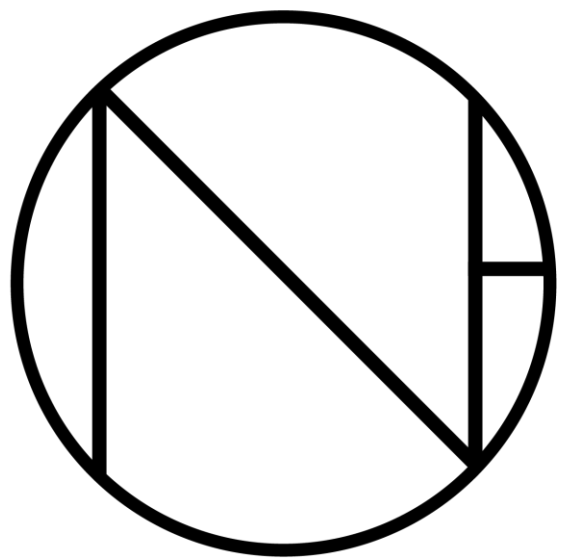


# A Multidisciplinary, Personalized Care Pathway for Endometriosis: Improving Patient-Important Outcomes

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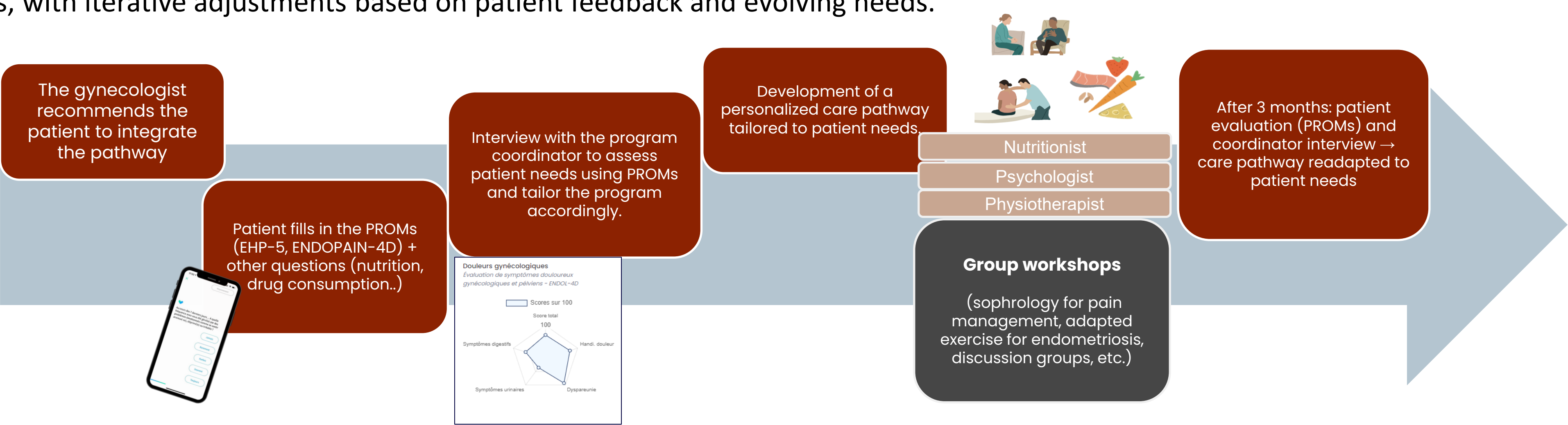
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## Introduction

Endometriosis is a chronic, incurable condition characterized by endometrium-like tissue outside the uterus, leading to significant pain, reproductive challenges, and reduced quality of life. The average time to diagnosis remains approximately seven years, and many women experience persistent symptoms due to limited long-term treatment options. Conventional care, typically led by general practitioners or gynecologists, often fails to address the complex, multidimensional needs of these patients. To address this gap, we implemented a multidisciplinary, patient-centered care model, leveraging patient-reported outcome measures (PROMs) to individualize care and track improvements in outcomes that matter most to patients.

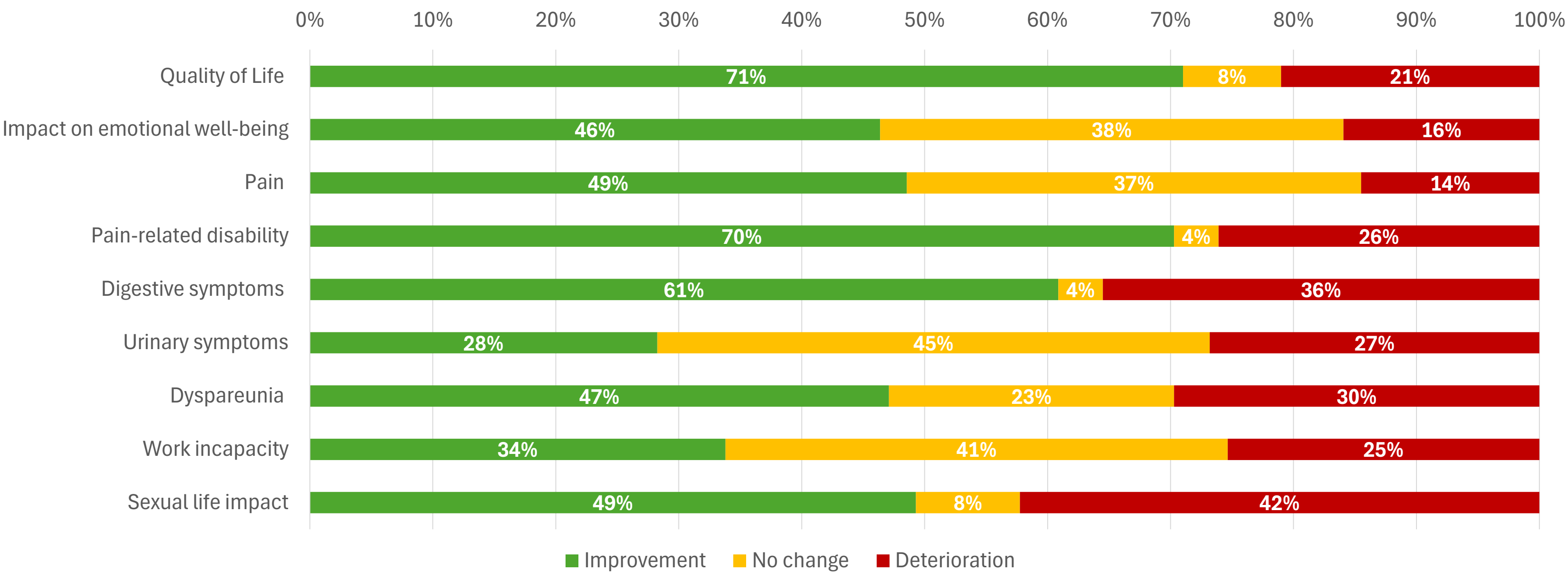
## Methods

We developed a coordinated care program for adults ( $\geq 18$  years) with confirmed endometriosis and severe pain-related symptoms (pelvic pain, dysmenorrhea, dyspareunia, gastrointestinal or urinary issues). Entry into the program was through a gynecologist, who assessed eligibility. Upon enrollment, patients completed a battery of PROMs, including the Endometriosis Health Profile (EHP-5), ENDOPAIN-4D, and Work Productivity and Activity Impairment (WPAI:GH), along with symptom and lifestyle questionnaires. Each patient then met with a care coordinator to review PROMs results and co-design a personalized three-month care plan, drawing on input from a multidisciplinary team (gynecologist, nutritionist, psychologist, osteopath, physiotherapist). PROMs and care plans were re-evaluated at three and six months, with iterative adjustments based on patient feedback and evolving needs.



## Results

Between December 2021 and December 2024, 280 patients enrolled in the program and completed the six-month pathway. Outcomes, as measured by serial PROMs, showed:



These results demonstrate the effectiveness of a structured, multidisciplinary approach in achieving outcomes prioritized by patients.

## Conclusion

Endometriosis is a complex, burdensome disease requiring comprehensive, patient-centered management. Our multidisciplinary, PROMs-guided care pathway demonstrates feasibility and effectiveness in improving patient-important outcomes, including pain, quality of life, and functional status. The integration of validated PROMs enables individualized care planning and real-time assessment of progress, supporting a value-based, patient-centered approach. This model offers a replicable framework for enhancing care and outcomes in endometriosis and other chronic conditions