

CLINIC LOCATION

This program is offered at the **Michael G. DeGroot Pain Clinic** within the **McMaster University Medical Centre** located at:

1200 Main Street West
Hamilton, Ontario L8N 3Z5
Yellow Section, 4th Floor
T: 905-521-2100 ext. 44621
F: 905-577-8022
www.hhsc.ca/pain

Please visit the hospital website at www.hamiltonhealthsciences.ca for directions and parking.

REFERRAL INFORMATION

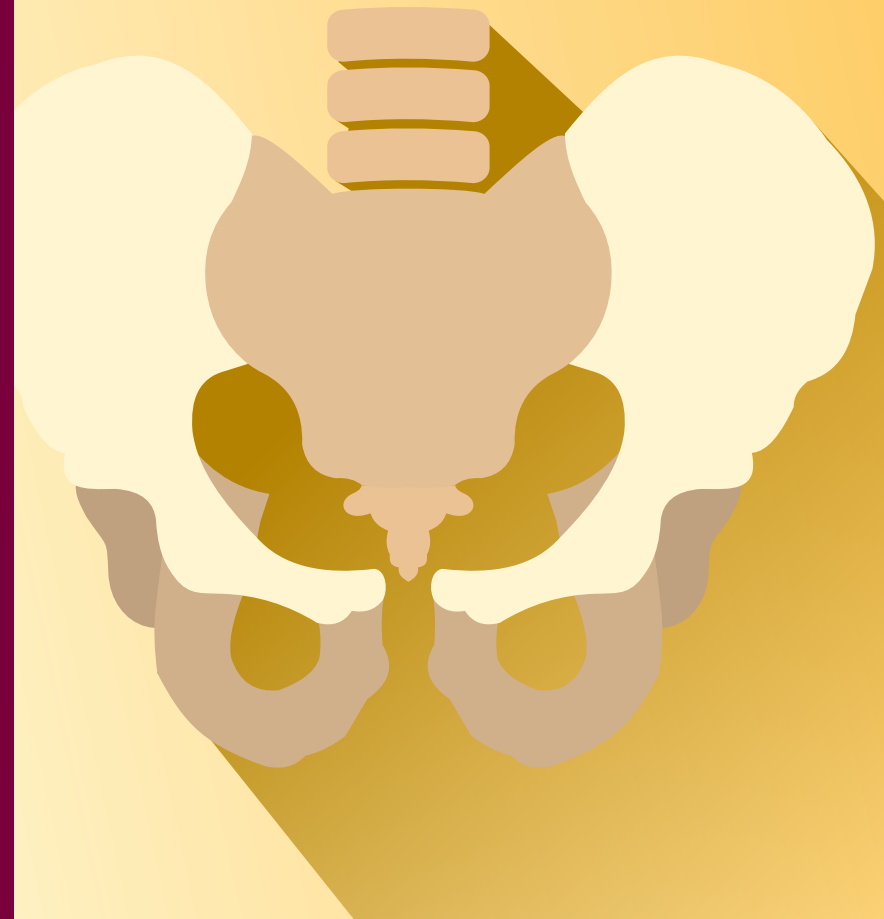
A referral from your gynecologist or urologist is required.

All referred patients must attend an assessment to determine their suitability for the program and care pathway.

The referral form and additional forms that need to be completed are on our website:

www.hhsc.ca/pain

CHRONIC PELVIC PAIN PROGRAM



WHAT IS CHRONIC PELVIC PAIN

“noncyclical pain of at least 6 months’ duration that appears in locations such as the pelvis, anterior abdominal wall, lower back, or buttocks, and that is serious enough to cause disability or lead to medical care”

American College of Obstetricians and Gynecologists

PATIENT IMPACT

Chronic Pelvic Pain (CPP) is a chronic and debilitating condition that is associated with significant costs to individuals, their families, and society. The etiology of CPP varies widely and is poorly understood, further complicating medical assessment, treatment and symptom management.

CPP is associated with distress and has a significant psychological impact. Individuals with CPP often experience depression, anxiety, worsened quality of life, sleep dysfunction, and issues with social and sexual functioning.

Many individuals experience symptoms from 5-7 years before receiving appropriate treatment due to improper assessment and diagnosis.

CPP is associated with significant costs such as: absences from work, decreased fertility, personal losses, medication consumption, increased surgeries, and high healthcare utilization.

Current research suggests a link between persistent pelvic pain, pelvic floor dysfunction & low back pain.

Pelvic Pain is often described & treated as low back pain

PROGRAM TREATMENTS

- [Inter-disciplinary team approach]
- [Biopsychosocial framework for treatment]
- [Individual Assessment]
- [6 to 8 patients in a group]
- [Once a week for 8 weeks for approx. 3 hours]

Cognitive-behavioural group-based classes, fitness activation, & mindfulness/relaxation

- [Science of Chronic Pelvic Pain]
- [Anatomy of Pelvic Floor Health & Flare-ups]
- [Sleep]
- [Pacing]
- [Emotion Regulation for Pelvic Pain]
- [Communication, Intimacy & Relationships]
- [Chronic Pain and Trauma focused Workshop]
- [Promoting Anti-Inflammatory Diet – Bowel & Bladder Management]

TREATMENT TEAM

- [Pain Physicians]
- [Nurse Practitioner]
- [Occupational Therapist]
- [Pharmacist]
- [Psychologist]
- [Social Worker]
- [Dietician]
- [Pelvic Health Physiotherapist]