



# CANBERRA *endometriosis* CENTRE

Department of Obstetrics and Gynaecology, Building 11, Level 2, Centenary Hospital for Women and Children, the Canberra Hospital  
P: (02) 5124 7625 (Appointments) P: (02) 5124 7620 (Nurse Coordinator) F: (02) 5124 5500 (referrals) E: endometriosis@act.gov.au

## CANBERRA ENDOMETRIOSIS CENTRE SERVICES

**Dr Omar Adham**, Advanced Laparoscopic Surgeon and Endometriosis Specialist

**Dr Sumi Saha**, Advanced Laparoscopic Surgeon, Endometriosis and Pain Management Specialist

**Dr Natalie De Cure**, General Gynaecologist with interest in Pelvic Pain

**Ella Cameron and Tanya Maselli** - Physiotherapists (pelvic floor physiotherapy) with Community Care Physiotherapy

**Melissa Parker**, Endometriosis Nurse Coordinator and Researcher

**Booking and Scheduling Staff**

**Bookings and appointments phone: (02) 5124 7625** (be prepared to leave a message directed to 'Canberra Endometriosis Centre');

**Fax referrals to (02) 5124 5500** (please include doctor's name on referral)

### Initial pathway

#### 1. **Group information session 1-3pm Wednesday (approx every 4 weeks)**

Location: Level 1, Building 11, Centenary Hospital for Women and Children at the Canberra Hospital  
Room E 11.1.787 (Multipurpose Education Room- also used for Childbirth Education)

For session dates see <https://www.health.act.gov.au/canberra-endometriosis-centre>

This first contact with our service will provide **detailed information about period pain, pelvic pain and endometriosis**. It is important that you understand the causes and complexity of pelvic pain and symptoms. The session will also cover options for managing all of these including multidisciplinary care.

Women can self refer to this group and we accept women from private specialist services as well as the Emergency Department, pelvic physiotherapy and other allied health professionals.

#### 2. **Endometriosis Nurse Coordinator consultation (separate visit)**

The Endometriosis Nurse Coordinator may conduct a **one on one visit with you to take a detailed health history to determine the pain and symptoms you are experiencing, to explain the possible causes of the symptoms and to create a tailored management plan with you**. The plan will likely include things you may need to do or trial over a period of time including multidisciplinary care which is consultation with a pelvic physio, dietitian and/or psychologist. There is no single fix to endometriosis and pelvic pain. At this visit, an appointment will be booked with the Endometriosis and Pelvic Pain Clinic with the doctor if needed (to attend the doctors clinic you will need a referral to the Doctor – must have a name on it).

#### 3. **Endometriosis and Pelvic Pain Clinics with the team (Doctors and Nurses) (Referral required)**

When you attend the clinic you will see a doctor (gynaecologist) at the first visit who will review your pain and symptoms and any improvements since your consultation with the Endometriosis Nurse (if seen by nurse). Further options will be discussed and an ongoing plan made for you. A number of clinic visits may be required while you trial various options.



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## Long term support:

### Periodic review of self-management plan, options and information

We understand that endometriosis and pelvic pain are complex and that women with multiple health issues often need ongoing support and a chance to review their management plan as conditions often change. Women can book a follow up visit with the Nurse Coordinator to review self-management and treatment options and discuss their current pathway.

### Persistent Pain

Some women will have persistent pain most days despite ongoing treatment and management. These women are likely to require further multidisciplinary care and may be linked to the Persistent Pelvic Pain Clinic. Management sessions will have a large focus on non-pharmaceutical pain management methods and away from opioid use. This treatment will be facilitated by the treating Specialist, Endometriosis Nurse, Pelvic Physiotherapist and Pain Psychologists. The CEC is committed to exploring and being open to a variety of ways to view and manage pain symptoms.

Attending a group pelvic physiotherapy session may also be offered (this is different to the general group information session). This group includes further understanding of the pelvis (especially muscles); brain and pain messaging; and pelvic stretches and relaxation. Comfortable clothes are recommended to participate in this session.

## Your commitment

Period and pelvic pain may take a number of visits to improve or manage which is why we take this stepped approach. You are embarking on a pathway of care that will hopefully help to improve your symptoms, manage endometriosis/adenomyosis (if you have it) and give you knowledge and skills to manage your health. It is important that you have patience, are prepared to self-manage and take responsibility for your own health and are prepared to work through the various options that are suitable to your situation. This is a multidisciplinary approach and it is likely that your care will include referral to other health professionals also.

We are looking forward to a partnership with you that will hopefully lead to your improved health and wellbeing - even if it may just be providing information and a chance to meet other women at the Group Session.

## The Canberra Endometriosis Centre Team

Canberra Endometriosis Centre  
Centenary Hospital for Women and Children  
The Canberra Hospital



ACT  
Government

Canberra Health  
Services

*Reliable* *Progressive* *Respectful* *Kind*

(Updated January 2020)