

Welcome to Project ECHO Population Health Network: Reproductive Health Series

Series 1: Session 6

“Managing persistent pelvic pain in primary care: Part 3- Understanding the role of Physiotherapy as part of a team care approach”



Supporting general practice, commissioning health services into gaps and driving service integration.

phn
WESTERN VICTORIA
An Australian Government Initiative

Acknowledgement of Countries



Ask the question. Do you identify as Aboriginal or Torres Strait Islander?

I'd like to begin by acknowledging the Traditional Owners and custodians of the lands and waterways from which we are all zooming in from today.

- the Wadda Wurrung, Gulidjan, Gadubanud, Keeray Wurrung, Peek Wurrung, Gunditjmara, Djab Wurrung, Wotjobaluk, Dja Dja Wurrung, Jadawadjarli, Wergaia, Jaadwa and Jupagalk peoples

We recognise their diversity, resilience, and the ongoing place that First Peoples hold in our communities.

We pay our respects to the Elders, both past and present and commit to working together in the spirit of mutual understanding, respect and reconciliation.

We support self-determination for First Nations Peoples and organisations and will work together on Closing the Gap.

What problem are we trying to solve?

People with/or at risk of persistent pelvic pain need access to prevention, secondary prevention, early recognition and management....But they face a challenge and barriers

- What barriers do they face? What challenges do providers face implementing best practice approaches?*
- What solutions can be offered in practice?*

Session 6 Learning outcomes

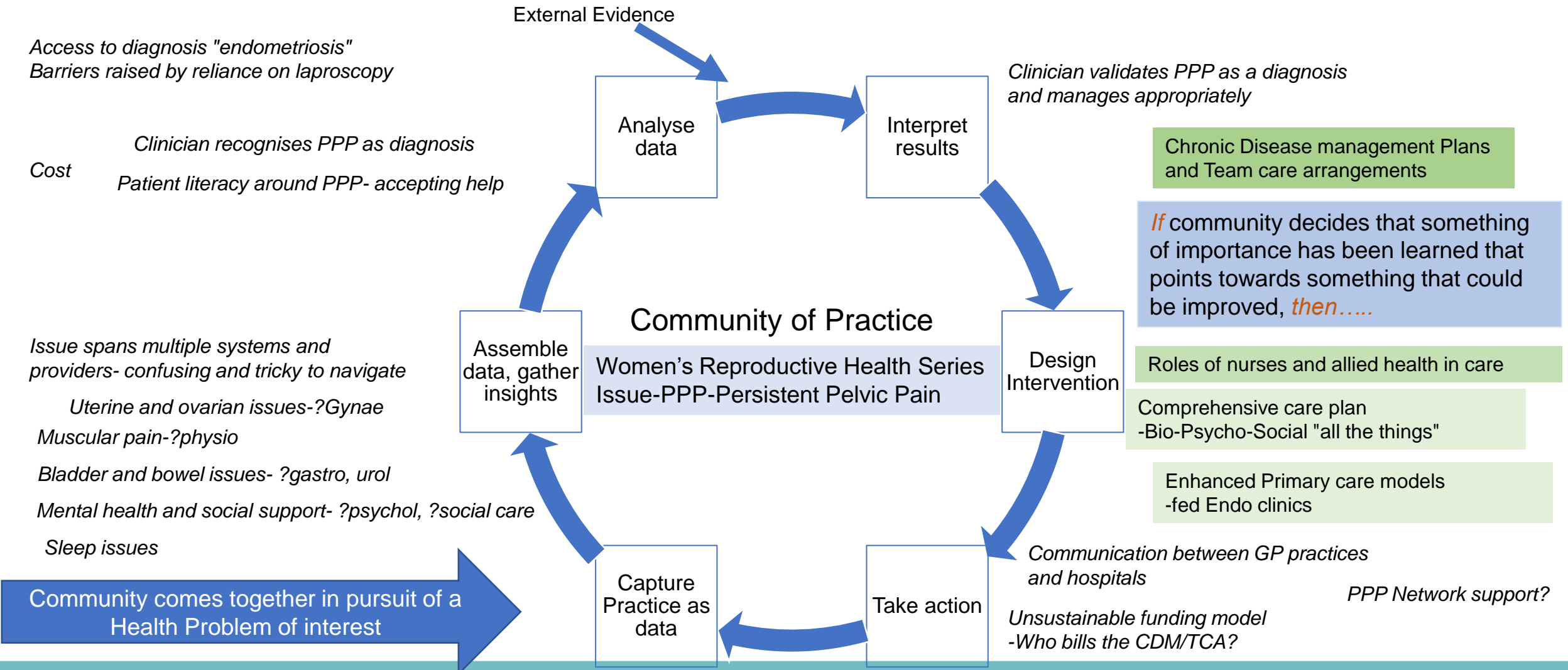
- Describe best practice examination for muscle pain related persistent pelvic pain
- Discuss the elements of a patient centred care for persistent pelvic pain
- Relate best practice to current care models in primary care and consider how to adapt practice to meet the needs of women with persistent pelvic pain
- Describe the roles of other medical professionals, allied health team members and specialist services in the management of persistent pelvic pain

Don't forget to fill out our session evaluation at the end of the session.



Persistent Pelvic pain in Primary care

Understanding through a Learning Health Systems approach



Agenda– Reproductive Health Series 1: Session 6

“Managing persistent pelvic pain in primary care: Part 3- Understanding the role of Physiotherapy as part of a team care approach”

Facilitator: Dr Bianca Forrester, Clinical Lead of Innovation and Learning, Western Victoria Primary Health Network

Naomi White, Senior Manager Regional Partnerships and Public Health – Grampians, Western Victoria Primary Health Network

- Health Alerts and New announcements

Naomi Nalder, Lead Clinician Physiotherapist- Pelvic Health, Barwon Health

- Persistent Pelvic Pain – Pelvic health physio perspective

Panel for discussion: Marilla Druitt, Obstetrician Gynaecologist, University Hospital Geelong, St John of God Geelong, Epworth Geelong, Deakin University

Network Co-ordinator: Jemma Missbach, Western Victoria Primary Health Network



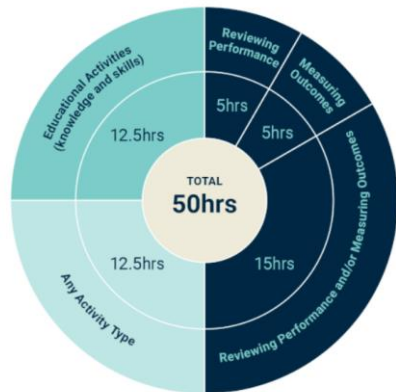
Etiquette/Zoom use

- Clearly name yourself with first name and surname.
- Introduce yourself / Role / Region / Organisation in “chat”
- Use chat to ask questions
- Please remain on ‘mute’ except when speaking
- **Please turn video on**
- In-session Evaluation at the end



- These sessions will be recorded for ongoing training and quality improvement purposes.
- The didactic presentations ONLY will be disseminated on our learning channel.
- Discussions will be de-identified where used for QI or research purposes.
- Please let us know if you would not like your comments recorded.

Minimum requirements



ECHO is a Peer Group Learning Activity
EA- Passive activity
RP- Interactive activity
MO- QI activity supported by ECHO

Health Alerts:

- **Mpox (Monkeypox)**

- Two new locally acquired cases.
- Link still under investigation.
- Globally - there are increasing cases in Asian countries.
- Vaccination available for eligible persons. Require both dose 1 and 2 for protection. Subcutaneous.
 - Vaccination on hand across the region information on stocking clinics can be found at the LPHU website
 - [Mpox - Ballarat Health Service \(bhs.org.au\)](https://bhs.org.au)
 - [Barwon South West Public Health Unit - Mpox \(bswphu.org.au\)](https://bswphu.org.au)

- **Rheumatic Heart Disease and Acute Rheumatic Fever**

- Now routine notifiable conditions – within 5 business days of diagnosis
- This includes previously diagnosed patients
- [The 2020 Australian guideline for prevention, diagnosis and management of acute rheumatic fever and rheumatic heart disease](#) (3.2 edition, March 2022).
- Medical practitioners can notify using the [Communicable Diseases online notification tool](#) or by downloading and completing the ARF/RHD notification form and returning it by post or fax.

New Announcements



- Opportunity to participate in workshop with Grampians Health on how they will work with and communicate with general practice moving forward
 - 24th August 6-8pm dinner included – Face to face in Ballarat
 - Email Naomi.White@westvicphn.com.au by Friday lunch time
- Vaccine updates
 - Remember not to discard COVID vaccines from cold chain breach before contacting VOC
 - Reminder to check Vaccine stock for expiry
 - A number of stocks have recently expired – COVID, mpox etc
 - Pfizer BA.4-5 (grey) has had shelf life extended to 18m
 - Reminder All vaccinations are required to be submitted to AIR. This includes aged care

Persistent pelvic pain Pelvic health physio perspective

Naomi Nalder

naomin@barwonhealth.org.au

Overview

- Who does it impact?
- How can pelvic health physio help?
- Considerations for building your team
- Courses and resources



Who?

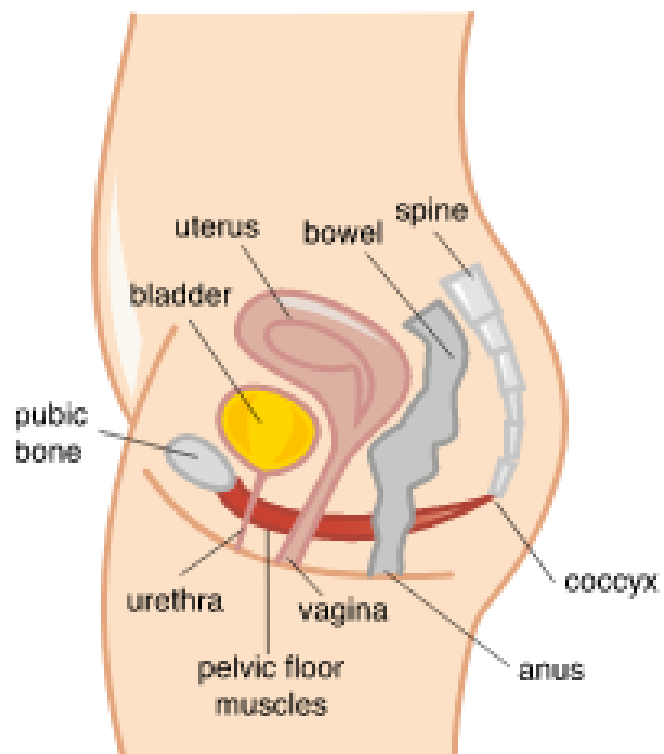


How can pelvic health physio help?

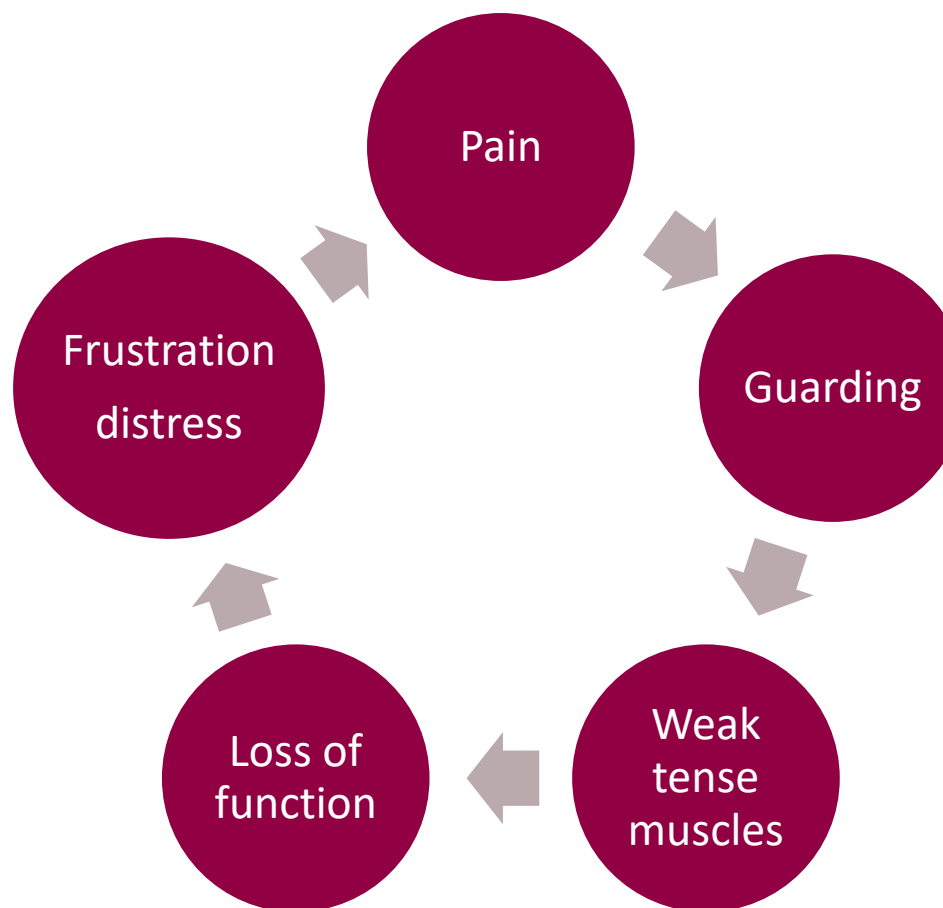
- Specific things in the pelvis*
- Lifestyle/ pacing*
- Muscles and joints outside the pelvis
- Understanding pain
- High quality resources/ support groups
- Consistent message



Inside the pelvis

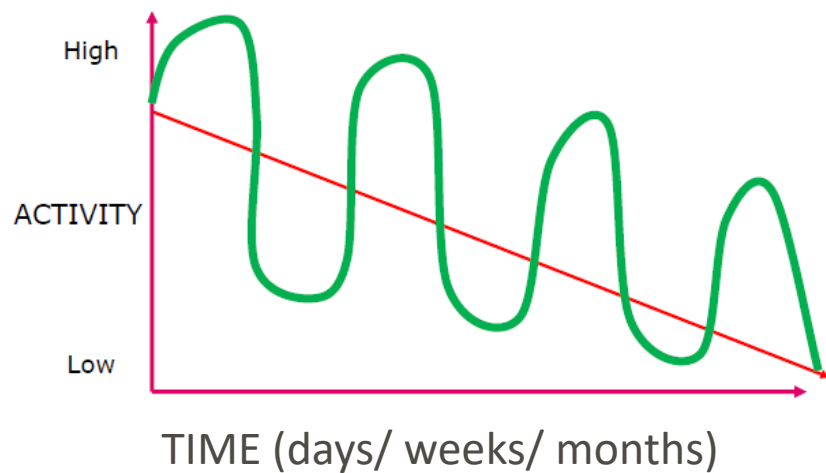


© Continence Foundation of Australia

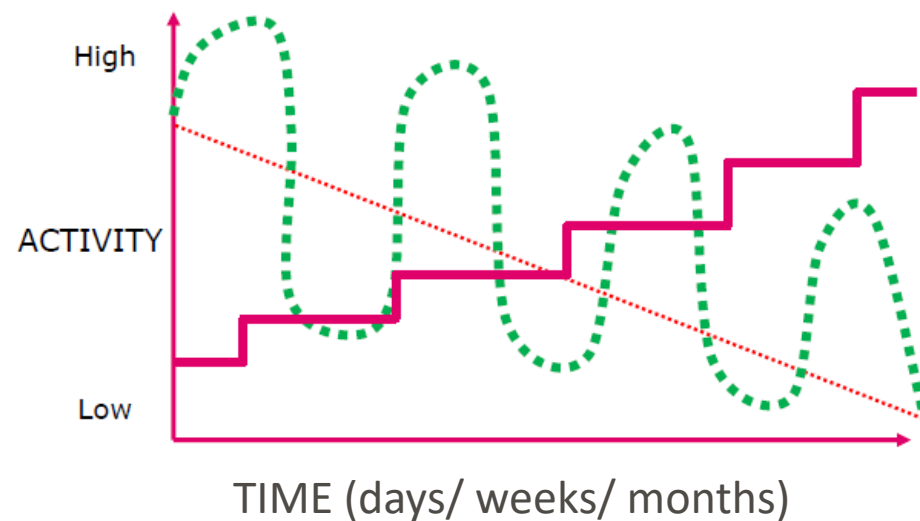


Lifestyle and pacing

WHEN PAIN SETS ACTIVITY LEVEL
(BOOM AND BUST CYCLE)



PACING UP ACTIVITY



Considerations for building your team

- Trauma informed approach
- Training/ understanding of pain science
- Consistent messaging
- Team collaboration
- Active vs passive management strategies



Resources- clinicians



OUR VALUES / RESPECT / COMPASSION / COMMITMENT / ACCOUNTABILITY / INNOVATION

Resources- patients



Case Presentation: 32 YO Severe Pelvic Pain

Situation: Severe pelvic pain with nausea and vomiting. Worse during her periods.

Background: 32 year old Caucasian lady.

- G3 P3.
- Separated from her husband and sole breadwinner.
- Sick of pelvic pain.
- Requests referral for hysterectomy.

Assessment: Feels very depressed.

- Doesn't want to take pill.
- In new relationship.
- Tender suprapubic region.

Recommendation: Try continuous pill. Discussed Mirena. Pain meds.



Question: Is she eligible to have a hysterectomy because of her age. She is sure that she has completed her family and says it is her body and doesn't know why she can't have a hysterectomy.

Please send us your cases



If you have a case, you would like to discuss with the group:

- **Case template** [here](#)
- Email projectechocovid19@westvicphn.com.au
- Use the comment box in the evaluation form

HealthPathways Reproductive Health

CLINICAL

[Termination of Pregnancy \(TOP\)](#)

[Follow-up for Termination of Pregnancy \(TOP\)](#)

[Contraception and Sterilisation](#)

[Contraceptive Implant](#)

[Intrauterine System or Device \(IUD\)](#)

[Contraceptive Injection](#)

[Persistent Pelvic Pain](#)

[Endometriosis](#)

[Cervical Screening](#)

[Cervical Cancer](#)

[Cervical Polyps](#)

REFERRAL

[colposcopy](#)

[non-acute gynaecology assessment](#)

[gynaecology advice](#)

[acute gynaecology assessment](#)

[Referral for termination of Pregnancy](#)

CONTACT

•New to HealthPathways?

Visit <https://westvic.communityhealthpathways.org/> and select 'register now'

•Use the "send feedback" button on the website or email: healthpathways@westvicphn.com.au

•The HealthPathways team can arrange for passwords to be bypassed if you provide your practice IP address.

WHO CAN USE HEALTHPATHWAYS?

•GPs and Health Professionals within the Western Victoria region can access HealthPathways. The portal is not designed to be used by the general public and can only be accessed by using a secure login and password. There is no cost to access.

Session Evaluation

- Please take the time to evaluate this **session**
- [Link](#) pasted into the chat

Upcoming Sessions

- **Thursdays @ 7.30am**
- Weekly til 7 September



Resources for Practice Nurses

Endometriosis Australia - Medical Webinar Series:

- https://www.youtube.com/playlist?list=PLTvQYhl_cRcQYC7vanbrMj41_g3Ab-7Q5

Persistent Pelvic Pain – The Big Picture. Dr Susan Evans, Pelvic Pain Foundation of Australia. 2015 RANZCOG World of Women's Health presentation:

- <https://vimeo.com/163056418>

Healthed for Nurses – Endometriosis Expert Panel. (60 min CPD course - free)

- <https://cpd.healthedfornurses.com.au/courses/endometriosis-expert-panel>

Australian College of Nursing – Endometriosis and Pelvic Pain course (Single Unit of Study online – currently \$2,785)

- <https://www.acn.edu.au/education/single-unit-of-study/endometriosis-pelvic-pain>

Rural Workforce Agency Victoria – Allied Health and Nursing Upskilling Grant (\$2000)

- <https://www.rwav.com.au/grants-page/>
- <https://www.rwav.com.au/wp-content/uploads/2023/07/Allied-Health-and-Nursing-Upskilling-Grant-2023-2024.pdf>

Websites – for information, resources/factsheets and symptom questionnaires:

- **Jean Hailes** <https://www.jeanhailes.org.au/>
- **Pelvic Pain Foundation** <https://www.pelvicpain.org.au/>
- **Endozone** <https://www.endozone.com.au/>

Bookings Open: PPV Meeting in Geelong Saturday October 14th



Speakers:

Associate Professor Helena Frawley, Allied Health Research, University of Melbourne University.

“Conservative therapies for endometriosis-associated pain”

Multidisciplinary Panel: “The Latest and greatest in pelvic pain”

Our panel present their pick of recent publications and presentations about pelvic pain

Saturday October 14th 9am -1pm, followed by lunch

Novotel Hotel, Eastern Beach Road, Geelong

Coffee on arrival, Morning tea and Buffet lunch included.

\$100 per person

Tickets at Try booking: <https://www.trybooking.com/CKGXD>

Places are limited, bookings close Wednesday Oct 10th

Enquiries: pelvicpainvic@gmail.com

<https://www.tourismgeelongbellarine.com.au/>

Our presenters:

Associate Professor Helena Frawley is a world renowned researcher in Pelvic Physiotherapy and pelvic floor dysfunction.

The talk she will present is based on her well received plenary presentation at the World Congress of Endometriosis, in May 2023.

Don't miss this comprehensive summary regarding where the evidence is at for non-surgical management of pelvic pain associated with endometriosis.

“The Latest and Greatest”

Our **Multidisciplinary Panel** have reviewed research and recent meetings to bring you their 'pick of the crop'

There will be something for everyone with presentations from all areas relevant to pelvic pain:

Gynaecology, Pelvic Physiotherapy, Pain Medicine, Psychology and General Practice.

After each presentation there will be plenty of time for questions and discussion.

Morning tea and lunch will provide opportunities for meeting and connecting with colleagues

Parking at the Novotel is limited so we recommend you park in the waterfront beachside parking or in one of the two undercover parking garages close to the hotel.

Dietary requirements? When you Book through our [try booking link](#) you will be able to notify of dietary requirements.