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New modalities in treatment of endometriosis: A Pilot multisite study

Abstract:

Endometriosis is one of the most challenging gynaecological conditions that primarily affects women of child-bearing age. It mainly presents with pelvic pains and subfertility, causing a significant impairment in the quality of life. Unfortunately, there is no radical cure for endometriosis. The management of endometriosis, whether medical or surgical, mainly focus on alleviating pain and improving the quality of life. Nevertheless, for 20-40% of women, symptoms persist following surgical and/or pharmacological treatment. Alternative ways of managing pains are needed, which need to consider contemporary pain science and all biopsychosocial aspects of the persistent pain experience. Current clinical practice guidelines provide minimal guidance for physiotherapy care of women with endometriosis, and none of the accredited or provisional endometriosis centres across the United Kingdom has got a physiotherapist in their endometriosis management teams as it is not a pre-requisite to be accredited as an endometriosis centre in the UK. At London North West Endometriosis centre we conducted a prospective cohort pilot study of 15 patients across our three sites: central Middlesex, Ealing and Northwick Park Hospitals. We recently started recruiting for the first randomised controlled trial for the effect of physiotherapy on endometriosis agony. Physiotherapy as a discipline provides conservative therapies, pain management education classes, group sessions and one to one, face to face and online, manual physiotherapy and pelvic floor exercises. We conducted on average six sessions over the course of six months for every patient. We recruited 15 patients into our pilot study, and we compared their answers to the BSGE Pelvic Pain Questionnaire at their initial consultation and then at the end of their physiotherapy sessions. Our results showed that more than 90 % of patients had her symptoms improved at the end of the six sessions.

Biography

Mr Mohamed Hosni is a Consultant Obstetrician and Gynaecologist at London Northwest University Hospitals, with over 20 years of experience. He is a very experienced laparoscopic surgeon, with international reputation in minimal access surgery and endometriosis. He has a broad clinical research background and has collaborated with numerous doctors and scientists on different projects in Obstetric and Gynaecologic research, with many peer-reviewed publications. He has presented both Nationally and Internationally, have several peer-reviewed publications in scientific journals. He completed MD, MSc, and he is currently a member of the Royal College of Obstetricians and Gynaecologists. He is a firm believer in a patient-centred approach, personalized on an individual basis. He places a significant importance on taking time to listen to each patients' specific needs and providing them with a thorough explanation of their treatment options. Entirely dedicated to his profession.