

## Inquiry into endometriosis and other pelvic pain conditions - Request for datasets:

Capital Health Network, May 2026

### **General practice data on pelvic pain presentations**

*Note: Data is from general practices who share full primary care dataset with CHN. Not all general practices in the ACT share this data with CHN.*

#### Recorded diagnosis of endometriosis, adenomyosis, PCOS, chronic pelvic pain

**Diagnosis** data based on patients who have had **any practice interaction** within the last 4 years as of the date the report was run (02/05/2022 – 01/05/2026). Diagnoses may have been made prior to this this period.

Count of unique female active **patients** with active diagnoses – 14,346.

Patient breakdown by diagnosis:

- Polycystic Ovaries (PCOS) – 7,257
- Endometriosis – 6,494
- Adenomyosis (Endometriosis of uterus) – 2,153
- Chronic pelvic pain - 30

*Note: patient breakdown by diagnosis is not equal to count of active patients, as a patient may have more than one diagnosis.*

#### Referral patterns (to gynaecology, pain clinics, allied health)

**Referrals** for the above patient pool in the same time period (02/05/2022 – 01/05/2026).

Number of unique patients with a referral – 1,280. Total referrals – 2,164.

Referral breakdown:

- Gynaecology – 1,680
- Pain Management – 457
- Allied Health – 27

In the years 2023-2025, there were an average of around 530 referrals per calendar year. In 2026 to date, 128 referrals were made.

#### Prescribing patterns

The below data include both medications marked as Current and medications marked as Non-Current on the clinical systems.

**Prescriptions** for the above patient pool in the last **3 years** as of the date the reports were run (06/05/2023 – 05/05/2026)

Number of unique patients with a prescription – 8,264. Total prescriptions – 56,057.

**Prescriptions for pain management:** Opioids, Other analgesics and antipyretics.

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The period covers the last **3 years** of activity as of the date the reports were run (02/05/2023 – 01/05/2026).

Patients with prescriptions in the last 3 years – 3,757. Total number of prescriptions – 35,096.

Pain management prescriptions breakdown:

- Opioids – 34,109
- Other analgesics and antipyretics – 1,010

In 2024, 11,452 prescriptions were issued; the number in 2025 reached 11,893. So far in 2026 3,799 prescriptions have been recorded, projecting 11,397 for the year.

**Genitourinary system and sex hormones:** Sex hormones and modulators of the genitourinary system.

The period covers the last **3 years** of activity as of the date the reports were run (06/05/2023 – 05/05/2026).

Patients with prescriptions in the last 3 years - 5,707. Total number of prescriptions – 15,788.

Genitourinary system and sex hormones prescriptions breakdown:

- Hormonal contraceptives for systemic use – 9,812
- Progestogens – 3,989
- Progestogens and oestrogens in combination – 1,982
- Remaining prescriptions: Gonadotropins and other ovulation stimulants

In 2024, 4,946 prescriptions were recorded; in 2025, the number was 5,835. So far in 2026, there were 2,111 recorded prescriptions, projecting to about 6,333 for the year.

## **GP workforce data**

Number of GPs in ACT with interest/training in women's health, reproductive health

*CHN do not hold this data*

Distribution by region

*CHN do not hold this data*

Bulk-billing rates

*Note: As CHN do not hold data on specific interest/training in women's health or reproductive health, the below data covers whole-of-region bulk-billing rates and is not specific to women's health or reproductive health consultations.*

The current financial year available data (Jul-Dec 2025) shows a rate of 52.8% (a slight decrease from the same period in 2024, 52.2%)- a change of –0.6 percentage points. This relates to GP Non-referred attendances (GP NRA).

For 2024-25, the available GP NRA data (excluding COVID vaccinations) show the following:

- Always bulk-billed (% of patients) - 24.9%
- Usually bulk billed – 20.3%
- Sometimes bulk billed – 22.6%
- Never bulk billed – 32.3%

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Bulk billing rate ranges: Always (100%); Usually (50% to <100%), Sometimes (>0% to <50%), Never (0%)

## Educational activities

CPD programs on endometriosis/pelvic pain delivered to ACT GPs

### **CHN educational events:**

- *Pelvic Inflammatory Disease: Navigating the maze, managing pelvic inflammatory disease and preserving reproductive health*
  - Mode: webinar
  - Date: 22/04/2024
  - Attendance: 30 attendees and 198 views of the recording
  - Topics/Learning Outcomes:
    - Aetiology of the condition (STD and non-STD)
    - Clinical presentations of PID
    - Differential diagnoses
    - Investigations
    - Immediate and long-term management of the illness
  
- *Pelvic Pain Webinar*
  - Mode: webinar
  - Date: 2/05/2024
  - Attendance: 23 attendees and 195 views of the recording
  - Topics/Learning Outcomes:
    - Pelvic pain and endometriosis key messages
    - Patient information/education and resources
    - Lifestyle adjustments
    - Treatments available in primary care
    - Follow up advice
    - Referral pathways for specialist and allied health services.
  
- *Gynaecology Services Day*
  - Mode: face to face full day event
  - Date: 18/05/2024
  - Attendance: 59 attendees, no recording
  - Learning Outcomes:
    - Develop an investigation and management plan for common gynaecology conditions such as, endometriosis, abnormal bleeding and ovarian masses.
    - Confidently implement the National Cervical Screening Program.
    - Identify treatment options and referral pathways for gynaecology and pelvic pain.
    - Discuss the benefits, efficacy, and side effects of LARCs

### ***Education sessions delivered via SHFPACT Pelvic Pain and Endometriosis GP Clinic/ACT Pelvic Pain Network (supported by CHN)***

*Note: education sessions delivered to GPs and other health professionals*

- *Meet and Greet with SHFPACT*
  - Host: Dr Tara Frommer

Date of Report: 8 May 2026

- Date: 27/03/24
- Attendance: 20 attendees
- Topics:
  - Intro to pelvic pain
  - Introductions to ACT pelvic pain supports and sector
- *Pelvic Pain Presentations 2024 (multiple)*
  - Host: Dr Tara Frommer
  - Date: 1. 05/07/24; 2. 03/09/24; 3. 11/09/24
  - Attendance: 1. Unknown; 2. 18 attendees; 3. Delivered to Canberra Sexual Health Centre with 5 doctors, 1 nurse practitioner, and 7 nurses in attendance
  - Topics:
    - Case study presentations on pelvic pain
    - Education on pelvic pain
- *Pelvic Congestion Syndrome*
  - Host: Dr Samantha Khoo
  - Date: 30/10/24
  - Attendance: 18 attendees
  - Topics:
    - Pelvic Congestion Syndrome
- *Dermatological Conditions Causing Vulval and Pelvic Pain*
  - Host: Dr Catherine Drummond
  - Date: 19/02/25
  - Attendance: 29 attendees
  - Topics:
    - Vulval dermatology
    - Dermatological conditions that can cause pelvic pain and vulval pain
- *Pelvic Pain and Sexual Dysfunction*
  - Host: Emma Bowen (physiotherapist)
  - Date: 07/05/25
  - Attendance: 21 attendees
  - Topics:
    - Education on Pelvic Pain and Sexual Dysfunction
- *Teaching Patients About Pain*
  - Host: Matt Croger (physiotherapist)
  - Date: 06/08/25
  - Attendance: 27 attendees
  - Topics:
    - Pain management
    - Patient education

- *Managing Pain, Enhancing Function and Pleasure*
  - Host: Lisa Grant (relationship and sex therapist, social worker)
  - Date: 22/10/25
  - Attendance: 21 attendees
  - Topics:
    - Pain management and sex
  
- *Personalised Education Session*
  - Host: SHFPACT Pelvic Pain RN
  - Date: 26/08/25
  - Attendance: 6 Nurses at The Canberra Hospital Emergency Department
  - Topics:
    - Improving knowledge around chronic pelvic pain
    - Primary care resources
    - Delivering empathetic care
  
- *Personalised Education Session*
  - Host: SHFPACT Pelvic Pain RN
  - Date: 26/08/25
  - Attendance: 9 nurses at Winnunga Nimmityjah AHCS
  - Topics:
    - Improving knowledge around chronic pelvic pain,
    - Services provided by the SHFPACT clinic
  
- *Multimodal Management of Chronic Pelvic Pain*
  - Host: Dr Roopa Gawarikar
  - Date: 26/02/26
  - Attendance: 27 attendees
  - Topics:
    - Multimodal pain management
  
- *Personalised Education Session*
  - Hosted: Dr Frommer
  - Date: 31/03/26
  - Attendance: 15 ED medical trainees at The Canberra Hospital (TCH) Emergency Department (ED)
  - Topics:
    - Improving confidence in delivering appropriate and efficient care to the acute pelvic pain patient
    - Sensitive and trauma informed care for pelvic pain patients