A prospective pilot study to evaluate the feasibility of group education for endometriosis patients

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Background

• Endometriosis
  • Chronic condition
  • 5-10% general female population

• Various symptoms including:
  • Chronic pelvic pain
  • Infertility

• Significant impact on quality of life
Background

• In the setting of chronic conditions, patient education and self-management programs
  • Improve quality of life
  • Improve clinical outcomes

• Group education sessions
  • Effective means of disseminating knowledge and self-management techniques
Objective

To evaluate whether group education for women with endometriosis is feasible and well received by patients
Methods

• Tertiary care endometriosis clinic
• Invitation to participate in a physician-lead, one-hour education session covering the following topics:
  • What is endometriosis?
  • Current medical and surgical treatment options
  • Alternative therapies and coping strategies

• Opportunity to:
  • Listen to a patient’s personal journey with endometriosis
  • Share their stories
  • Have a group discussion
Methods

• Surveys
  • Demographics
  • Knowledge on endometriosis prior to session start
  • Evaluation of session
  • Knowledge questionnaire repeat at follow-up appointment
  • Treatment initiated and response to treatment
  • Satisfaction with care
Methods

• Control group
  • Cohort of women meeting inclusion criteria but not interested in attending the session

• Demographics
• Knowledge on endometriosis at initial consult
• Knowledge questionnaire repeat at follow-up appointment
• Satisfaction with care
Results

• 8 women attended the education session

• 9 women agreed to be controls
Results

• Baseline data:
  • Age range:
    • Intervention group: 28-51
    • Control group: 26-44
  • Average # MD's seen:
    • Intervention group: 3.5
    • Control group: 3.4
  • Average # gynecologists seen:
    • Intervention group: 1.9
    • Control group: 1.9
Results

• Baseline data: symptoms
Results

• Endometriosis knowledge
  • Short questionnaire about:
    • Symptoms of endometriosis
    • Diagnosis
    • Management

• No baseline difference between groups
Results

- Session received unanimously positive reviews from all participants
Group session provided answers to
I have more knowledge about
Session was well-organized and
Session addressed most
Session leaders demonstrated

Session leaders answered

Session leaders were

Session leaders delivered
Holding the session in a group format did not prevent me from asking questions or feeling
Overall, attending a group
Results

• Follow up questionnaire revealed no significant difference in the endometriosis knowledge between groups

• Satisfaction with care was similar between groups
Discussion

• Pilot study
  • Small sample size
  • Not adequately powered to detect significant differences between groups
  • Short knowledge questionnaire
  • Short follow-up time
  • No standardized measure of clinical outcome
Discussion

• Knowledge gained
  • Recruitment was carried out without difficulty
  • Sessions are feasible
  • Well received by patients
  • Questionnaire to assess knowledge needs to be amended and improved
Conclusion

• Knowledge and self-management tools may improve health outcomes

• Promising opportunity:
  • Patient education
  • Improved patient satisfaction
  • Improved clinical outcomes?
  • Clinic efficiency?

• Further assessment needed
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