



Connect..

Pelvic pain Program

Connect...

to information and make sense of your pain

Connect...

with professionals who understand pelvic pain

Connect...

and start to get life back on track

Welcome and introduction to the *Connect* program

- What we will cover in this appointment
 - Background to the *Connect*.... program
 - What the *Connect* program offers you
 - How it works
 - Appointments with team
 - Online sessions
 - Questionnaires before and after
- What next?
- Book your appointments
 - Make sure you have contact details
 - Health Hub is set up
 - Q and A schedule
 - Time for questions



How we got here....



***Hey Pelvic pain team!
Any ideas about how to fix the
waiting list that blew up during
Covid???***

Increasing awareness about pelvic pain



National
Endometriosis Plan
National Expert
Advisory Group



Australian Government
Department of Health



the women's
the royal women's hospital

Connect



Our pelvic pain clinic patients always say...
*“if only I’d know this
all those years
ago.....”*

- So we decided to do just that....
- *Connect* patients to quality information about pelvic pain.
- Knowledge that helps pain now.
- Better long term outcomes.



the women's
the royal women's hospital

Connect Explainer: Possible endometriosis?

“Endo” is certainly a challenging condition

Affects approximately 10% of females

> 80% of these are the less aggressive forms

(note. This means more easily treated, **not less painful!**)

Due to multiple factors "endo pain" is complex

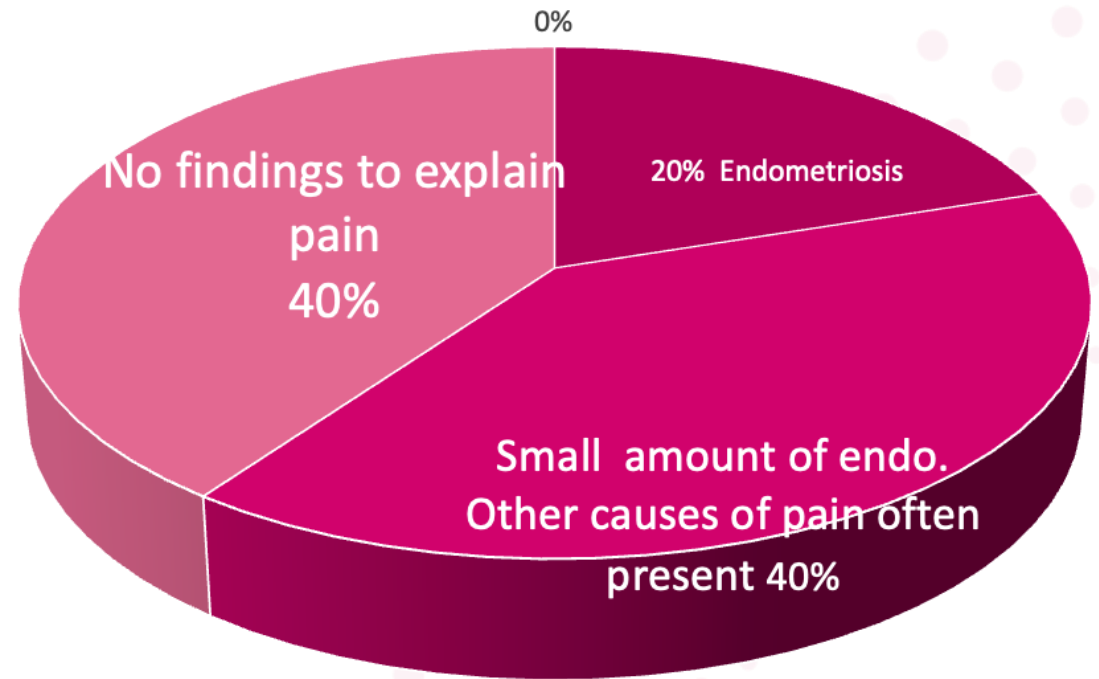
Pain from endometriosis itself is variable

Other types of pelvic pain can co-exist, overlap with or mimic 'endo pain'

These can become more complex over time.

Untangling and managing these symptoms should begin as early as possible.

Findings at Laparoscopy for pelvic pain



Connect program.

- For people on outpatient gynaecology waiting list at RWH
- 5 week Program including:

1. Educational videos via the *Connect* webpage

2. Individual Appointments with the team:

- Pain specialist
- Physiotherapist
- Dietician
- Psychologist

3. Weekly at 11.15 Q and A sessions :

4. Before and after questionnaires : Pain and its effect on your life.

5. Online Information and Resources for you to continue learning and managing pain



Live Connect: Q and A sessions

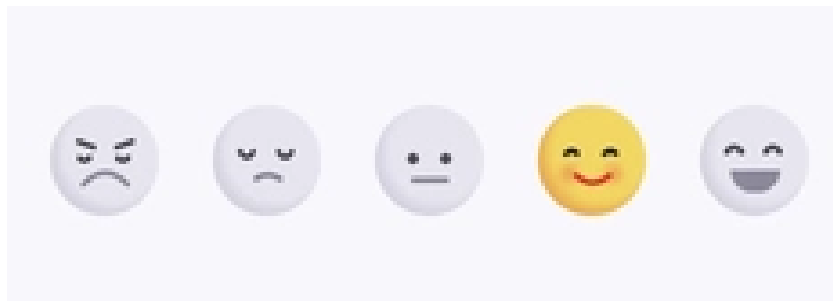
Monday May 15th: 11.15am – 12.00 midday

- Join via WEBEX link
- or in person if you are here for an appointment
- Gynaecologist and the Connect Team
- Online session
 - Bring any questions you have about pelvic pain, hormones etc.



. *Connect* Measuring your progress

- Questionnaires
- Before and after assessments.
 - Start: see where you are at
 - pain and functioning
 - After completing the program



Your feedback is vital
What worked?
What didn't?
What else would help?

Connect webpage:

www.thewomens.org.au/patients-visitors/cpp-connect-program/

Health information Patients & visitors Health professionals Contact

DONATE

FIND US SEARCH

HOME > PATIENTS & VISITORS > CHRONIC PELVIC PAIN (CPP) CONNECT PROGRAM

Chronic Pelvic Pain (CPP) Connect Program

We understand that your pain is real. Living with chronic pelvic pain is stressful, confusing and exhausting.

That's why we have invited you to take part in a 5-week program to help you understand and manage your symptoms, while you wait for your appointment with your doctors at the Women's.

You will be able to attend individual face-to-face appointment sessions. You will receive advice and support from specialist physiotherapists, nurses, psychologists and dieticians.

Benefits of taking part in the CPP program

Where and when

Links to Resources

HOME > PATIENTS & VISITORS > CHRONIC PELVIC PAIN (CPP) CONNECT PROGRAM > RESOURCES - CPP CONNECT PROGRAM

Resources - CPP Connect program

We have compiled a list of resources (videos, podcasts, books and more) for people participating in the CPP Connect program.

Please note: These links are being provided for informational purposes only. The resources below do not replace individual health care advice. You are encouraged to discuss your health needs with a health practitioner. By linking to the below resources, this does not constitute an endorsement by the Women's of any of the products, services or opinions of the individual or organisation.

- Understanding pain
- About pelvic pain (including endometriosis)
- Pelvic physiotherapy
- Psychology, mindfulness and mind body medicine
- Nutrition and gut health
- Sexual health

Connect videos: Learn about pelvic pain

- The videos have been created by our team
- You will find them on the Connect Webpage
- Topics covered are all relevant to pelvic pain
- Try to watch the videos before your appointment with each of the clinicians
 - ie. Before your physiotherapy appointment, watch the physiotherapy videos
 - and before your psychology appointment watch the psychology videos....

With this information on board you are ready to get the most out of your appointments!



The *Connect* team

- Administration person: Rebecca (Bec)
- Nurse: Verona
- Gynaecologist: Helen
- Physiotherapists: Naomi and Rosie
- Psychologist: Maree
- Dieticians: Anna and Ingrid
- Pain Specialist: Karin



Connect team: Contact and Administration

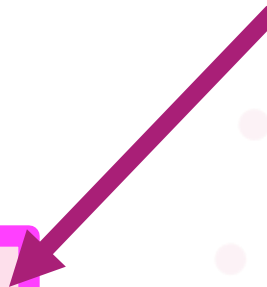
- **Bec** is the *Connect* program and Chronic Pelvic Pain Clinic administrative assistant
For all appointment details, cancellations and rebooking
Call 8.30-4.30 weekdays except Wednesday (leave a voice mail message)



Ph 8345 2756

- Phone calls from the hospital will show up on your phone as RWH switchboard number 8345 2000.

To call back to Bec use the direct number



Connect : Nursing coordinator

- Verona: years of experience in acute and chronic pain management
- Coordinating your participation and progress
- Appointments
 - reviewing your before and after assessments
 - providing pain education
 - pain management strategies
 - medication reviews.
- Best contact Via Health Hub message
 - May take 1-2 day hour turn-around



Tips for getting the most out of 1:1 appointments

- Each Connect team clinician will have an individual appointment with you.
- **Try to watch the videos by each team member before you have the first appointment with each one.**
- Maybe think about
 - Is the video relevant to your situation?
 - What more do you need to know or go over again?
 - Write down questions.
 - Don't forget there are more resources on the website.





...Connect..

Pelvic pain Program

*Thanks for joining in today
Stay safe and have a good week
We look forward to seeing you soon*