

# Unmet Treatment Needs for Women with Chronic Pelvic Pain attending a Gynaecology Outpatient Clinic in New Zealand

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**INTRODUCTION:** Increasing research demonstrates that the complexity of chronic pelvic pain (CPP) cannot be successfully managed within a unimodal, biomedical approach. Thus, international guidelines recommend coordinated interdisciplinary care for best outcomes. This treatment approach is currently lacking for women with CPP in New Zealand, with such women reporting problems with healthcare interactions and inappropriate treatment.

**AIMS:** To inform future service delivery in a New Zealand tertiary women's hospital, via an unmet needs audit.

**METHODS:** A convenience sample of 100 patient self-report questionnaires completed by women referred to an outpatient clinic for review or persistent pelvic pain. Women were asked about the types of pain they experience, how pain impacts their function and mood.

**RESULTS:** Results demonstrated that 80% of the women surveyed also reported persistent pain outside of the pelvis, with an average of two additional chronic pain syndromes. Further, the majority of women reported psychosocial impacts on their life including low mood and impaired ability to work. Interestingly, a third of patients had received previous surgery for pain, which resulted in no improvement or a worsening of pain.

**CONCLUSIONS:** Results demonstrate unmet need that requires the development of appropriate services for women with CPP.