

PHYSIOTHERAPY FORUM - ICS MADRID 2024

Managing persistent pelvic pain: what do I do? – materials for participants

CONCEPTS AND FRAMEWORKS TO GUIDE EVIDENCE-BASED PRACTICE

EBP:

Haynes RB, Devereaux PJ, Guyatt GH. Clinical expertise in the era of evidence-based medicine and patient choice. ACP J Club. 2002 Mar-Apr;136(2):A11-4.

Clinical decision-making:

Frawley, H. C., & Brennen, R. (2023). Gynaecological cancer and pelvic floor dysfunction, ch 13. In K. Bø, L. C. Berghmans, M. van Kampen, & S. Morkved (Eds.), Evidence based physical therapy for the pelvic floor: bridging science and clinical practice (3rd ed.). London: Elsevier.

Frawley, H. C., & Morin, M. (2023). Chronic pelvic floor pain, ch 9. In K. Bø, L. C. Berghmans, M. van Kampen, & S. Morkved (Eds.), Evidence based physical therapy for the pelvic floor: bridging science and clinical practice (3rd ed.). London: Elsevier.

Goal setting, decision aids:

SMARTA goals: <https://www.health.gov.au/sites/default/files/documents/2021/01/principles-for-goal-setting.pdf>

NSQHS: https://www.safetyandquality.gov.au/sites/default/files/2019-06/d19-11917_identifying_goals_of_care_tip_sheet_for_clinicians_-_final_accessible_pdf_-_24_apr_2019.pdf

<https://decisionaid.ohri.ca/docs/das/OPDG.pdf>

<https://www.nhs.uk/wp-content/uploads/20190411painmanagementworkbook.pdf>

<https://www.england.nhs.uk/wp-content/uploads/2024/09/PRN00675-ii-making-decisions-to-help-you-live-well-with-chronic-primary-pain.pdf>

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- Cyr, M.-P., Nahon, I., Worman, R., Cowley, D. and Hodges, P.W. (2024), Classification systems for chronic pelvic pain in males: a systematic review. *BJU Int*. <https://doi.org/10.1111/bju.16485>
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IASP 2024 Global Year Fact Sheet: Sex and Gender Disparities in Pain

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Zhang R, Chomistek AK, Dimitrakoff JD, Giovannucci EL, Willett WC, Rosner BA, Wu K. Physical activity and chronic prostatitis/chronic pelvic pain syndrome. *Med Sci Sports Exerc*. 2015 Apr;47(4):757-64.

REFERENCES – FEMALE CASE

Questionnaires used in female case:

Questionnaire	Evaluated construct	Reference	Access
The Pelvic Pain Screening Questionnaire (3PSQ)	Psychological factors	<p><i>Thompson J, Hart S, Anderson T, Ruland A, Melville C, D'Arcy M, et al. Evaluating the content validity of the 3PSQ in People with Persistent Pelvic Pain: A mixed-method cross-sectional study. Australian & New Zealand Continence Journal. 2023;29(2).</i></p> <p><i>Testing the convergent validity of the Pelvic Pain Psychological Screening Questionnaire (3PSQ): An observational, cross-sectional study</i> Dwyer S, Yassin N, Barwood A, Yammouni L, Thompson J, Chalmers J. <i>Australian & New Zealand Continence Journal. 2023;29(2).</i></p>	<p>Questionnaire can be requested from jthompson@pelvichealth.physio</p> <p>It is also available here: https://www.wmhp.com.au/sites/default/files/3PSQ.pdf</p>
The Pelvic Pain Impact Questionnaire (PPIQ)	Life impact of pelvic pain	<p><i>Chalmers KJ, Catley MJ, Evans SF, Moseley GL. Clinical assessment of the impact of pelvic pain on women. Pain. 2017 Mar;158(3):498-504.</i></p>	<p>https://cdn-links.lww.com/permalink/pain/a/pain_2016_12_02_chalmers_pain-d-14-15298_sdc2.pdf</p>
Numeric rating scale	Pain intensity (NB: VAS and NRS are different)	<p><i>Hawker GA, Mian S, Kendzerska T, French M. Measures of adult pain: Visual Analog Scale for Pain (VAS Pain), Numeric Rating Scale for Pain (NRS Pain), McGill Pain Questionnaire (MPQ), Short-Form McGill Pain Questionnaire (SF-MPQ), Chronic Pain Grade Scale (CPGS), Short Form-36 Bodily Pain Scale (SF-36 BPS), and Measure of Intermittent and Constant Osteoarthritis Pain (ICOAP). Arthritis Care Res (Hoboken). 2011 Nov;63 Suppl 11:S240-52.</i></p>	<p>https://acrjournals.onlinelibrary.wiley.com/doi/pdf/10.1002/acr.20543</p>

Screening and Assessment measures used in the case:

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Additional useful screening and assessment references:

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As-Sanie S, Harris RE, Harte SE, Tu FF, Neshewat G, Clauw DJ. Increased pressure pain sensitivity in women with chronic pelvic pain. *Obstet Gynecol*. 2013 Nov;122(5):1047-1055.

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