

Pelvic Pain Management Programmes: An Innovative Approach to Reducing Admissions and Costs



North Bristol
NHS Trust

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Pelvic Pain Management Programme

A specialised, holistic, comprehensive and free course designed to help women with persistent pelvic pain. Delivered by an expert team including pain psychologists, pelvic health physiotherapy, and Gynaecology.

Your Questions

Answered

1. What it is? When, where and with whom?

- A 12 week course Thursday afternoons 1-3.30pm.
- Hosted in the Brunel Sanctuary at Southmead Hospital.
- We expect about 10-12 people will join the course.
- Run by 2 core facilitators (psychologist and pelvic pain clinical nurse specialist) and former patient who has benefitted from similar support.

2. Why has it been recommended to me?

- The course will enable you to gain greater insight into the condition and develop the skills, knowledge and confidence to manage pelvic pain more effectively.
- Topics covered include pain mechanisms, coping strategies, pacing, exercise, nutrition, sleep, mood, sex, mindfulness, flare-ups, pelvic floor, and hormonal health.
- Your clinician believes this new course would help you.

3. What do I need to do?

- You will have a one-to-one session with a pain psychologist and pelvic health physiotherapist prior to the course to ensure it is right for you.
- Please let us know if you are unable to attend.
- Phone Gloucester House Pain Clinic on 01174147357.

Exceptional healthcare, personally delivered

Background

- Persistent pelvic pain (PPP) is the most common gynaecological referral affecting 38% women annually.
- PPP significantly impacts quality of life, & incurs significant financial burden, costing the NHS > \$326 million annually.
- Pain management programmes (PMPs) are an evidence-based, multidisciplinary approach to addressing chronic pain.
- In 2021 North Bristol Trust introduced a Pelvic PMP; the first of its kind in the South-West region.

Aims

- To assess the impact of the programme on number of acute pelvic pain related hospital events (hot clinic attendances, ED attendances & 24-hour inpatient stays).
- To quantify the financial impact of this.

Method

- Thirty-five patients with PPP who were felt to benefit from the programme enrolled in 5 PPMPs run between 2021 and 2023.
- Clinical records were used to ascertain the number of acute pelvic pain-related hospital events in the 12 months preceding and following participation in the programme.
- This data was used to calculate the average cost of acute hospital presentations per patient pre and post programme completion.



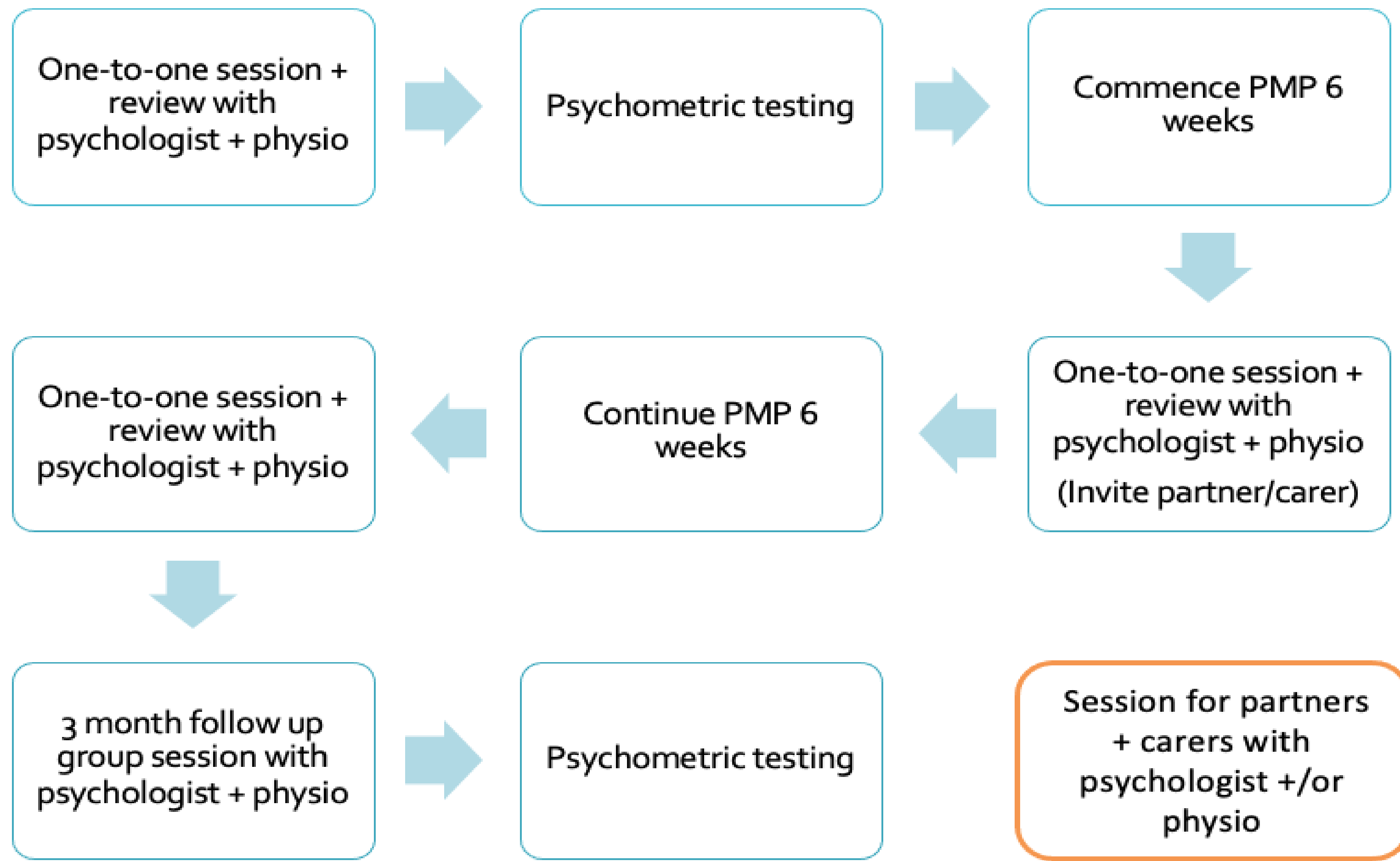
Gynaecology
24-hour
inpatient
stay: £375



1 Hot clinic
attendance:
£218.45



1 ED
Attendance:
£390



Results

- 94.4% decrease in costs per patient because of reduced acute, hospital events.
- During the 12-months prior to the Pelvic PMP, average total cost = £506.49 per patient.
- In the 12-month follow-up period, average total cost = £28.53 per patient.
- This equates to a saving of £477.96 per patient.

Impact

- Pelvic PMPs have the potential to significantly reduce acute hospitals events related to pelvic pain.
- Pelvic PMPs can reduce burden on hospital clinics, inpatient beds & ED.
- This data has encouraged other hospital trusts in our region to initiate a similar programme.
- PPMPs could lead to significant savings to the NHS whilst increasing overall quality of life for patients suffering with PPP.

Conclusion

Pelvic PMPs should be more widely available for patients suffering PPP.