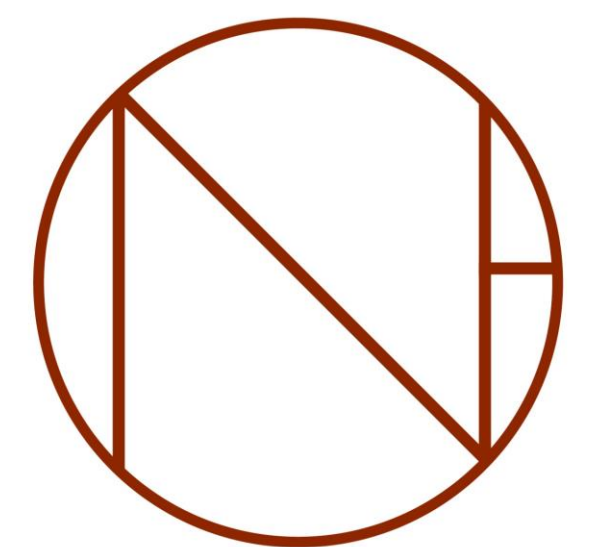


# Implementation of a multidisciplinary personalized endometriosis management program in French primary care clinics



ONE CLINIC



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## Introduction

Endometriosis is a disorder characterized by presence of endometrium-like tissue outside the uterus, that impacts the reproductive and general health of women during the course of their life. This disease has no cure for now. Multiple symptoms are associated with endometriosis, including pelvic pain, dysmenorrhea, dyspareunia, intestinal or urinary problems, and infertility. Worldwide, the average time to diagnosis after the onset of symptoms is 7 years. In addition, the lack of successful long-term therapeutic approaches to manage endometriosis-associated symptoms further complicate clinical management. As it is the case in other chronic pain conditions, endometriosis-related pain can lead to significant physical, mental, relationship and even financial burdens. In the conventional model of care, in which patients are mainly taken care by physician (general practitioner or gynecologist), most women with endometriosis live with pain and its consequences. We propose a multidisciplinary coordinated model of care including paramedics (nutritionist, psychologist, osteopaths and physiotherapist) together with specialized gynecologists, adapted to patient needs. Our objective is to improve outcomes for women with endometriosis.

## Methods

We have created a coordinated program including health care providers specialized. The entry point to the program is the gynecologist who evaluates the patients need to integrate the program.

Inclusion criteria :

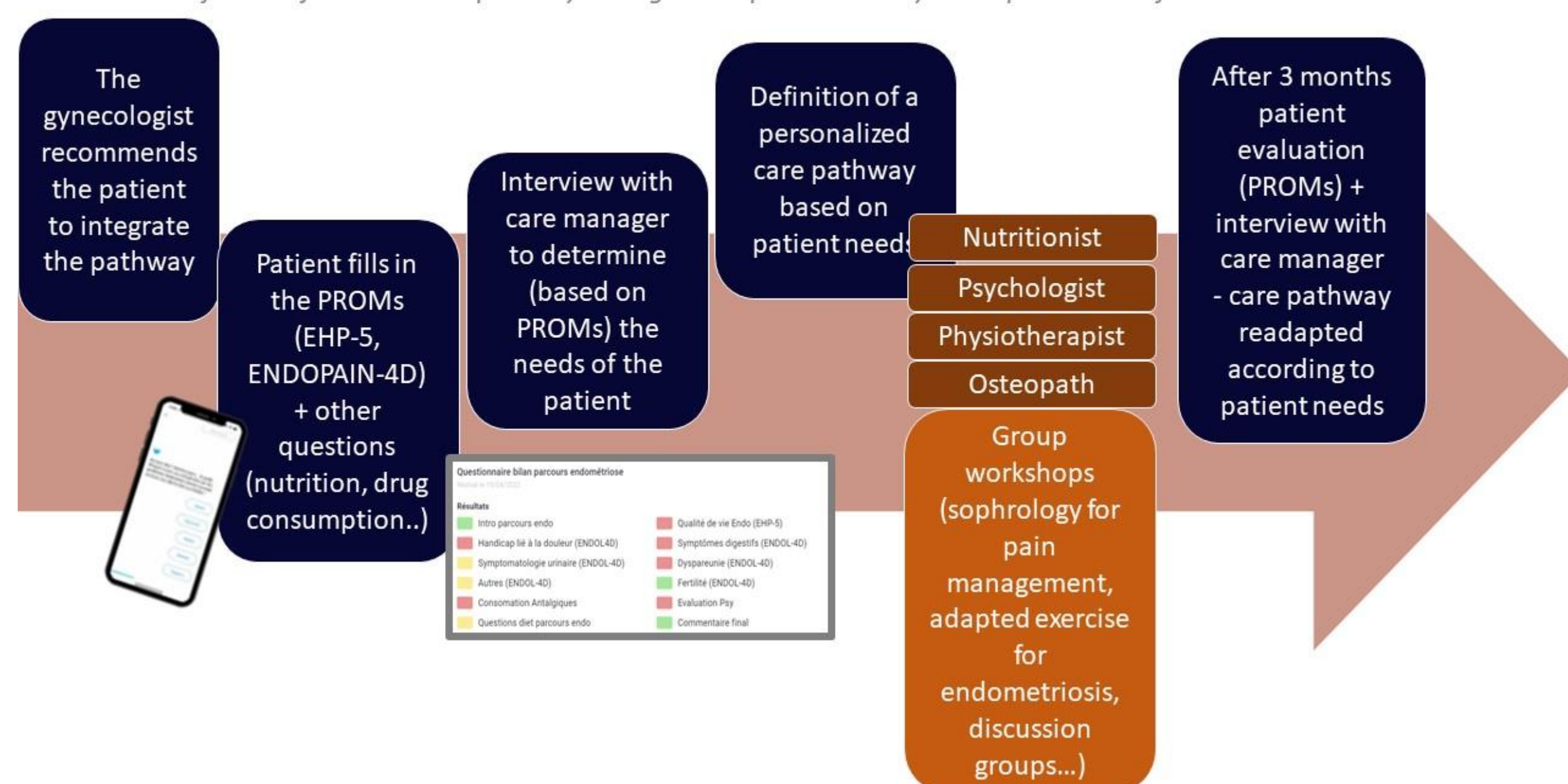
- patients of legal age (> 18 years old),
- diagnosed with endometriosis,
- presenting severe pain related symptoms (pelvic pain, dyspareunia, dysmenorrhea, intestinal or urinary problems...).

Patients then integrated into the pathway that starts with a PROMs:

- Endometriosis Health Profile (EHP-5)
- ENDOPAIN-4D
- Work Productivity and Activity Impairment
- Other symptoms and life habit related questions.

### A patient-centered holistic endometriosis pathway

The objective of this 6-month pathway is to give the patient the keys to improve their life with endometriosis



## Results

Between December 2021 and June 2022, 157 patients joined the program.

Preliminary results (n=30) show that more than 60% of patients report an improvement of their quality of life, overall pain, pain-related disability and disability at work.



	Improvement	No change	Degradation
Quality of life (EHP-5)	73%	5%	21%
Pain-related disability (ENDOPAIN-4D)	68%	15%	15%
Digestive symptoms (ENDOPAIN-4D)	63%	0%	36%
Dyspareunia (ENDOPAIN-4D)	47%	16%	37%
Urinary symptoms (ENDOPAIN-4D)	21%	63%	15%
Pain (ENDOPAIN-4D)	73%	0%	26%
Disability at work (WPAI:GH)	63%	21%	15%

## Conclusion

Endometriosis is a painful and complex disease that is challenging to both patients and care providers. Our insights from the establishment of a multidisciplinary personalized endometriosis management program demonstrates the feasibility of contemplating an alternative patient centered care for pain related chronic diseases. In addition, we demonstrate the utility of PROMs in routine clinical practice at the individual patient level during its care pathway. Since PROMs can identify issues that are not easily brought up in consultation and provide an opportunity for health care professionals to discuss patients' expectations of a given treatment and potentially identify incompatibilities or unrealistic expectations. Despite the promising preliminary results, further research is needed to evaluate the effect of this multidisciplinary program in opioid/pain killer consumption, frequency of emergency room visits or even the effect on the rate of surgical intervention. Additional assessment of healthcare delivery cost will help define the parameters measure value.