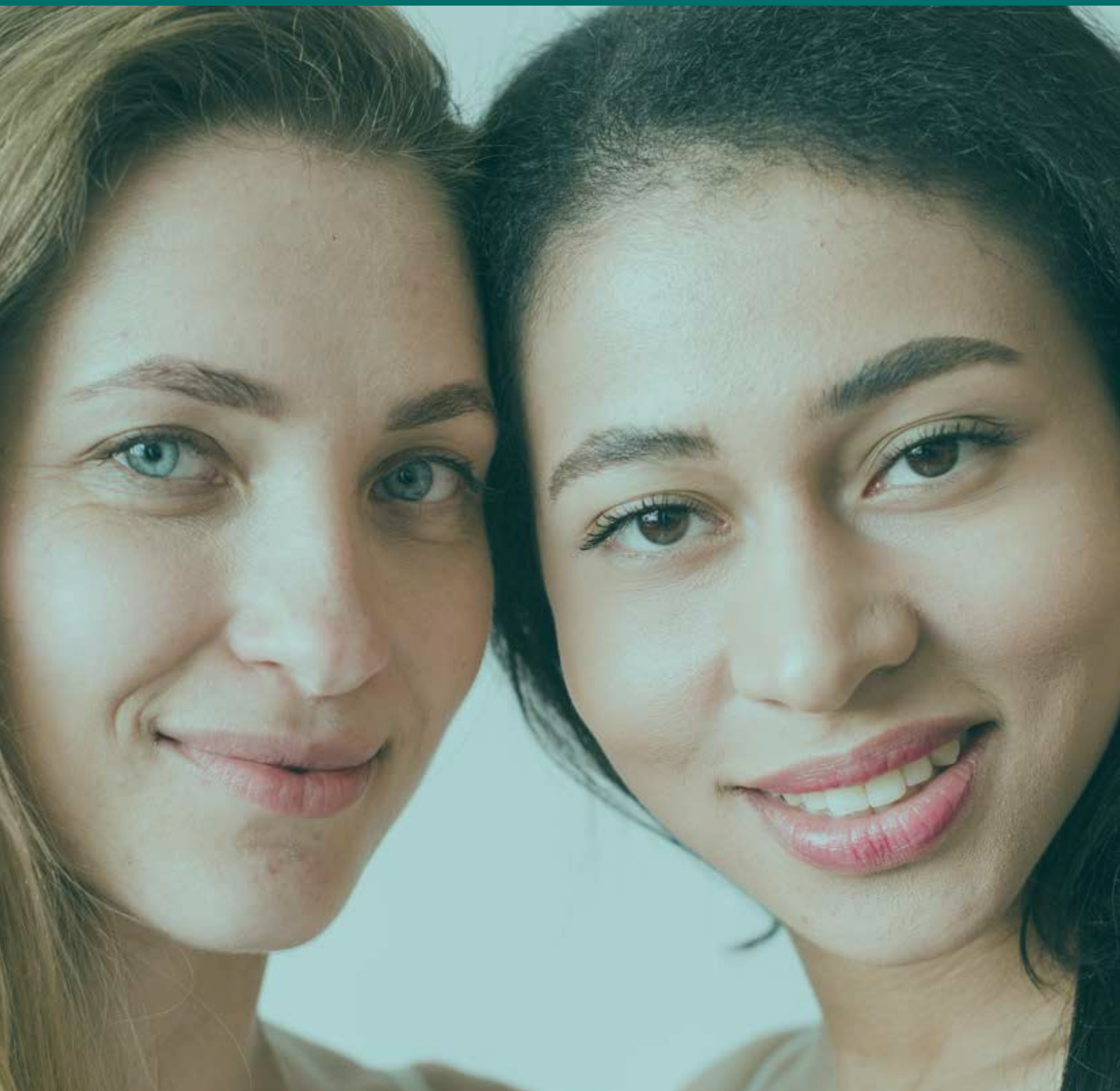




PIONEER
Pelvic Pain Clinic



ABOUT THE PROGRAM

The Australian Government is funding endometriosis and pelvic pain clinics in every state and territory in Australia as a pilot program. These clinics aim to

- improve access for patients to diagnostic, treatment and referral services for endometriosis and pelvic pain
- build the primary care workforce to manage this chronic condition.
- improve access to new information and care pathways.

Endometriosis is a complex and debilitating chronic condition that can be hard to diagnose, with those suffering waiting an average of 7 years before diagnosis. It is a progressive condition that can start at puberty and continue through to old age. In Australia it affects at least one in nine girls, women and those assigned female at birth.

THE PROGRAM'S GOALS

The clinics will provide multi-disciplinary care with a focus on:

- improving the timeliness of diagnosis
- promoting early access to intervention, care, treatment options, and referral services for endometriosis and pelvic pain.

PIONEER PELVIC PAIN CLINIC AIMS TO PROVIDE:

- Comprehensive and expert care
- Personalised treatment plans
- Pain management
- Emotional support

By focusing on the specific needs of individuals with endometriosis, we hope to play a pivotal role in improving the quality of life for our patients and ultimately reducing the profound physical and emotional toll this condition can take on those affected.

The Pioneer Pelvic Pain Clinic is supported by:

PATIENT PATHWAY

1 Initial Appointment with Patient Support Coordinator

30 minutes No cost

When you book a Pelvic Pain Clinic appointment, you will be prompted to complete an online questionnaire to be submitted prior to your initial appointment.

Our Patient Support Coordinator, Rianan, will spend time with you collecting information and arranging for any results or treatment reports to be sent to the Clinic in readiness for your GP appointment. Rianan will also speak with you about what your priorities are in regards to your treatment plan. Rianan will assign you a treatment GP and arrange the booking of your appointments.

2 First appointment with GP

60 minutes

Cost

With Medicare card	Fee	Rebate	OOP
	\$270.90	\$191.20	\$79.70

No Medicare card	Fee	Rebate	OOP
	\$270.90	\$0	\$279.90

Please note: No out-of-pocket cost for students and patients with a concession card.

Using the information collected from your initial appointment, the GP will work with you to develop a management plan and liaise with other health providers that may participate in your care (e.g. Pelvic Health Physiotherapist).

3 Follow up appointment with GP

30 minutes

Cost

With Medicare card	Fee	Rebate	OOP
	\$79.70	\$79.70	\$0

No Medicare card	Fee	Rebate	OOP
	\$79.70	\$0	\$79.70

Follow up with the GP to review any results, discuss the progress of your management plan and review allied health involvement in your care.

4 Further appointments

Further appointments will be arranged as required

YOUR FIRST GP APPOINTMENT

Date: _____ Time: _____

Please note our cancellation and discharge policy. Please call Pioneer Health **28-42 hours** prior to your appointments with Pioneer Health clinicians to avoid a cancellation fee.

E: pelvicpain@pioneerhealth.com.au | T: 9842 2822

SEVEN POINT PLAN FOR PELVIC PAIN MANAGEMENT

For suspected or proven endometriosis

1 TAKING CARE DURING A PERIOD

Be kind. Go for gentle walks. Panadol, nurofen and a heat bag are effective tools. A mobile TENS machine is worth considering. There is little evidence for stronger pain relief.

2 PERIOD CYCLE CONTROL

To prevent further growth of endometriotic deposits outside the womb.

This can be: the pill, minipill, contraceptive injection, contraceptive implant or IUD. Sometimes we use two of these in combination for better effect at stopping disease process

3 PELVIC FLOOR PHYSIOTHERAPY/YOGA

To encourage pelvic floor relaxation after years of pain, trauma and tension. Can be coupled with a mobile TENS machine or can be taught self trigger point release (pelviwand)

4 DIETITICAN

Often a crossover with IBS, a dietician can help work on trigger foods that worsen bloating and bowel movements with each period cycle.

5 PSYCHOLOGY

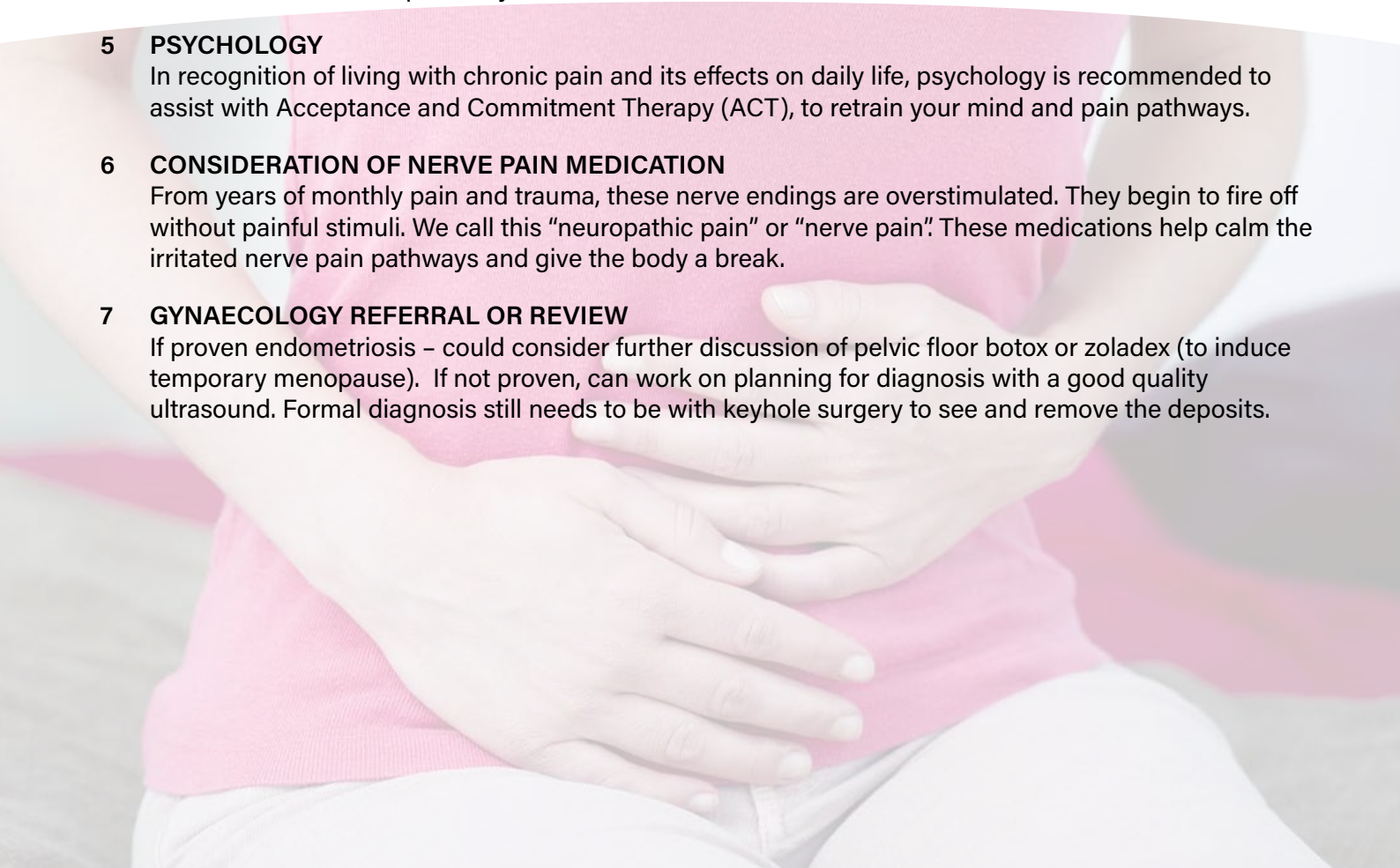
In recognition of living with chronic pain and its effects on daily life, psychology is recommended to assist with Acceptance and Commitment Therapy (ACT), to retrain your mind and pain pathways.

6 CONSIDERATION OF NERVE PAIN MEDICATION

From years of monthly pain and trauma, these nerve endings are overstimulated. They begin to fire off without painful stimuli. We call this "neuropathic pain" or "nerve pain". These medications help calm the irritated nerve pain pathways and give the body a break.

7 GYNAECOLOGY REFERRAL OR REVIEW

If proven endometriosis – could consider further discussion of pelvic floor botox or zoladex (to induce temporary menopause). If not proven, can work on planning for diagnosis with a good quality ultrasound. Formal diagnosis still needs to be with keyhole surgery to see and remove the deposits.





PIONEER
Pelvic Pain Clinic

Patient Resources

The resources listed herein are provided solely for general informational purposes and should not be construed as medical advice or an endorsement of their suitability or reliability by any entity or individual. No liability is assumed for any consequences that may arise from the use of these resources. Users are strongly encouraged to exercise their own judgment, verify information, and seek professional advice as needed when utilising the listed resources.



WEBSITES

Endometriosis Australia

www.endometriosisaustralia.org

Endometriosis Australia endeavors to increase recognition of endometriosis, provide endometriosis education programs, and help fund endometriosis research.

Visit the website to view webinars on the following topics:

- Diagnosis
- Treatment
- Fertility
- Pelvic Yoga
- Adolescents and endometriosis
- Complementary medicine
- Pelvic floor and perineum health



Endometriosis WA (EndoWA)

www.endometriosiswa.org.au

Coordinates and delivers programs, events and activities to provide quality services and supports to people managing endometriosis and their families and carers. Endo WA provides accurate and up to date information on endometriosis in accessible and understandable formats. They run bi-monthly educational and supportive events for our members, which are often recorded and uploaded to their Youtube Channel.



Endozone

www.endozone.com.au

An evidence based website co-created with people affected by endo. Funded by the Australian government and Jean Hailes for Women's Health, EndoZone has been developed by researchers, health experts, Australia's endometriosis(endo) associations, and most importantly of all, you.

EndoZone learns what users want and responds to what they need.



Pelvic Pain Foundation Australia

www.pelvicpain.org.au

Website includes a number of resources including a guide to easy stretches to relax the pelvis in photos.





WEBSITES

Jean Hailes for Women's Health

www.jeanhailes.org.au

Jean Hailes for Women's Health is a national not for profit organisation dedicated to improving women's health across Australia through every life stage. Educational topics included anxiety, bladder and bowel, endometriosis, fertility and pregnancy, menopause, PCOS, sexual health, vulva) pain, adenomyosis, fibroids and many more. The website includes evidence based, easily accessible information as well as helpful external resources, many of which are available in different languages.



Endometriosis Australia Symposium

The Endometriosis Australia Symposium 2023 as part of Endo March is an educational symposium, designed for the public and health practitioners to better understand the debilitating disease that affects 1 in 9 women, girls, and those assigned females at birth.

Theme: The importance of research



EXERCISE

Exercising with Endometriosis

sarahlizking.com/exercising-with-endometriosis-what-to-do-and-what-to-avoid

Endometriosis is an inflammatory condition so anything we can do to help decrease whole body inflammation is helpful. Research shows that as little as 20- 30 minutes a day of moderate intensity activity, such as brisk walking or swimming, can have anti-inflammatory effects.

Exercise can also reduce pain sensitization, improve mental health and relax tight muscles.



Online Exercise Classes

The following are online exercise programs which you can subscribe to. Many women find such programs to be very convenient, and you may choose programs of varying intensity depending on how you are feeling.

Les Mills



Peloton



Apple Fitness





RELAXATION

Relaxation Methods

www.endozone.com.au/self-management/relaxation-methods

Relaxation methods' is a broad term encompassing a range of relaxation options, such as deep breathing, meditation, mindfulness and clinical hypnotherapy.

Relaxation methods have been found to assist in reducing chronic pain, stress, depression and anxiety. They have also been found to improve the ability to cope with symptoms of endometriosis and can improve your overall quality of life. These methods are cost-effective and easy to source management options.



Resting and Sleeping

Understanding the link between endometriosis and sleep quality is important because sleepiness and fatigue can result in difficulty managing your daytime activities. Fatigue is described as feeling mentally and/or physically drained. Sleepiness, on the other hand, relates to any difficulties that you may have staying alert or awake.



MENTAL HEALTH SUPPORT

Head to Health

www.headtohealth.gov.au

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations. Provided by the Australian Government Department of Health and Aged Care, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

Whether you are trying to improve your own sense of wellbeing, looking for help with something that is bothering you, or helping someone you care about Head to Health is a good place to start.



This Way Up

thiswayup.org.au

This is an excellent chronic pain online cognitive behavioural therapy program which is free with a GP referral. It contains eight lessons to be completed in a 120 day access period. We recommend aiming to complete one lesson every week.





APPS

Curable



www.curablehealth.com

Curable is an app which provides education to users on the neuroscience of pain and the factors leading to the development of chronic pain. It includes strategies for reducing central sensitization and decreasing pain catastrophising. The app has a 6 week free trial period.



Qendo



www.qendo.org.au

Free app for endometriosis, adenomyosis, PCOS, pelvic pain and infertility. The Qendo app includes a symptom tracker, allows users to develop a "pain plan" and facilitates access to education and connection within the community.

QENDO provides support, education and awareness for any one affected by endometriosis, adenomyosis, PCOS or infertility across Australia and New Zealand. Qendo has the world's only established support line for endo, adeno, PCOS and infertility.



Frendo



www.frendo.co.uk

Frendo empowers endometriosis patients and those with suspected endometriosis symptoms. Frendo is a screening and tracker tool as well as a social network and community.



Matilda



www.matilda.health

Matilda - Matilda is a place where people with endometriosis can get timely access to expert holistic care from the comfort of their own home, with the encouragement of the 'Tilly Tribe', Matilda's supportive peer community. Matilda is a cohort-based online program that empowers people with endometriosis to take control of their health and implement positive evidence-based behaviours to improve their symptoms before or after laparoscopic surgery.

Matilda is currently recruiting for a pilot trial. If you are interested in learning more or taking part in the trial please





YOUTH

Headspace

headspace.org.au

An organisation who support young people with mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support. With a focus on early intervention, they work with young people to provide support at a crucial time in their lives - to help get them back on track and strengthen their ability to manage their mental health in the future.



Youth Support

www.pelvicpain.org.au/ppep-talk-schools-program

PPEP Talk is a fun, medically accurate and age-appropriate information session incorporating the modern neuroscience of pain, of benefit to all students, particularly the 1 in 4 girls and people assigned female at birth with severe period pain.



Trans and Gender Diverse Teens

www.pelvicpain.org.au/ppep-talk-schools-program/for-trans-and-gender-diverse-teens

The Pelvic Pain Foundation of Australia (PPFA) is pleased to invite Trans and Gender Diverse (TGD) teens and their families across Australia to attend our FREE online Periods, Pain and Endometriosis (PPEP Talk) session.



BOOKLET

Pelvic Pain Education Booklet

This is an excellent booklet written by Gynaecologist Susan Evans. It provides an overview of pelvic pain, causes, treatment options and how to find support.

Introduction to
Pelvic Pain

DR SUSAN EVANS





PRODUCTS

TENS Machine

A tool to help manage pelvic pain and endometriosis.



Squatty Potty

Squatty Potty A stool to promote correct posture on the toilet



Wili Heat Bag - Pelvic and Back Wrap

Help with cramps, muscle pains and aches. 100% Cotton and hand made in South Australia by an Adelaide-based family run business.



Spoonie Wrap Around Heat Pack

Spoonie wrap around heat pack - small and large. Made in Melbourne, Australia.



VIDEOS

EndoActive

Endometriosis: Shared Perspectives are award winning video resources produced by EndoActive for health care professionals, people living with endometriosis (endo), educators and students.

Free access to videos on a range of topics from experts in the field of pelvic pain and endometriosis.



PODCASTS

The Jean Hailes Podcast

Jean Hailes for Women's Health is a national not-for-profit organisation dedicated to improving women's health across Australia through every life stage.



Authority to Release Medical Records to Pioneer Health

To Dr _____

Address: _____

Suburb: _____ Postcode: _____

Fax: _____

Dear Doctor,

The patient whose details are given below is now attending this clinic for pelvic pain.

I would be grateful if you could forward any relevant medical history / case notes / specialist letters / reports to assist in this patient's ongoing medical care. If your practice currently uses Best Practice it would be greatly appreciated if you could forward these notes in .xml format on usb, disc or via Healthlink. Our username is PIONEERH

Could you also please advise us of the most recent dates when any of the following items were charged:

GPMP (Care plan) _____ / _____ / _____

TCA (Team Care Arrangement) _____ / _____ / _____

Mental Health Care Plan _____ / _____ / _____

Thank you for your assistance.

Yours faithfully,

Pioneer Health Albany

Patient Name: _____

Date of birth: _____ / _____ / _____

Address: _____

Medicare No: _____

I hereby authorise the release of my medical records to Pioneer Health Albany.

Signed _____ Dated _____ / _____ / _____

Pioneer Pelvic Pain Clinic

Consent for use of deidentified patient data for research purposes

This consent form is a legal requirement of our funding for the pelvic pain pilot clinic.

Invitation: We would like to invite you to consent to use of deidentified patient demographic data and quality of life scores.

Purpose of data collection: To assess the impact of our pilot clinic on quality of life after multidisciplinary team management of pelvic pain, endometriosis, and chronic pelvic pain syndromes. Outcome data is a mandatory requirement of the grant funding for this pilot pelvic pain clinic.

What would be expected of you: to participate in the pelvic pain clinic. To undertake patient reported outcome questionnaires at routine appointment times.

Confidentiality: All responses will be recorded anonymously so that it will be impossible to identify you or any other person. Your name and address will **NOT** be recorded nor reported to the federal government.

Persons to contact: If you have any questions about the collection of deidentified patient data please contact Christine Liau at pelvicpain@pioneerhealth.com.au

CONSENT:

I, _____, have read the above information and agree to have de-identified data collected for the pelvic pain clinic.

Signed: _____

Date: _____

Witness: _____