



PELVIC PAIN AND ENDOMETRIOSIS CLINIC

At Kardinia Health Pelvic Pain and Endometriosis Clinic, our mission is to improve the quality of life for individuals impacted by persistent pelvic pain in the western Victoria region.

Our team of GPs, nurses, pelvic health physiotherapists, pain educators, psychologists and dieticians are committed to delivering individualised, evidence-based care that considers all aspects of health and wellbeing.

Inclusion criteria:

- Endometriosis, suspected endometriosis or persistent (chronic) pelvic pain impacting quality of life for >6 months
- Assigned female at birth
- Started menstruating (i.e have had first period)
- Not pregnant at time of intake

Location: Kardinia Health,
2-18 Colac Road Belmont, Victoria 3216

Telehealth (video or phone) is available for this service

Referral: a formal referral from a GP is welcome, but not required to access this service. Patients can self-refer by contacting our reception team on (03) 5202 9333 for an information pack and intake questionnaire.

Fees: an initial fee of \$125 (\$100 for concession) will be taken to cover nurse support and initial multidisciplinary assessment and planning. Ongoing appointment fees will vary based on provider. Some GP appointments may be bulk billed at GP discretion.

If a patient does not have a regular GP then a GP management plan and Team Care Arrangement +/- Mental Health Care Plan will be created by our dedicated clinic GPs to help subsidise the cost of allied health services. If a patient already has these in place we will communicate with their usual GP to facilitate the best possible care.

CLINIC PROCESS



Intake questionnaire to be completed by patient and reviewed by our dedicated pelvic pain nurse for an intake appointment.



Intake appointment with nurse (F2F or via telehealth) to gather history and information.



Patient scheduled for a long 'Connection and Planning' appointment with a pelvic pain clinician (this may be a GP, pelvic health physiotherapist or pain educator depending on the patients symptoms).



Assessment and planning: patients may then be offered a variety of services and ongoing appointments depending on their presentation including:

- Diagnosis/diagnostic clarification
- Education (via both individual appointments and group sessions)
- Management strategies including medication prescribing, IUD insertion, pelvic floor physiotherapy
- Peer support linkage
- Referral to external providers as required eg gynaecologists, sex therapists, hypnotherapists



Our multidisciplinary team will hold regular meetings to discuss management plans and coordinate care, and our dedicated pelvic pain nurses will keep in touch with patients throughout their time with the clinic to address any barriers which may arise.



After 12 months, patients will be referred back to their usual GP with a summary and recommendations for ongoing care.

- > For further information about the clinic an information pack can be requested from our reception team on (03) 5202 9333
- > If you have a specific question please contact our dedicated nurse via email: pelvicpain@kardiniahealth.com.au
- > If you are a clinician with an interest in women's health and are interested in being a linked provider with our service (including GPs to refer patients onto after discharge) please contact the above email or Caitlyn.pring@kardiniahealth.com.au

