

Personalised Vulval Care Plans (PVCP)

Individualising the management of vulval skin conditions

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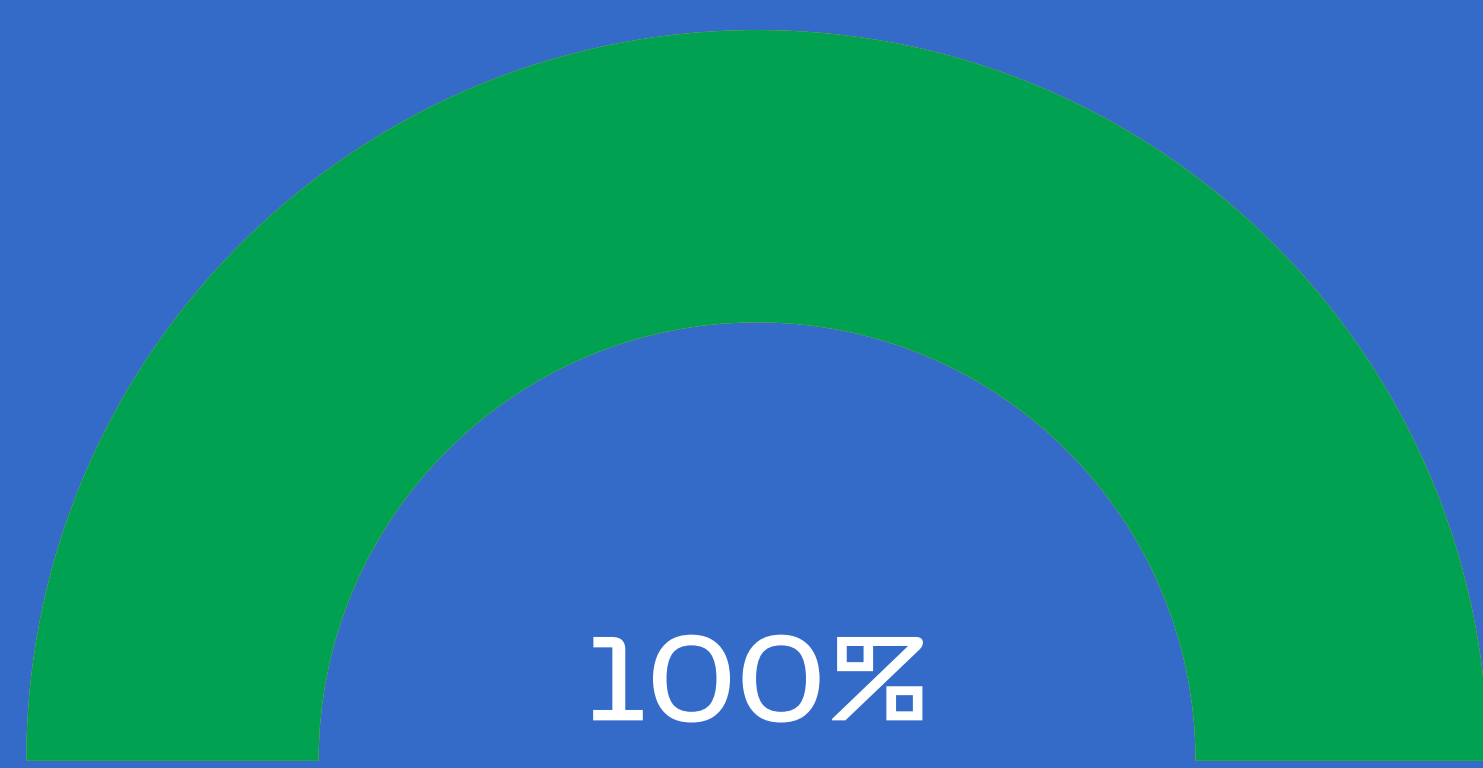
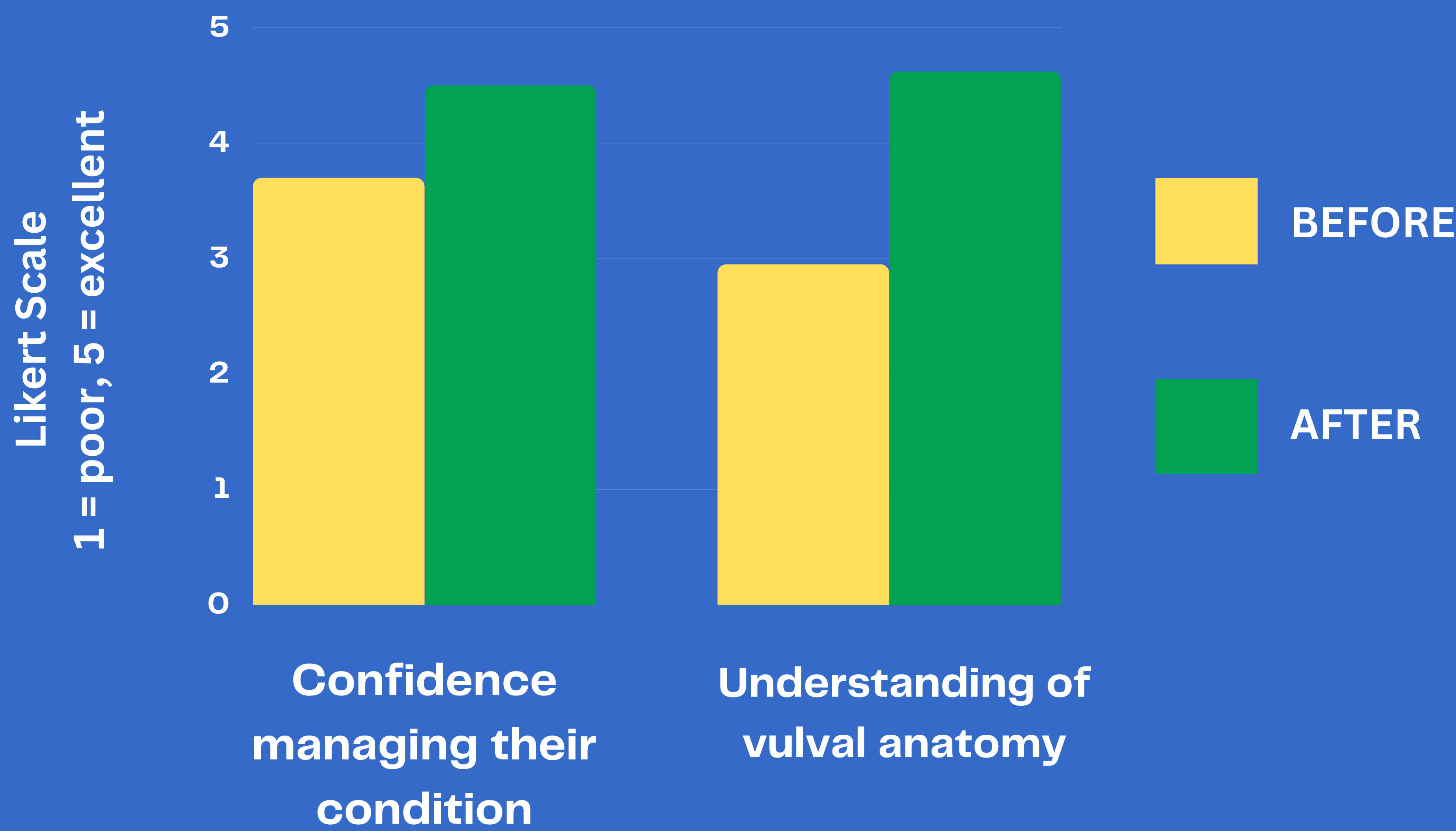
Background

- Vulval conditions are common and often chronic
- A skin care routine is key
- Individualised treatment plans can improve treatment compliance
- Opportunity for education
- Waiting times to see relevant specialist are long

Method

-  Creation of a template PVCP
-  PVCP completed with patients in clinic
-  Feedback from patients and staff

Personalised vulval care plans
improve patient’s knowledge and
self-confidence managing their
condition.



A personalised care plan was better
than generic information alone

Results

- 100% felt receiving a PVCP was better than receiving generic information alone
- Self confidence in managing their condition was significantly increased
- Patients perceived understanding of vulval anatomy was significantly improved
- 98% felt it was a helpful tool for people living with vulval skin conditions

*"It's nice to have something
to look at that relates
to me so I can remember
what the doctor said and
refer back to it"*



What's next

- Roll out of the refined PVCP
- Feedback from GPs
- Longer term feedback from patient groups

