



# Pelvic Mesh Complications Clinic

The King Edward Memorial Hospital (KEMH) Pelvic Mesh Complications Clinic has been developed through consultation with health consumers and the Western Australian Pelvic Mesh Support Group (WAPMSG FaceBook Group) to provide care to women experiencing complications that may be related to pelvic mesh. Our clinic is run by specialist urogynaecologists and staffed by a dedicated multidisciplinary team. Your care plan will be individualised and you may see some or all members of our multidisciplinary team.

## Care from a Multidisciplinary Team

Your care needs will be met by a multidisciplinary team whose members each contribute important yet different skills to ensure you have the best possible outcomes.



Patients will initially be seen by the Pelvic Mesh Complications Clinic. Once clinicians in this clinic have completed their assessments and commenced treatment services, you may be referred to our Urogynaecology Clinic or an appropriate community based agency for further services and support. Our Urogynaecology clinic is also run on a multi-disciplinary team care model run by staff with the same qualifications and skills as the Pelvic Mesh Complications Clinic so you will continue be able to access services from a multidisciplinary team while you attend this clinic.

An SMS requesting confirmation of your appointment will be sent out 7 days before your appointment. If your appointment is not confirmed within 72 hours of this message being sent the appointment will be offered to another woman on the waiting list. Those without a mobile phone will be called on their nominated landline. If you are unable to attend your appointment or surgery, please contact the Mesh Clinic Nurse Coordinator on the mobile number below as early as possible to enable another woman to be offered the appointment or surgery date. Telehealth appointments are available for some follow-up appointments, for enquiries in relation to this or other queries please contact:

Mesh Clinic Nurse Coordinator on

Tel: 0466 429 921

Email: [KEMH.UrogynaecologyClinic@health.wa.gov.au](mailto:KEMH.UrogynaecologyClinic@health.wa.gov.au)

# In addition to our urogynaecologists and nurses, our team consists of:



## Pain Specialist

We recognise every person is unique in many ways, including their pain experience, their pain sources, and pain types. We ask you to help us understand what is likely to be relevant to you, by completing our pain triage questionnaire. We will use this at your first appointment as we speak with you, to determine the first steps towards a solution for your pain. It is likely that we will see you on a few occasions, as we work through what does or does not work for your pain.

Whilst we may discuss possible medications or procedures, we would also like you to try the range of behavioural options that the team can offer.

In our experience, combining approaches which include you as the centre of the team, as well as getting coaching from motivated health care professionals, works best.

We will work closely with the urogynaecologists to identify the best possible timing for trialling of procedures or surgery.



## Physiotherapist

Tel: (08) 6458 2790

As standard pelvic floor exercises are not appropriate and may lead to increased pain, our expert physiotherapists who specialise in pelvic health (particularly for bladder/bowel dysfunction and down regulation of pelvic muscles) will be available in this clinic to discuss and support you with any of the following:

- ▶ bladder or bowel problems
- ▶ questions about exercise and physical activity
- ▶ pain management
- ▶ relaxation
- ▶ sexual difficulties including pain
- ▶ vaginal symptoms.

Treatment options may include:

- ▶ Advice, education and practical strategies to assist with any of the issues above.
- ▶ If appropriate and with your consent, hands-on treatment may be offered.
- ▶ Provision of a home program may be useful.
- ▶ Guidance with a paced and graduated return to activities which are important to you.

Although you may have had physiotherapy before, it may be beneficial for you to receive care which is tailored to the specific issues you are experiencing from physiotherapists within our multidisciplinary team.



## Social Worker

Tel: (08) 6458 2777

Social work plays an integral role within the Pelvic Mesh multidisciplinary team. Social workers can assist you and your family by:

- ▶ Conducting a psychosocial assessment to help us understand how your values, beliefs, hopes, emotions and history impact on how the mesh has impacted on your quality of life and ability to function.
- ▶ Discussing your social and support networks and coping and adaptation strategies to identify your strengths and areas of competence and control to assist you to have the best possible quality of life.
- ▶ Identifying your particular individual stressors which could impact on your physical, emotional and psychological wellbeing within your work, family and relationships.
- ▶ Advocating and negotiation within the team and with other health professionals caring for you on your behalf, with your consent.
- ▶ Linking you with other services and resources such as welfare information, disability support, psychoeducation, psychological support and referral to community supports if required.

A referral to social work will be offered to you through one of the team members at the Pelvic Mesh Clinic. You may also self-refer to social work. Referral to social work is optional.



## Occupational Therapist

Tel: (08) 6458 2870

Occupational Therapists (OTs) are health professionals who are trained in the analysis of everyday activities and occupations (such as personal care, work, life roles, and leisure) and how to overcome limitations or disability in those areas. This may include addressing physical, sensory or cognitive issues, emotional and psychosocial factors, or obstacles within the home environment that impact on how you go about your day to day life.

OTs focus on the activities most important to you and can:

- ▶ Assist you to develop skills and abilities for living independently with a long-term health condition.
- ▶ Provide advice regarding assistive equipment or modifications in the home environment.
- ▶ Teach you alternative methods for everyday tasks and routines.
- ▶ Advise on compensatory measures that help to overcome disability.

The OT can assess your functional abilities and the factors which may be limiting your independence, safety or participation. If required, a home assessment may be done to identify safety issues or practical challenges within your home. Assistive equipment may be offered to you on short term loan, along with advice on different ways to do your daily activities to overcome limitations. The OT can also link you to other resources in the community to help you with living independently and participating in life.



## Psychological Medicine

Tel: (08) 64581521

The Department of Psychological Medicine has specialised knowledge and skills in the field of women's mental health. Our staff members include consultant psychiatrists, psychiatry registrars, clinical psychologists, medical officers and mental health nurses.

We can offer you psychological and / or medical interventions relating to:

- ▶ preparation for medical procedures
- ▶ adjustment to medical diagnoses and treatments
- ▶ pain related to gynaecological issues
- ▶ sexual health problems related to your reason for attending KEMH
- ▶ assistance with and treatment of anxiety or depression

We tailor our interventions to our patients' individual needs. Our services include:

- ▶ assessment of your current mental health, goals for your mental health, as well as background history
- ▶ medical reviews and medications
- ▶ short to medium term psychological therapy (individual or group therapy), monitoring of mental health symptoms and emotional support
- ▶ telephone follow up
- ▶ referral to community services and resources
- ▶ referral to and liaison with other members of the Pelvic Mesh multidisciplinary team

One of our clinicians will be available to meet you when you attend the Pelvic Mesh Clinic and can answer any questions you may have about our service. Please see our Department of Psychological Medicine brochure or call our Department for further information about our services.

### More Information

Please visit HealthyWA for further information about pelvic mesh

[healthywa.wa.gov.au/Articles/N\\_R/Pelvic-mesh](https://healthywa.wa.gov.au/Articles/N_R/Pelvic-mesh)

Please visit [www.kemh.health.wa.gov.au](http://www.kemh.health.wa.gov.au) for further information about services offered at KEMH.



This document can be made available in alternative formats on request.

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**[www.kemh.health.wa.gov.au](http://www.kemh.health.wa.gov.au)**

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