

Effectiveness of Hormonal Treatment of Women with Unexplained Chronic Pelvic Pain

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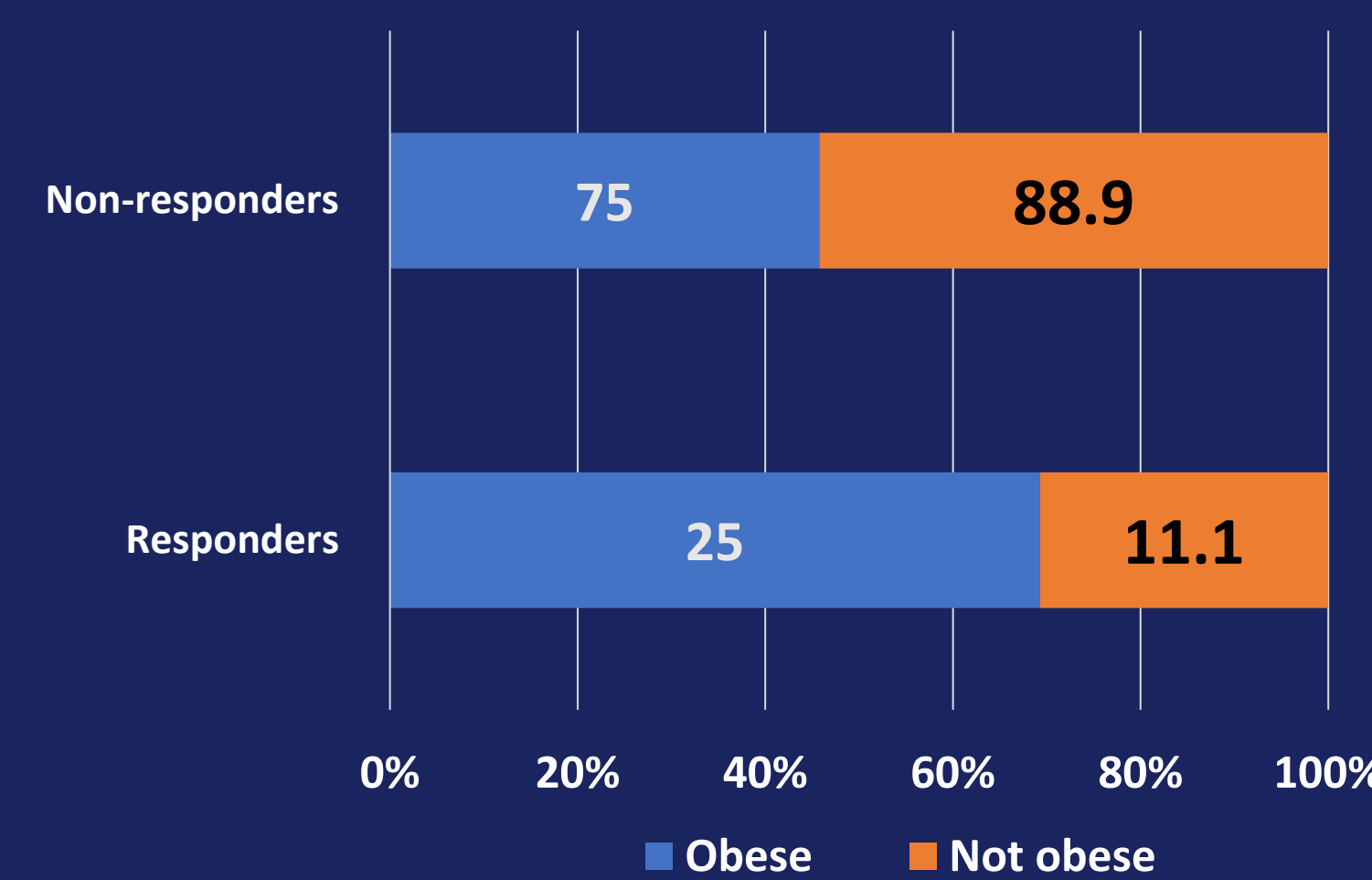
Background

Unexplained Chronic Pelvic Pain (UCPP) can be a lifelong debilitating condition with negative impacts in the woman. There is lack of research and clarity surrounding women with chronic pelvic pain with a significant financial impact towards the health service. Currently there is no gold standard treatment resulting in inconsistency in management of women.

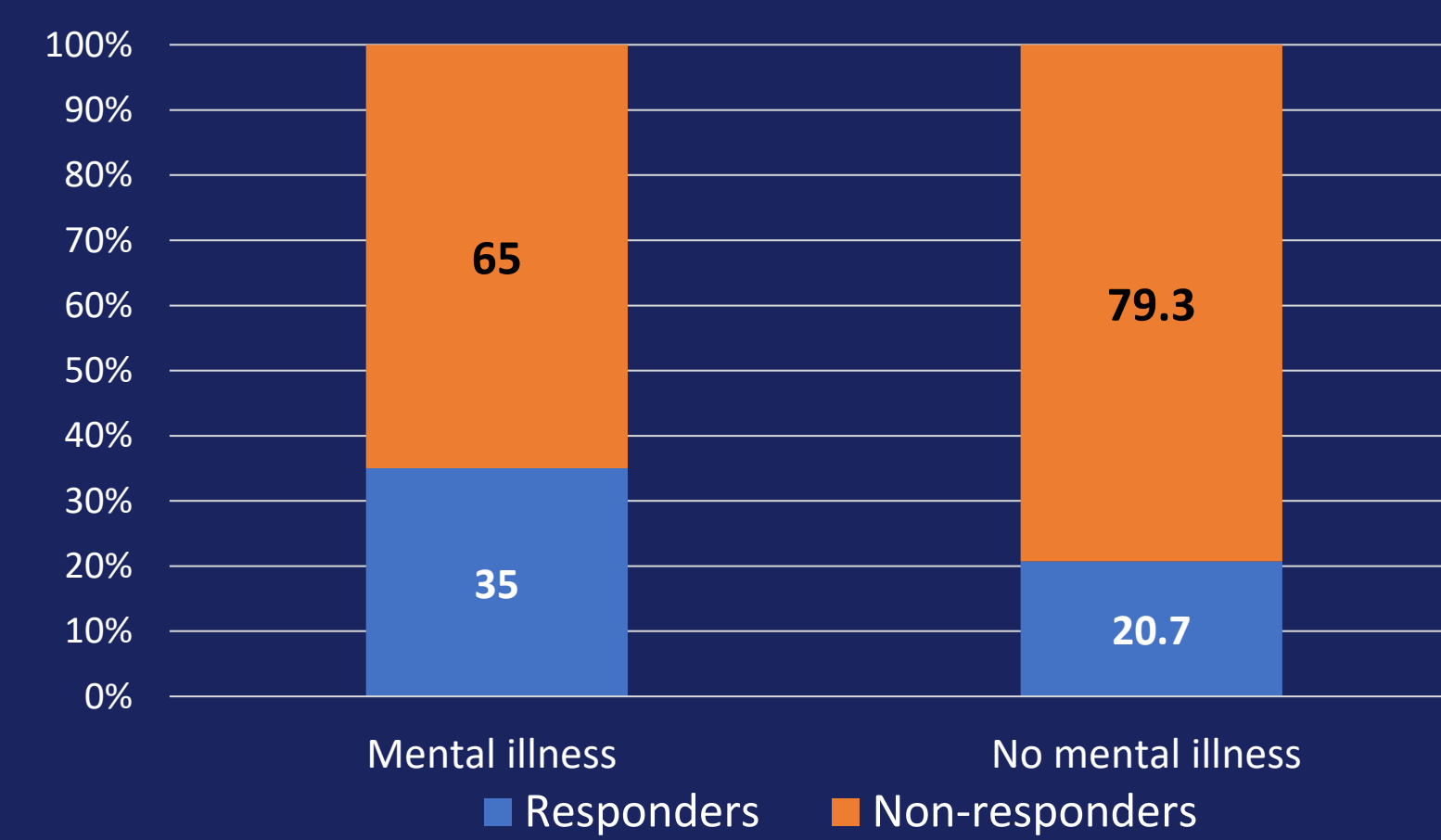
Objectives

- 1.To determine currently used treatment modalities in women with Unexplained Chronic Pelvic Pain
- 2.To assess effectiveness of hormonal treatment in women with Unexplained Chronic Pelvic Pain
- 3.To identify subgroup of patients who benefit from hormonal treatment
4. To guide the research to product an effective and efficient management for women with Unexplained Chronic Pelvic Pain

Percentage of responders and non-responders to hormonal treatment that were obese/ Non-obese



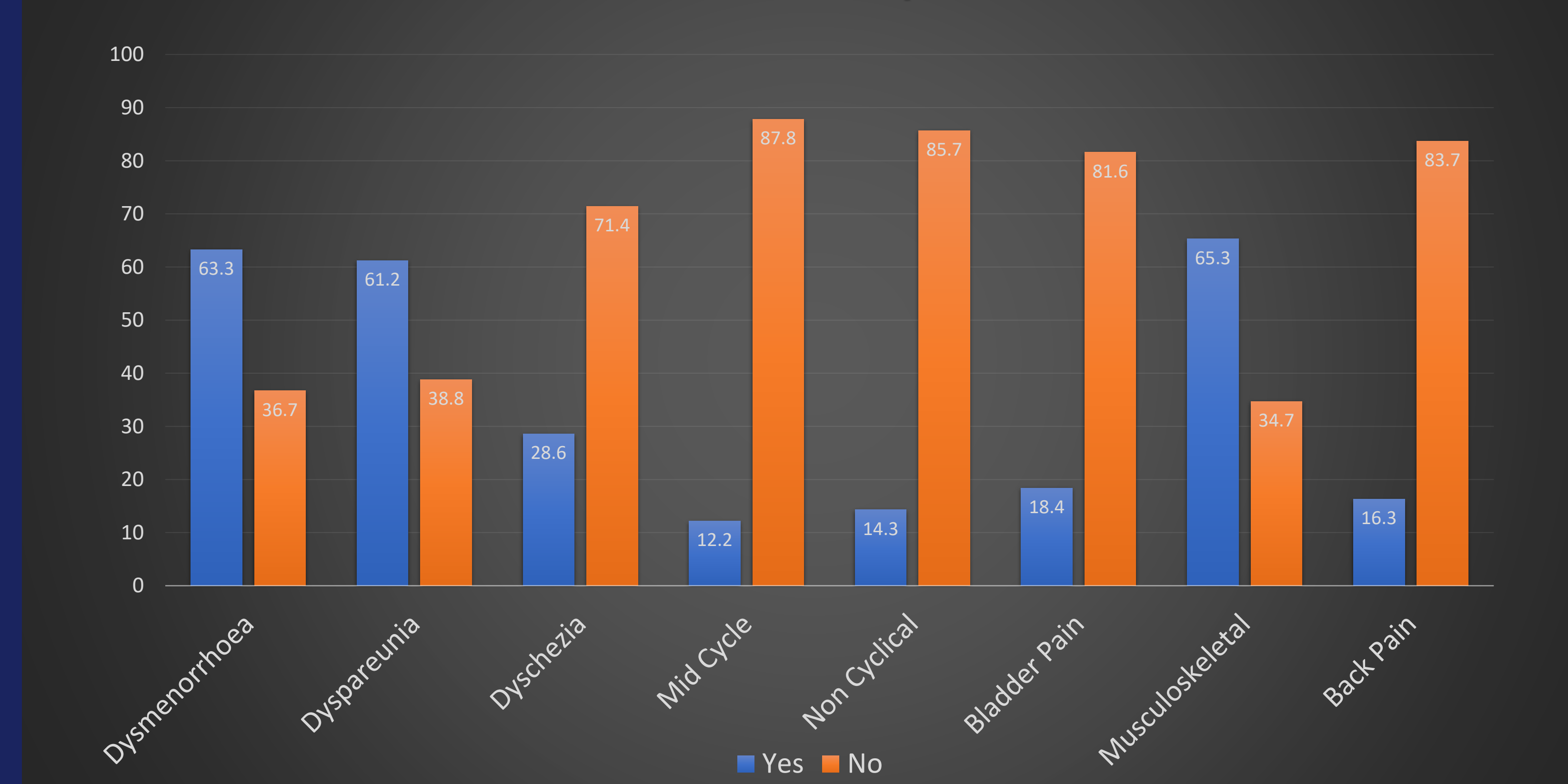
Percentage of responders and non-responders to hormonal therapy that had a mental illness/no mental illness



STUDY DESIGN

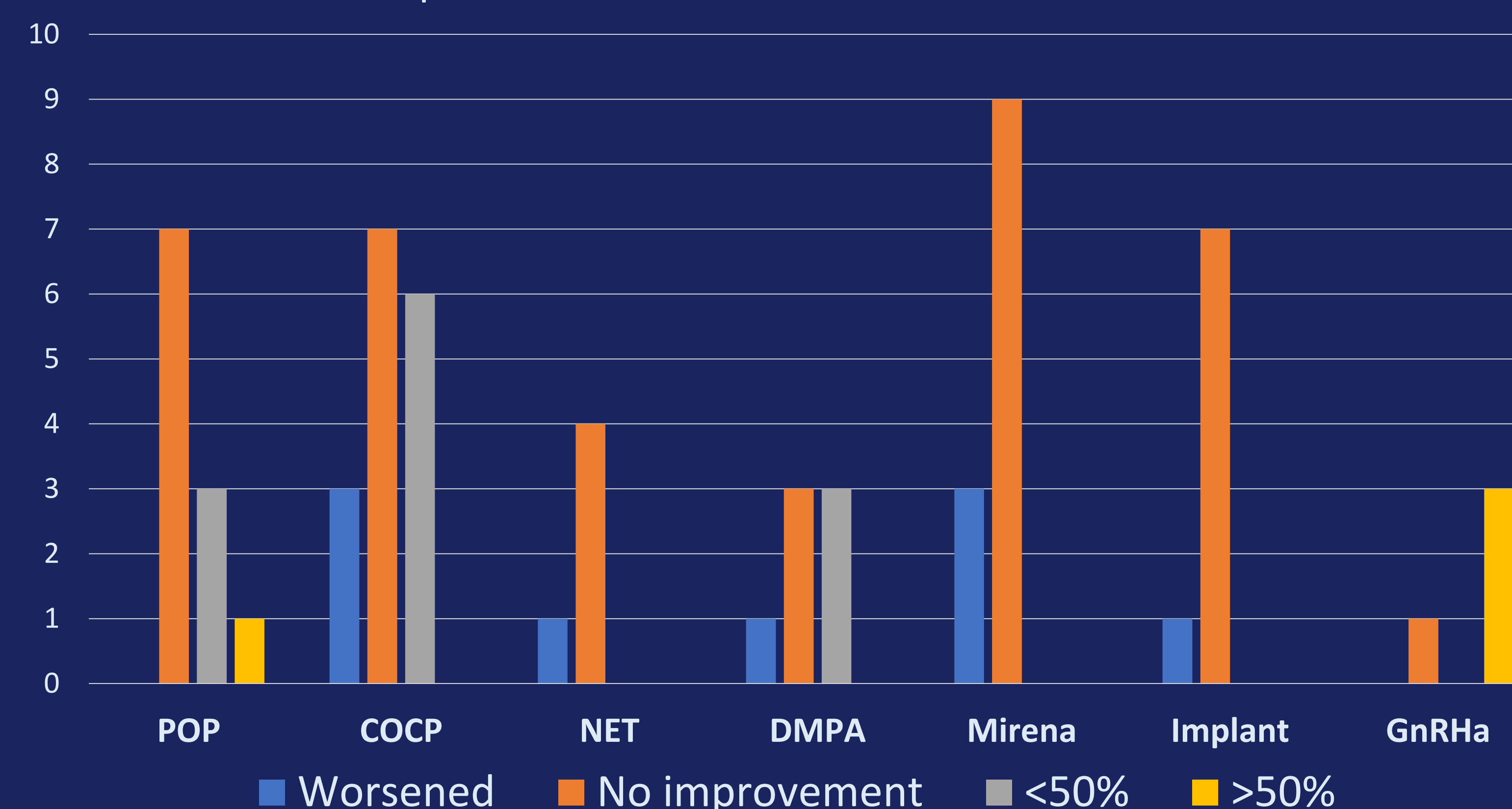
This was a retrospective and semi-prospective service evaluation investigating the management and outcomes in pre-menopausal women with Unexplained Chronic Pelvic Pain. Patient notes and electronic patient records of women with Chronic Pelvic Pain, were used in filling out the data on the proforma, inclusive of the years 2017, 2018, 2019 and 2021. The patient data collection software Lorenzo and Ormis were used to access electronic-case notes of patients. This was carried out at Royal Derby Hospital and were completed for 49 premenopausal women with Unexplained Chronic Pelvic Pain with negative diagnostic laparoscopies.

Clinical Characteristics of Unexplained Chronic Pelvic Pain

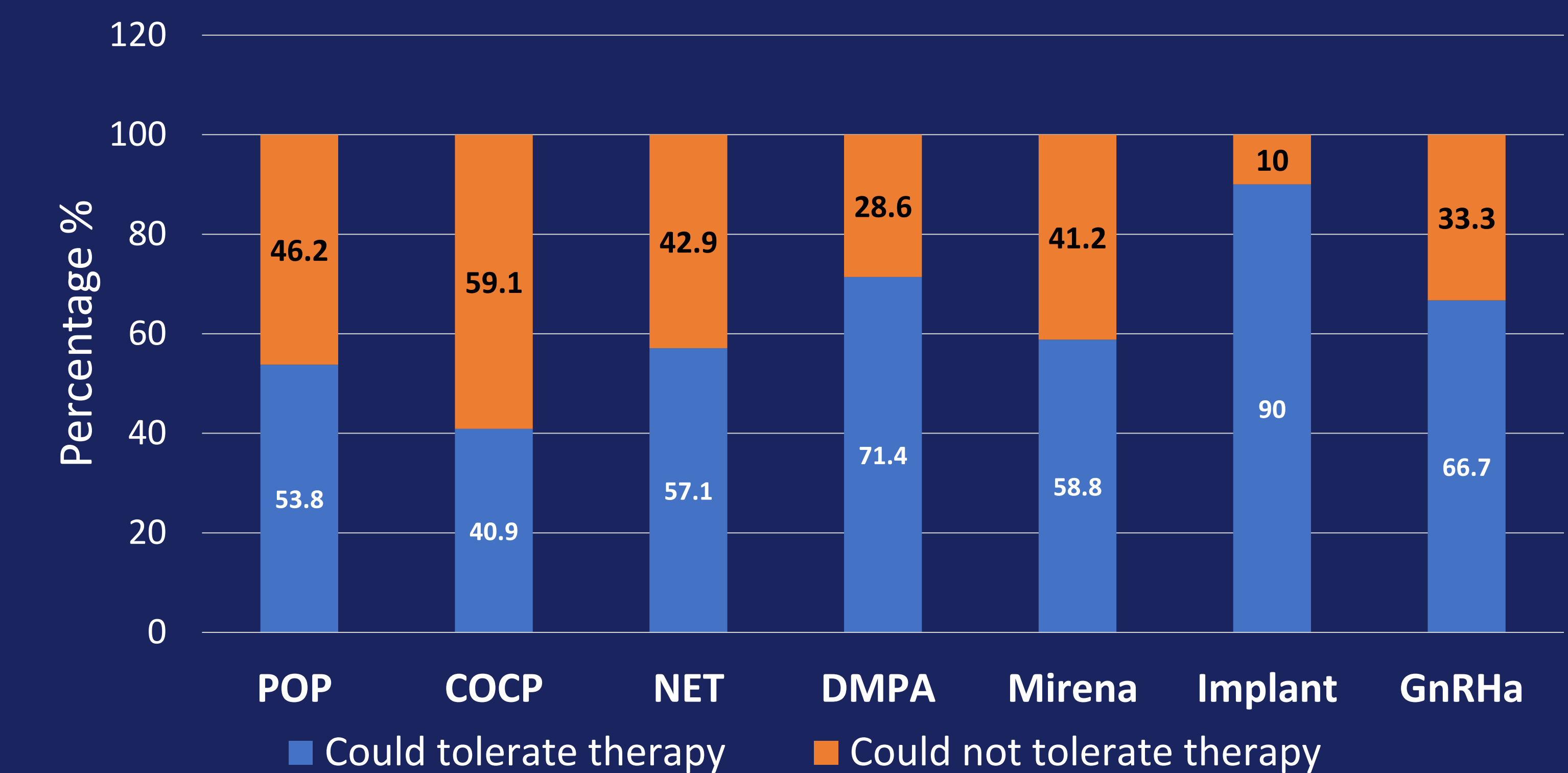


We found that, **73% of women** responded to at least one type of hormonal therapy for Unexplained Chronic Pelvic Pain

Pain Improvement for Different Hormonal Treatments



Tolerability of Different Hormonal Therapies



Conclusions

- ❑ Main findings reveal that none of the hormonal therapies showed a statistically significant reduction in pain scores.
- ❑ 65% of women with a diagnosed mental illness were non-responders to any type of hormonal treatment compared to 35% of women that were responders with a diagnosis .
- ❑ A Chi squared statistical analysis test found that there was a statistically significant difference between the BMI category of a woman with UCPP and their pain score severity prior to treatment ($P=0.025$, <0.05). 100% ($n=8$) of women that had a BMI classified as 'obese' – (>30) had a severe rating of their pain score between 7-10.
- ❑ A total of 33.3% of overweight (BMI range 25.0-29.9) women reported a severe pain score rating.
- ❑ This service evaluation is a pilot study, which was pivotal to be the first of its kind in literature. It highlights that woman with UCPP can have a positive response to at least one type of hormonal treatment, and this is reassuring for future research for efficacy regarding hormonal therapy for Unexplained Chronic Pelvic Pain.