

NURSING IN A WOMEN'S HEALTH CLINIC

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Acknowledgement of Country



The Evolution of Nursing





National Action Plan for Endometriosis

A tangible improvement in the quality of life for individuals living with endometriosis, including a reduction in the impact and burden of disease at individual and population levels.



ENDOMETRIOSIS

Presence of endometrial like tissue outside of the uterus

Chronic inflammatory condition

Oestrogen dependent

Cause unknown

No known cure



Endometrioma

Symptoms of endometriosis



Pain, especially excessive menstrual cramps



Painful urination and/or painful bowel movements during menstrual periods



Diarrhea, constipation and/or nausea lower back pain



Abnormal or heavy menstrual flow



Infertility



Pain during intercourse



Vaginal bleeding between periods



Fatigue

STAGE I
(minimal)



few superficial implants

STAGE II
(mild)



more and deep implants

STAGE III
(moderate)



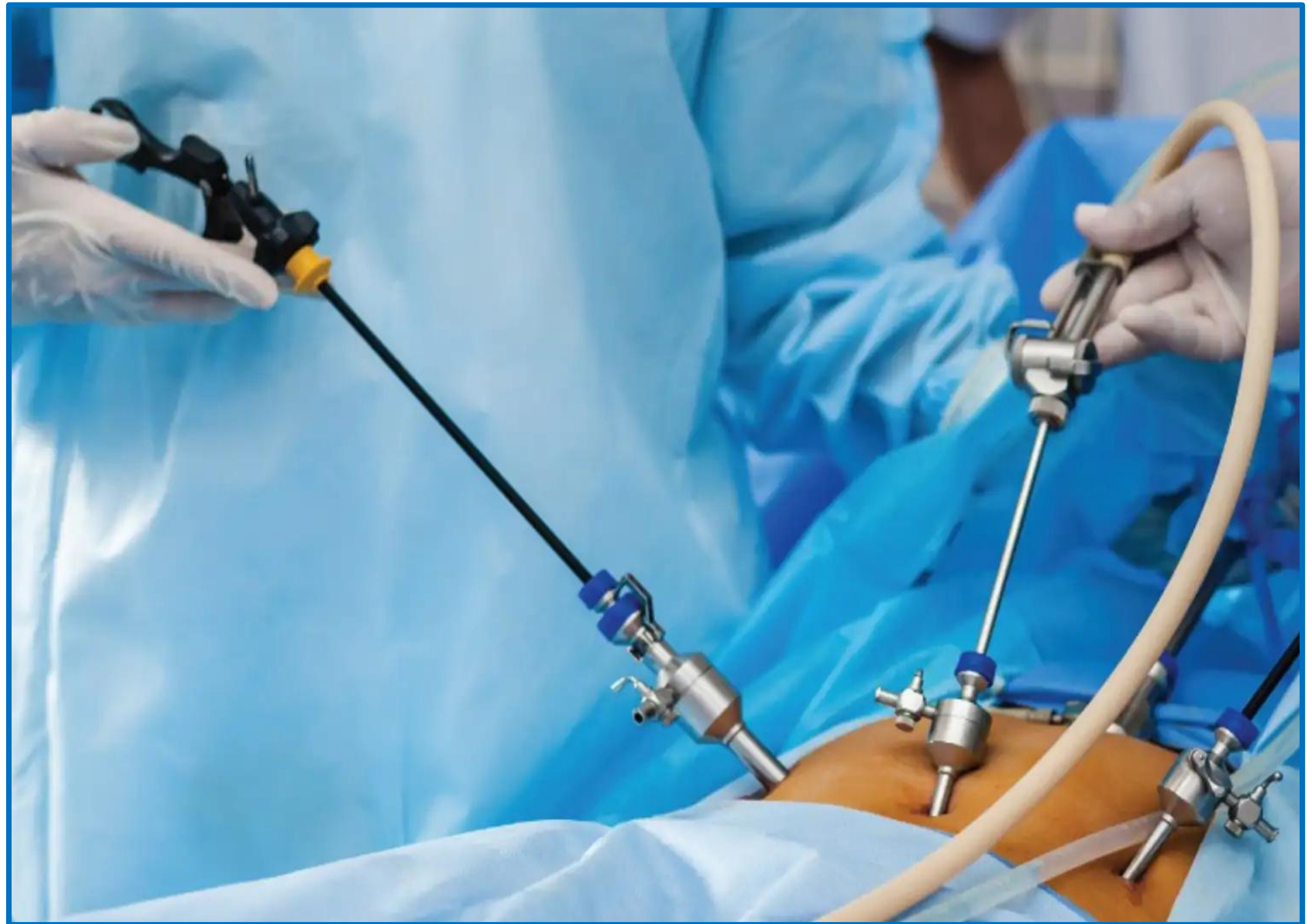
many deep implants and presence of filmy adhesions

STAGE IV
(severe)



many deep implants and many dense adhesions

Treatment
choice
depends
on the
impact of
symptoms





National Action Plan for Endometriosis

DID YOU KNOW?

The National Action Plan for Endometriosis was the first of its kind, and no other health condition had one until it was developed for endo.



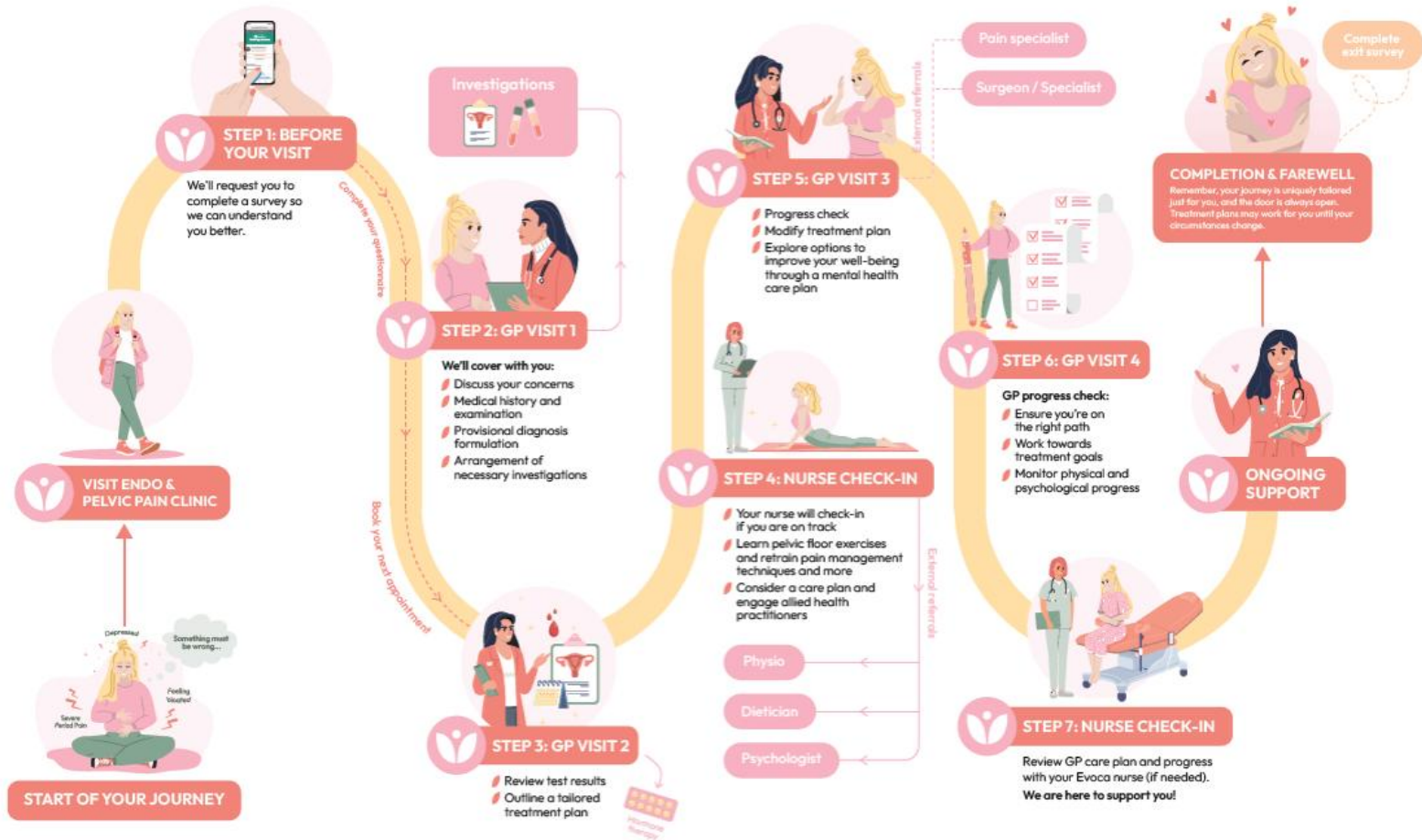
THE AIMS

The plan aims to improve medical practitioners understanding and resources to help patients have a more informed and successful endo journey



This action plan will allow continued research to improve the diagnosis time and treatment options available to those who have and are suspected of having endometriosis





ENDOMETRIOSIS & PELVIC PAIN PATIENT JOURNEY

During this journey, your Evoca team will stay connected with your regular GP, and most patients typically require up to six visits.

Pelvic Pain Questionnaire for Girls and Women



Thank you for completing this questionnaire. It includes questions about you, your pain, your medical history and your family history.

For some of the questions you will be asked how bad your pain is on a scale from 0-10. A score of 0 would mean no pain at all, and 10 would be the worst pain you can imagine.

Other questions ask you to circle the answer that describes your pain best.

If your problems vary from month to month, think about how they might affect you on a typical month over the last 3 months.

You will find information on pelvic pain for you and your family at www.pelvicpain.org.au

Firstly, please describe the problem that worries you most

You and your pain

- Your age _____
- How many days over an average month would you have pelvic pain or discomfort of any kind, even mild pain? (number 1-30) _____
- How many days over an average month would you be *entirely* well with no pelvic discomfort at all? (number 1-30) _____
(Please note that the answer to Q 2 and Q 3 should add up to 30)

Your Operations

- Please list any operations you have had and the year they were done.

_____	Year _____
_____	Year _____
_____	Year _____
_____	Year _____
_____	Year _____
_____	Year _____
_____	Year _____

If you have any operation records, please bring these with you to your appointment.

The Pelvic Pain Impact Questionnaire

Name: _____ Date: _____

Directions:

For each of the following 8 questions, tick the box that best indicates how much your pelvic pain has affected these aspects of your life during the past month. Your answers to these questions can then be summed to give you a final score.

In the past month, how much has your pelvic pain affected you:	Not at all (0)	A little bit (1)	Somewhat (2)	Quite a bit (3)	A great deal (4)
energy levels?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
mood?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sleep?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
stomach and intestinal function?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ability to sit for longer than 20 minutes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ability to perform and function normally at home/work/school/university?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ability to take part in physical activity? (e.g. jogging, yoga, bicycling)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ability to wear certain clothes? (e.g. underwear, tight fitting clothes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total:					

If the following questions apply to you, please answer. If not, please leave these blank. These questions will not be added to your summed score.

During your last period, how much did your pelvic pain affect your ability to use tampons?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the past month, how much has your pelvic pain affected your levels of intimacy or sexual relationships? (e.g. having sex, masturbating)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

K10

For all questions, please select the appropriate response.

In the past 4 weeks:	None of the time	A little of the time	Some of the time	Most of the time	All of the time
1. About how often did you feel tired out for no good reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. About how often did you feel nervous?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. About how often did you feel so nervous that nothing could calm you down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. About how often did you feel hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. About how often did you feel restless or fidgety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. About how often did you feel so restless you could not sit still?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. About how often did you feel depressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. About how often did you feel that everything was an effort?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. About how often did you feel so sad that nothing could cheer you up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. About how often did you feel worthless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Today's Date: __ / __ / ____



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Australian Living Evidence Guideline: Endometriosis

Quick Reference Guide for Primary Care

Endometriosis is a chronic, inflammatory, gynaecologic disease marked by the presence of endometrial-like tissue outside the uterus and symptoms may vary significantly in type and severity.

Key highlights:

- At presentation with symptoms suggesting endometriosis, diagnostic tests and treatment may begin at the first consultation.
- A normal pelvic exam does not exclude endometriosis.
- Hormonal treatment is the first-line management for endometriosis.
- Additional use of analgesics, physiotherapy and psychological interventions may be considered.
- Imaging (transvaginal ultrasound and MRI) reported by specialists trained in endometriosis have high sensitivity and specificity to identify endometriosis.
- Consider laparoscopy to diagnose people with suspected endometriosis, preferably after a treatment trial, even if the ultrasound or MRI is normal.

Endometriosis is often under-recognised. Diagnostic delay may have a substantial impact on quality of life. Primary care providers are often the first point of contact to the health system for a person with endometriosis. Endometriosis can be diagnosed and managed in a primary care setting, but for some people, referral to secondary care may be beneficial.

The purpose of this quick reference guide is to provide evidence-based information to healthcare practitioners who diagnose and manage people of all ages with suspected or confirmed endometriosis.

These cases can be difficult to define and there is always room for clinical judgment, consideration of trauma-informed care, and decisions about referral.

During history taking, enquire if there is any history of autoimmune disease or if any first degree relatives have a history or symptoms of endometriosis, as either of these may increase the chance of endometriosis.

What are the symptoms and signs of endometriosis?

Endometriosis diagnosis could be considered in people with the presence of one or more of the following symptoms:

Common symptoms (25 to 70% of cases):

- severe painful periods (dysmenorrhoea)
- pain with sex - during or after intercourse (dyspareunia)
- infertility
- pelvic pain
- heavy menstrual bleeding

Less common symptoms (10 to 25% of cases):

- bowel symptoms (constipation, diarrhoea, pain with bowel movement (dyschezia))
- severe tiredness
- back pain
- sleep difficulty
- headache
- urinary symptoms (dysuria)
- allergies

Clinical signs that may suggest endometriosis:

Pelvic examination:

- reduced pelvic organ mobility
- pelvic organ enlargement
- posterior vaginal wall nodularity
- pelvic and vaginal tenderness
- visible vaginal endometriosis lesions

Association does not indicate causation, and many symptoms are often found in other conditions. Pain is one of the most common symptoms, but the level of pain (or other symptoms) and extent of endometriosis correlate poorly, and endometriosis may even be asymptomatic.

People with suspected endometriosis may consider keeping a short-term symptom diary which could help the discussion about ongoing management.

COGUS / DIE
Ultrasound





**CHRONIC
DISEASES**





MULTI DISCIPLINARY THERAPY PROVIDES
COMPREHENSIVE
PERSON CENTRED CARE

MDT FOR ENDOMETRIOSIS

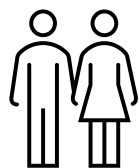
Medicine - GP, Gynaecologists and Fertility Specialists can all be necessary in endometriosis management. Pharmacological agents such as hormone therapy and analgesics are used to manage pain and control disease progression.

Diet - Endometriosis is an inflammatory condition. Introducing an anti-inflammatory diet can reduce internal inflammation, reduce pain, and improve bowel habits.

Movement – Pain and inflammation causes muscle contraction. Stretching and guided movement can improve flexibility, reduce pain, and improve pelvic function.

Mind - Patients with chronic pain find relaxation and sleep challenging. Learning these skills will help restore health, wellbeing, and ability to cope with disease management. CBT may help.

Patient Centred Care



RESOURCES
FOR
PRIMARY
CARE

<https://ranzcog.edu.au/womens-health/endometriosis/>

<https://endometriosisaustralia.org>

<https://www.jeanhailes.org.au/health-topics/endometriosis/>

<https://www.qendo.org.au>

<https://www.pelvicpain.org.au>

<https://www.endozone.com.au>





Endometriosis Education

- <https://acquire.ranzcog.edu.au/mod/page/view.php?id=13314>
- <https://www.acn.edu.au/education/single-unit-of-study/endometriosis-pelvic-pain>
- <https://www.jeanhailes.org.au/for-health-professionals/education/register-for-online-courses/courses-for-nurses-and-midwives/understanding-endometriosis-for-nurses-and-midwives/>
- <https://www.nursingcpd.com.au/course/endometriosis>
- <https://cpd.healthedfornurses.com.au/courses/endometriosis-expert-panel>
- <https://endometriosisaustralia.org/our-work/videos/>



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