

809 Examination of Occupational Performance, Occupational Balance, and Quality of Life in Women with Chronic Pelvic Pain from an Occupational Therapy Perspective



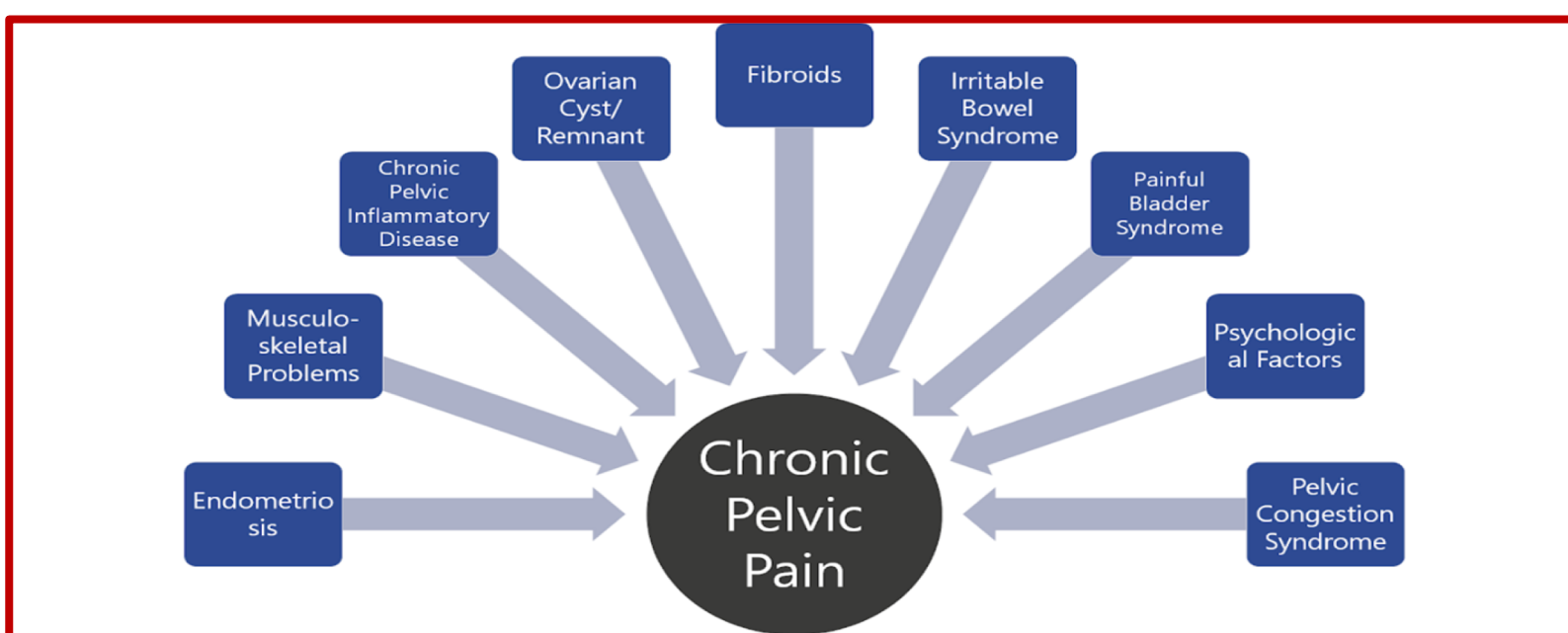
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Background and Aims of study

Chronic pelvic pain (CPP) is a persistent pain condition affecting many women, characterized by pain in the pelvic area lasting more than six months. This condition not only causes significant physical discomfort but also disrupts daily activities, work performance, and overall quality of life. Women with CPP often experience limitations in various aspects of life, including sleep, household management, and sexual activity. The complexity of CPP requires a comprehensive understanding of its impact on daily functioning, with a focus on individual experiences and coping mechanisms.

The aim of this study is to examine the occupational performance, occupational balance, and quality of life of women experiencing chronic pelvic pain from an occupational therapy perspective. The study seeks to analyze the complex relationships between these factors, providing insights that can inform more effective, individualized rehabilitation approaches for enhancing participation in daily life activities.



Study design, materials and methods

In this study, urological and demographic data were collected from two groups: women with chronic pelvic pain (CPP) and a control group of women without CPP. Various assessment tools were utilized to evaluate different aspects of occupational participation and quality of life:

- 1. Canadian Occupational Performance Measurement (COPM):** Assesses occupational participation.
- 2. Modified Barthel Index:** Evaluates basic activities of daily living.
- 3. Lawton-Brody Instrumental Activities of Daily Living (IADL) Scale:** Measures instrumental activities of daily living.
- 4. Occupational Balance Questionnaire (OBQ):** Assesses occupational balance.
- 5. Pain Coping Inventory:** Evaluates the frequency of active and passive coping strategies.
- 6. Female Genitourinary Pain Index (FGPI):** Measures the impact of pelvic pain and related symptoms on quality of life.

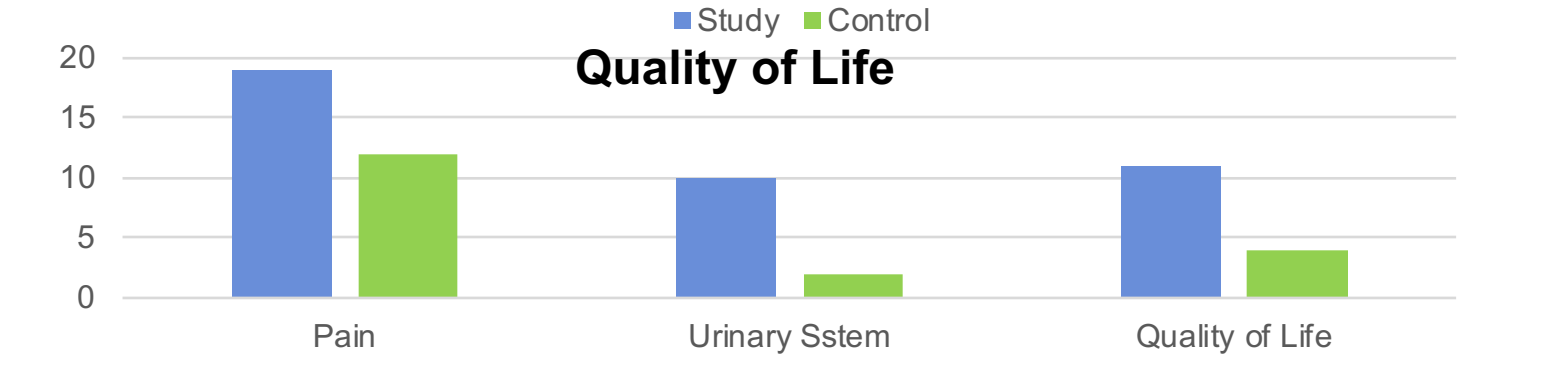
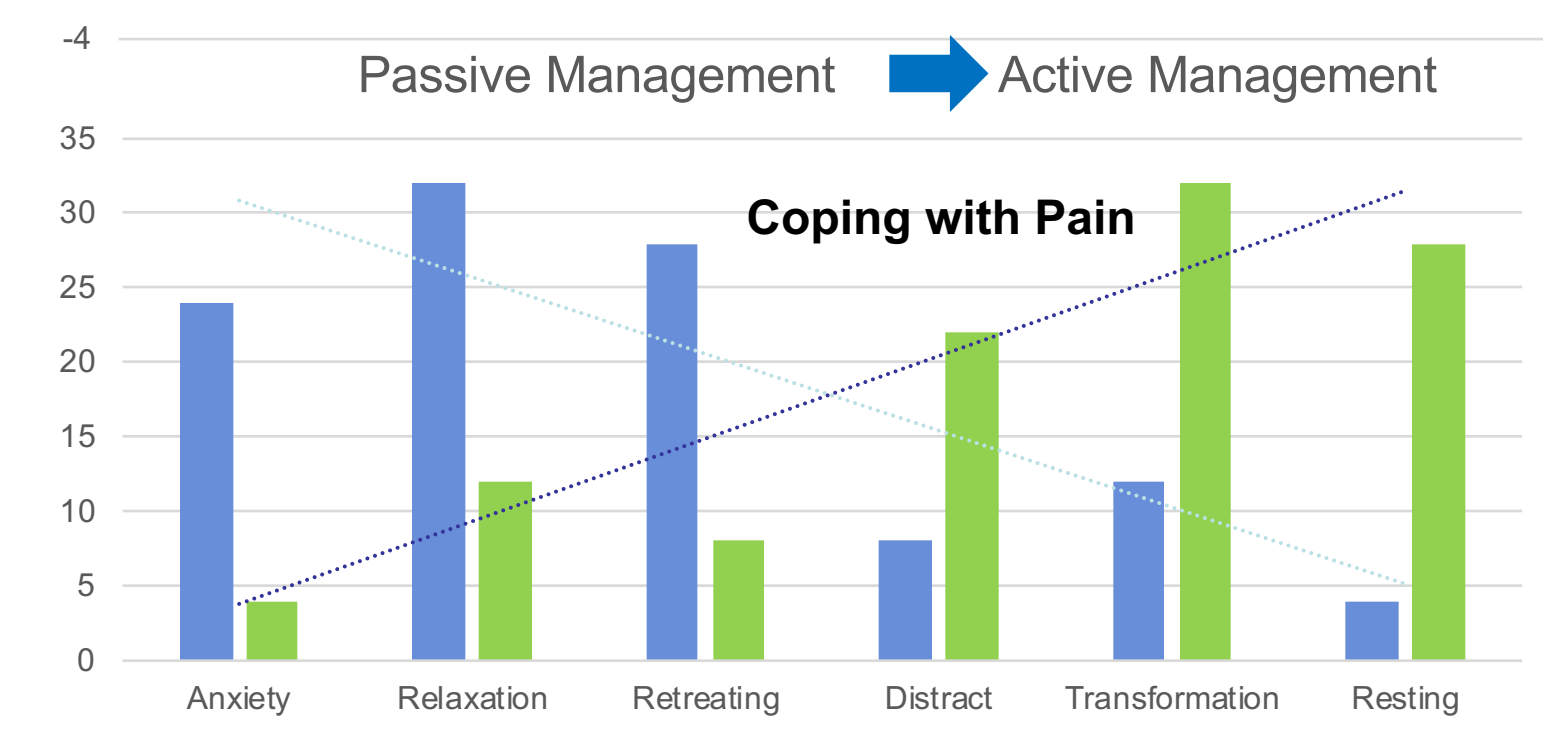
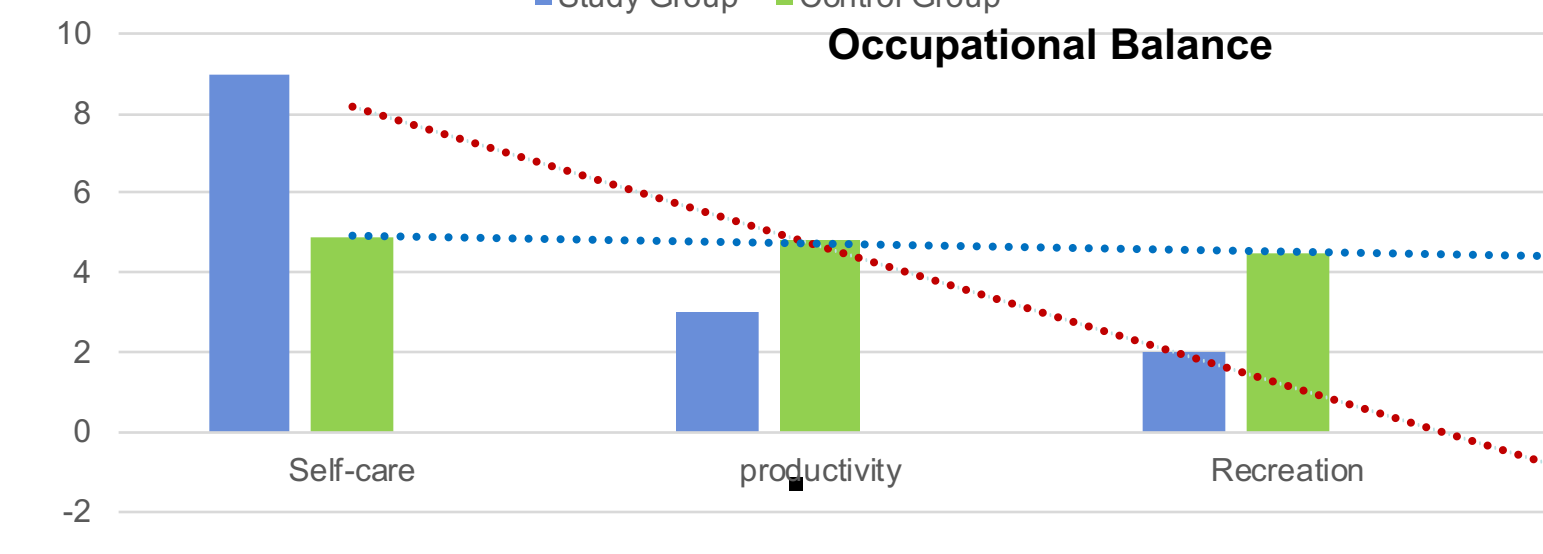
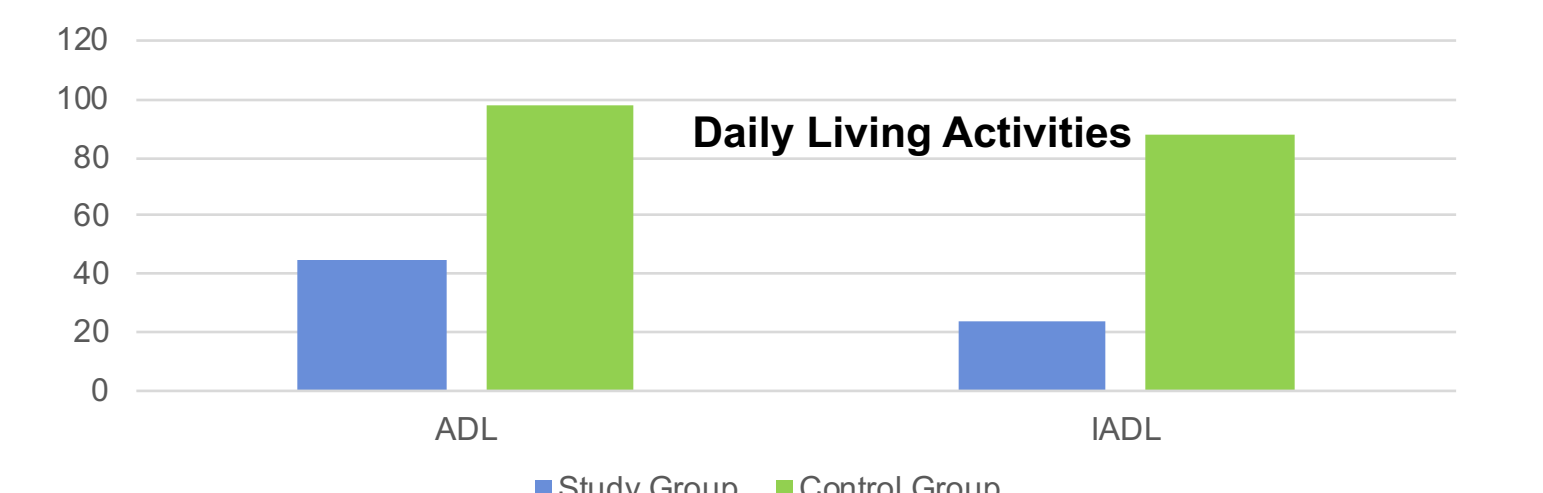
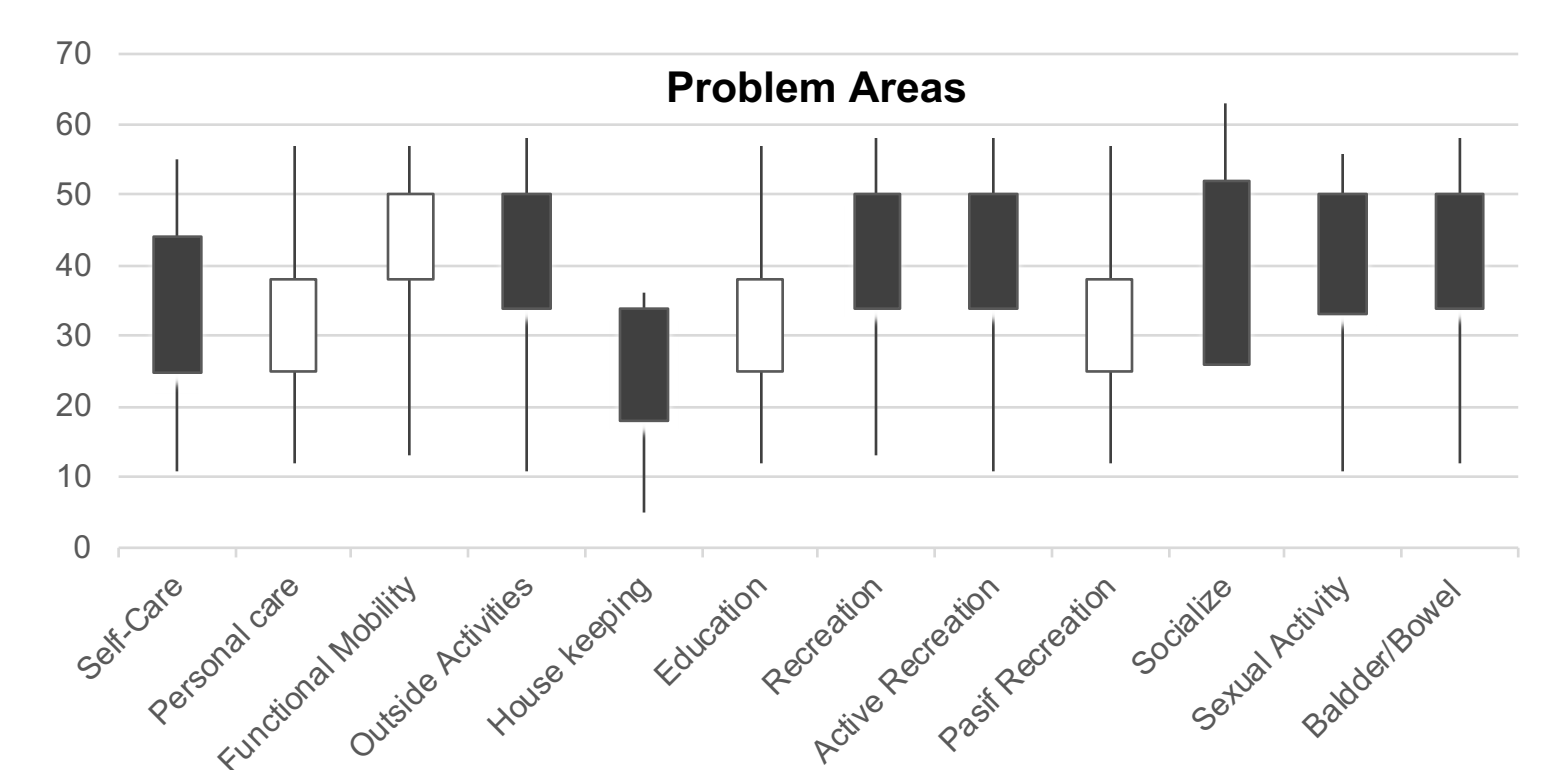
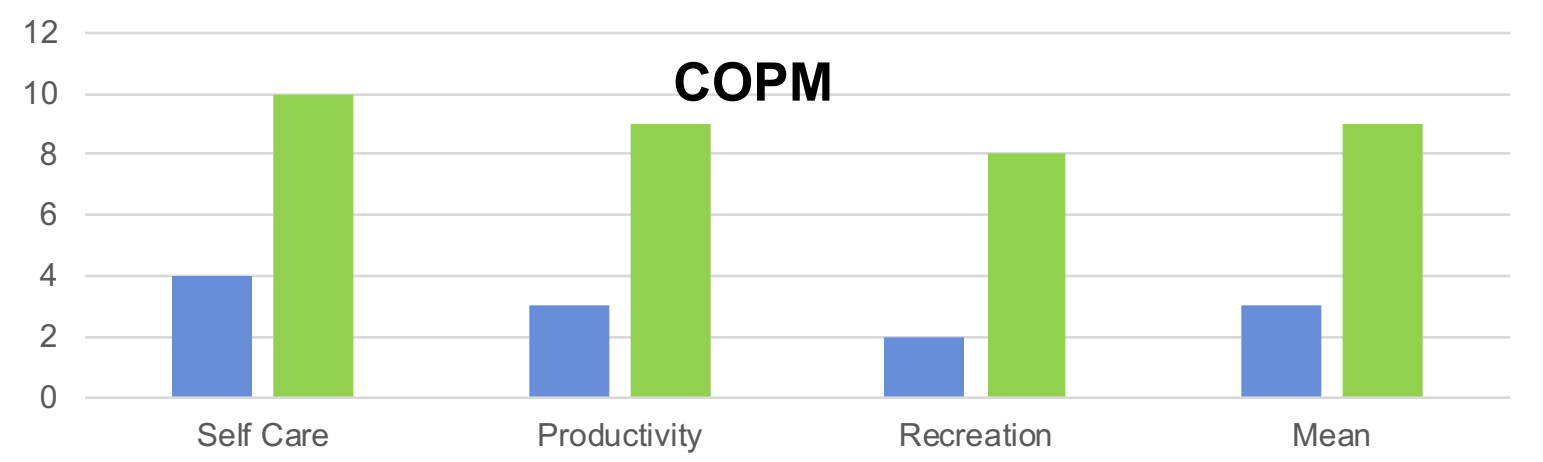


The data analyzed using SPSS 23. Descriptive statistics will be presented as counts and percentages for categorical variables and as means, standard deviations, minimums, and maximums for numerical variables. This comprehensive methodology aims to provide a detailed understanding of the differences in occupational performance, balance, and quality of life between women with chronic pelvic pain and those without, along with insights into their coping strategies.

	Study Group (n=30)	Control Group (n=30)	P
Age (X±SS)	37±4.3	39 ± 3.1	0.7423
Education (n, %)			0.7276
PHD	5 (16,66)	2 (6.66)	
Master	10 (33,33)	10 (33,33)	
University	7 (23,33)	3 (10,0)	
High S	4 (13,33)	3 (10,0)	
Primery S	3 (10,0)		
Vocation (n,%)			0.6432
Working	14 (46,66)	18 (60,0)	
Not-working	16 (53,333)	12 (40,0)	
Menarch Age (X±SS)	13,0±0.5	12,5±1	0.3342
Dismenore (n,%)	18 (60,0)	2 (6,6)	<0.0001
Pain Duration (X±SS)	97,8±49,8	-	-
Pain intensity (X±SS)	6,43±2,2	-	-

Results and interpretation

A total of 60 (study group=30; control group=30) were included. The mean age of the study and the control group were 37 ± 4.3 and 39 ± 3.1 years respectively.



	COPM	ADL	IADL	PCI	GAI
ADL	,605*				
IADL	,598**	,654*			
Coping	,895*	,969*	,975*		
QoL	,869*	,854**	,763*	,893*	

Conclusion

- CPP can negatively affect occupational performance, daily activities, self-care, and quality of life.
- The use of active coping strategies among women with CPP may positively influence their occupational performance and quality of life, enhancing their ability to manage challenges.
- Addition to medical treatments, a holistic approach that encourages behavior change and active coping strategies is essential for improving quality of life.
- Successful rehabilitation requires collaboration within an interdisciplinary team, including occupational therapists, to better address the diverse needs of individuals.

References

1. Twiddy, H., Lane, N., Chawla, R., Johnson, S., Bradshaw, A., Aleem, S., & Mawdsley, L. (2015). The development and delivery of a female chronic pelvic pain management programme: a specialised interdisciplinary approach. *British journal of pain*, 9(4), 233-240.
2. Poli-Neto, O. B., Bortolheiro, R. V., Rosa-e-Silva, J. C., Candido-dos-Reis, F. J., & Nogueira, A. A. (2018). Occupational performance of women with chronic pelvic pain and the potential of coping as an unassisted intervention. *International Journal of Clinical Medicine*, 9(9), 737-749.