

Evaluating the impact of chronic pelvic pain on women's lives: what we learned from focus group discussions

Abstract ID : 2413

Submitted by : Ooi Thye Chong the 2017-01-11 10:34:08

Category : SEUD CONGRESS

Typology : Communication orale / Oral communication

Status : Validated

Authorisation to disclose : Yes/Oui

Introduction:

Chronic pelvic pain (CPP) affects over 1 million women in the United Kingdom, and it is known to impact negatively on their lives. Standard treatments even if helpful, are associated with unacceptable side effects. Large-scale studies have demonstrated that acupuncture treatments are effective for other chronic pain. We hypothesize that electro-acupuncture (EA) treatment consisting of acupuncture needling + traditional Chinese Medicine Health Consult (TCM HC) maybe effective for managing CPP symptoms. We embedded three focus group discussions in a predominantly quantitative randomized control pilot trial (RCT) to determine the feasibility of a future large RCT on acupuncture treatment in women with CPP.

This abstract reports on one of the key findings of the focus group discussions, "the impact of living with CPP".

Materials and Methods

A three-armed pilot RCT using a mixed methods approach was undertaken to meet its primary objectives of recruitment and retention rates, and its secondary objectives of the effectiveness of interventions and acceptability of study methods. Thirty women (30) were randomized into: the EA treatment group (Group 1), TCM HC group (Group 2) or Standard Care (Group 3). Interventions' effects were assessed by validated pain, physical and emotional functioning questionnaires, completed at weeks 0, 4, 8 and 12. Three focus groups and semi-structure telephone interviews to capture the participants' experience of the study were conducted. These discussions were audiotaped, transcribed and thematically analysed.

At recruitment participants were invited to take part in their respective focus group discussions. They were given information about the focus groups and were informed that participation was not mandatory. Permission and consent were obtained to audiotape the discussions.

Results

Six (6), 2 and 4 participants in Groups 1, 2 and 3 respectively took part in the discussions. The key findings that emerged from the thematic analysis of the focus group data are the "whole person effects", "experience of standard care", and "impact of living with CPP".

The experience of living with CPP was so consuming and profound that it spontaneously evolved from the discussions with no prompting from the facilitator. The debilitating pain, fatigue and the lack of sleep disrupted their social, sexual and intimate relationships as well as loss of gainful employment, a sense of self-worth and ability to complete household chores. Interacting with friends and relatives posed a real challenge leading to the loss of friends and social isolation. Sex was at times impossible due to the severity of the pain creating tension in the relationship.

Conclusion

The negative impact of living with CPP reverberates in almost all aspects of the lives of this cohort of women and underlines the urgent need to find a satisfactory treatment for CPP in women.

Keywords : Chronic pelvic pain, focus groups, acupuncture treatment, mixed methods research

Authors :

References : , , ,

Authors

Ooi Thye Chong 1, OD Hillary Critchley 1, W Andrew Horne 1, Erna Haraldsdottir 2,

1. MRC Centre for Reproductive Health, University of Edinburgh, Edinburgh, UNITED KINGDOM

2. St. Columba's Hospice and Queen Margaret University, Edinburgh, UNITED KINGDOM

Authors (raw format)

Chong Ooi Thye - email : ochong@ed.ac.uk Institution : University of Edinburgh Department : MRC Centre for Reproductive Health City : Edinburgh Country : UNITED KINGDOM Speaker : Yes

Critchley OD Hillary - email : hilary.critchley@ed.ac.uk Institution : University of Edinburgh Department : MRC Centre for Reproductive Health City : Edinburgh Country : UNITED KINGDOM Speaker : No
Horne W Andrew - email : andrew.horne@ed.ac.uk Institution : University of Edinburgh Department : MRC Centre for Reproductive Health City : Edinburgh Country : UNITED KINGDOM Speaker : No
Haraldsdottir Erna - email : eharaldsdottir@stcolumboshospice.org.uk Institution : St. Columba's Hospice and Queen Margaret University Department : City : Edinburgh Country : UNITED KINGDOM Speaker : No

