The accessibility of physiotherapy for adolescents with persistent pelvic pain: a qualitative study

Amelia K. Mardon[1*], Rose Green[2*], Tara Beaumont[2], Kate Phillips[2], Dr. Jane Chalmers[1,3]

1 IIMPACT in Health, University of South Australia, Adelaide, SA
2 Women's and Children's Hospital, Adelaide, SA
3 Western Sydney University, Campbelltown, NSW
*Co-first authors

Background

The management of persistent pelvic pain (PPP) in adolescents often includes physiotherapy with a specific focus on education, and pelvic floor function. Access to appropriate health care is a fundamental human right for those experiencing persistent pain.[1] To date, there have been no investigations into the unique needs of adolescents accessing a physiotherapy service.

OBJECTIVE: to explore the experiences of adolescents with PPP accessing a tertiary hospital physiotherapy service.

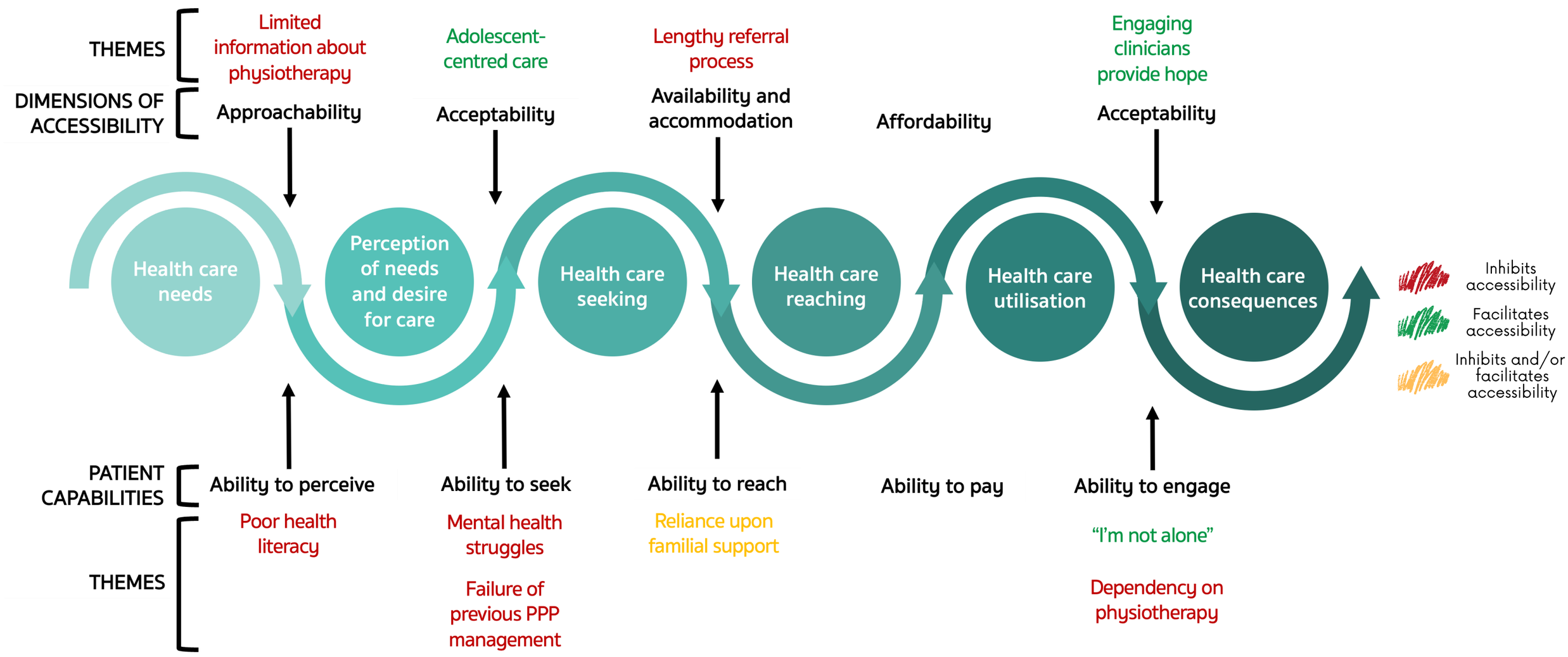
Methods

Two focus groups (n = 7)

Female adolescents diagnosed with PPP that had either attended or missed their appointment at the Women's and Children's Hospital (Adelaide, South Australia) Gynaecology Department physiotherapy clinic

Deductive thematic analysis according to four dimensions of service accessibility and their corresponding patient capabilities from **Levesque et al. (2013)'s access to healthcare framework**[2] **(Fig.)**

Results



Conclusion

- Adolescents with PPP report positive engagement with physiotherapy
- Physical, social, and environmental factors influence the accessibility of physiotherapy for adolescents with PPP
- Health care services should consider the unique needs of teens with PPP **(e.g. appropriate education, care, and engagement)** to improve accessibility

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2 Levesque, J.F., Harris, M.F. and Russell, G. 2013. Patient-centred access to health care: conceptualising access at the interface of health systems and populations. International journal for equity in health, 12(1), pp.1-9.

@millie_mardon