A blurred background image showing a woman lying in a hospital bed, wearing a light blue gown, with her hands clasped near her chest. The image is out of focus, emphasizing the text overlay.

Pioneering an Accessible, Effective and Efficient Women's Health Psychology Service

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Consultant Clinical Psychologist

Bwrdd Iechyd Prifysgol Hywel Dda

Report on gynaecology waiting lists published



- Psychological Distress is significant
- Years of **intrusive investigations** and **chronic symptoms** – pelvic pain, heavy unscheduled bleeding, infertility risks, sexual difficulties, bowel symptoms, fatigue etc.
- High prevalence of **anxiety** and **depression**, **impaired functioning**
- **75%** mental health **deteriorate** while on gynaecological waiting lists

Example: Endometriosis



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Symptoms of endometriosis



Abnormal or heavy menstrual flow



Fatigue



Pain, especially excessive menstrual cramps



Pain during intercourse



Painful urination and/or painful bowel movements during menstrual periods



Infertility

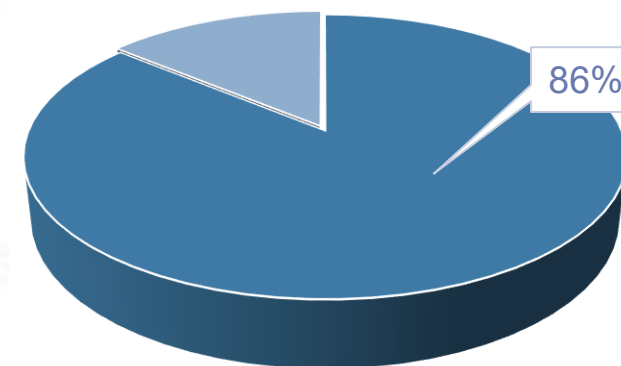


Diarrhea, constipation and/or nausea lower back pain

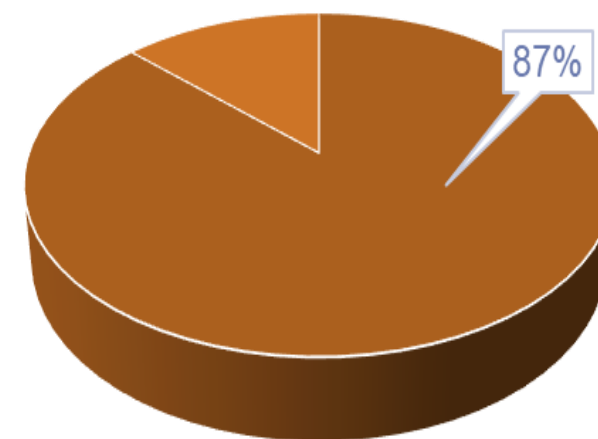


Vaginal bleeding between periods

Depression



Anxiety



THE IMPACT OF MENOPAUSE



70% of women said their symptoms have a moderate-severe impact on their quality of life.

Psychological



What symptoms do women find most difficult to cope with?

Physical





The NHS Wales Women's Health Plan

2025-2035

Priority 2: Endometriosis

Action: **multi-professional care include access to adequate mental health support**

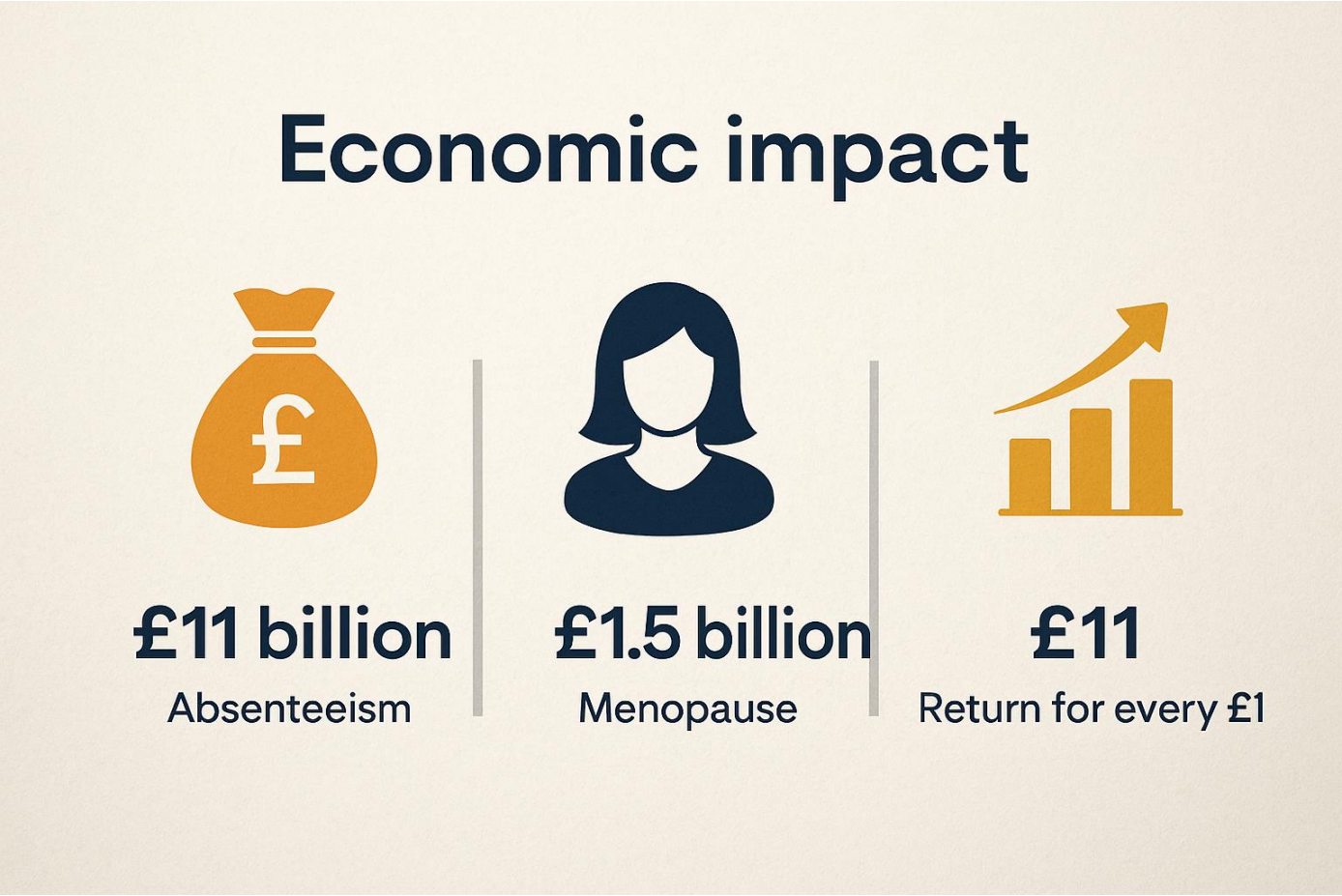
Priority 5: Pelvic Health

Action: integrated pelvic health services **include psychological support**

Priority 6: Menopause

Action: **Group Cognitive Behaviour Therapy for Menopause**

Significant Economic Burden

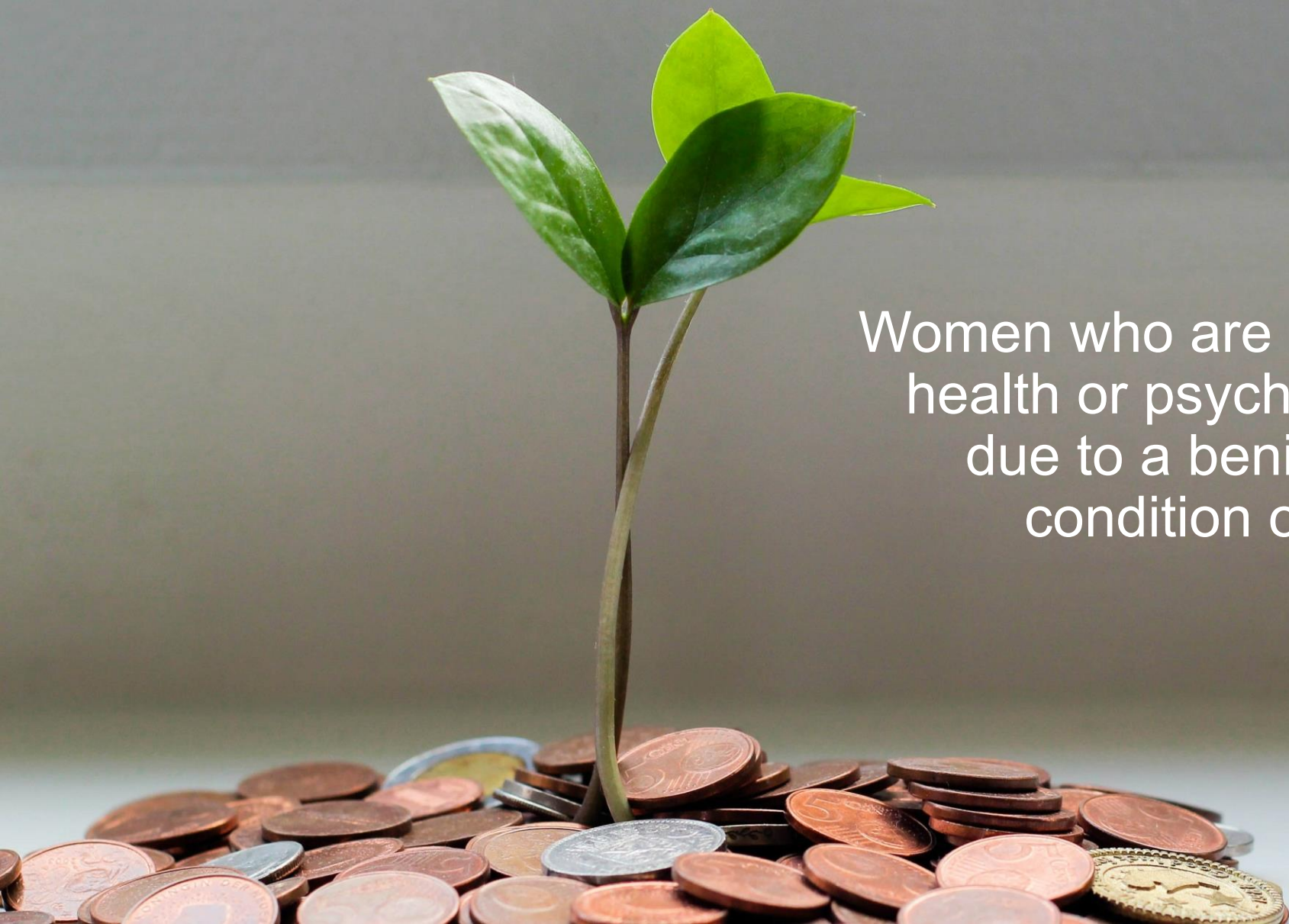


GP Cluster Funds Women's Health Psychology Pilot Service



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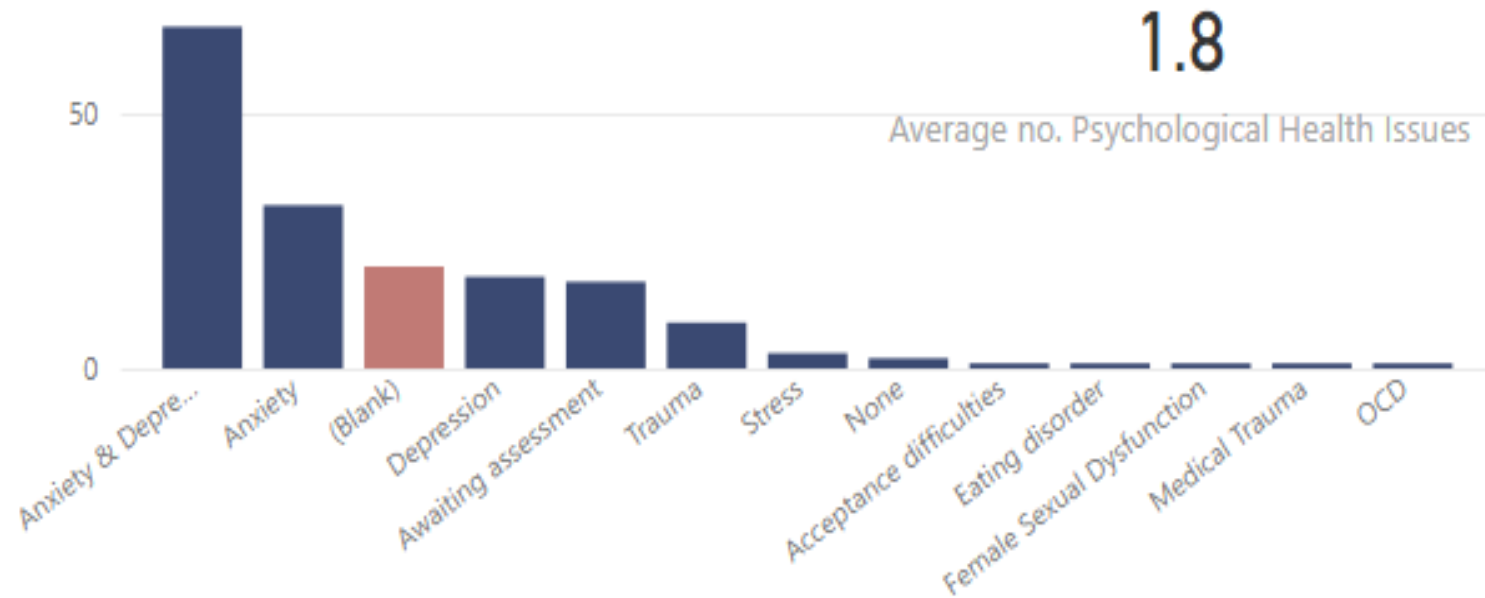
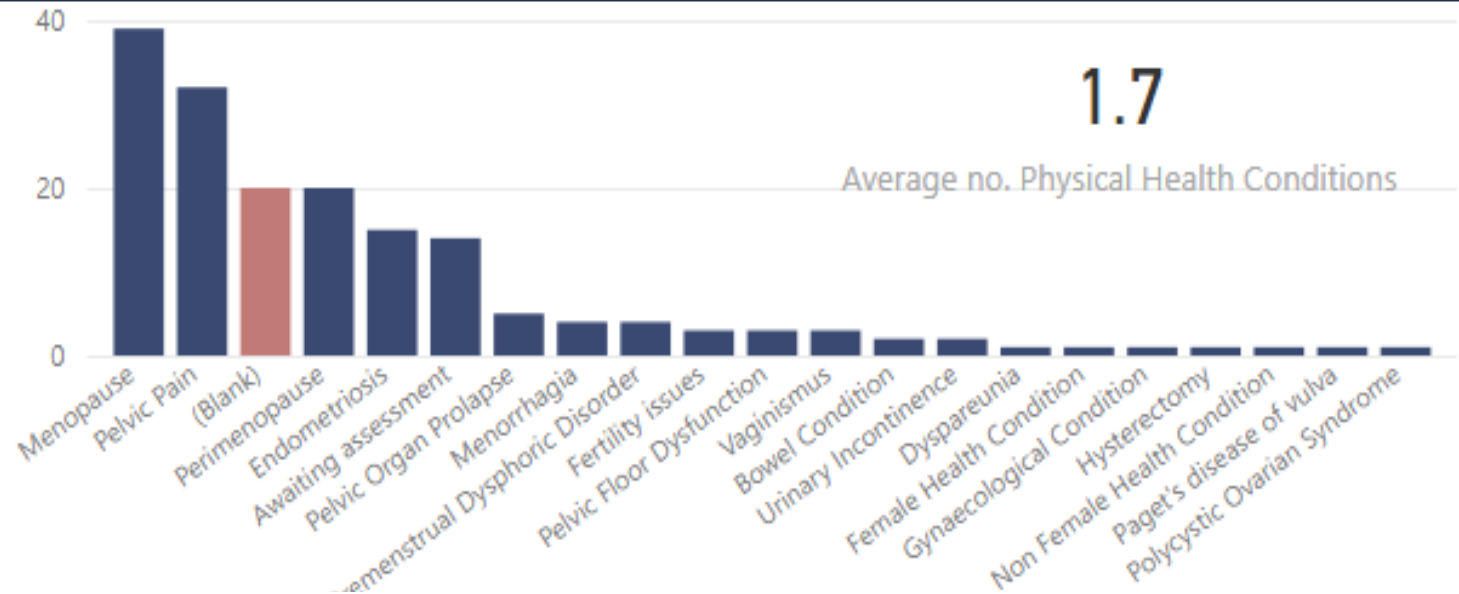
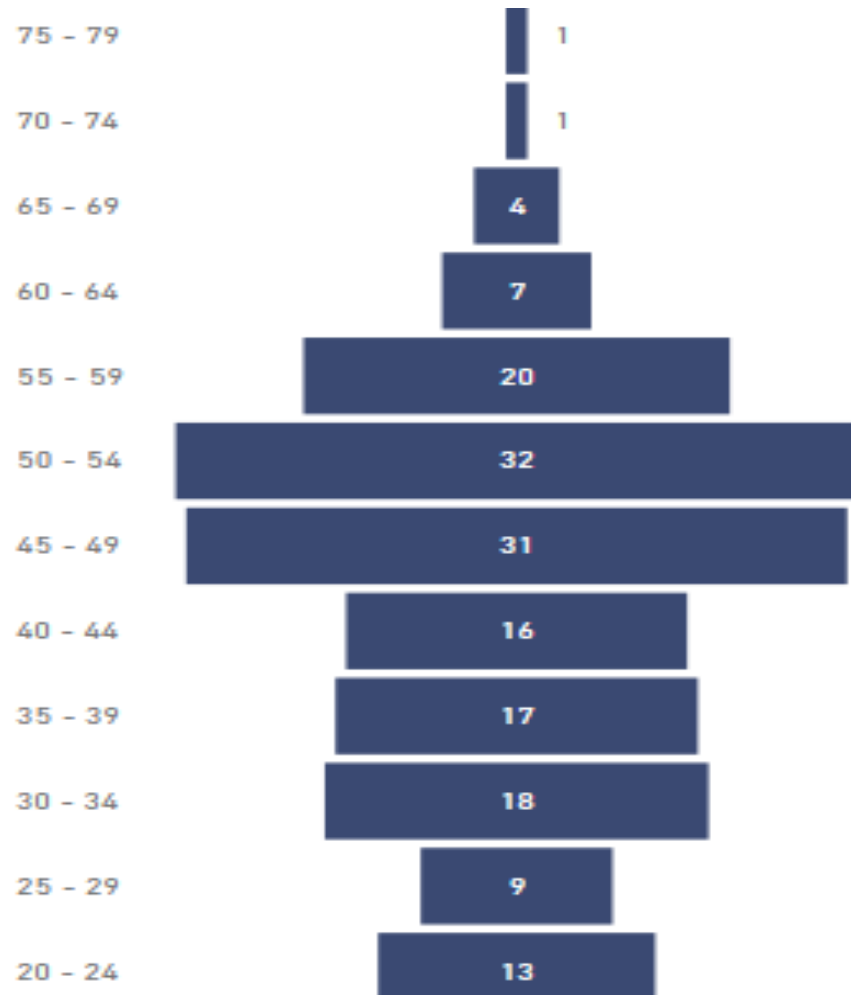
Women who are experiencing mental
health or psychological difficulties
due to a benign pelvic health
condition or menopause

Results: 201 Referrals



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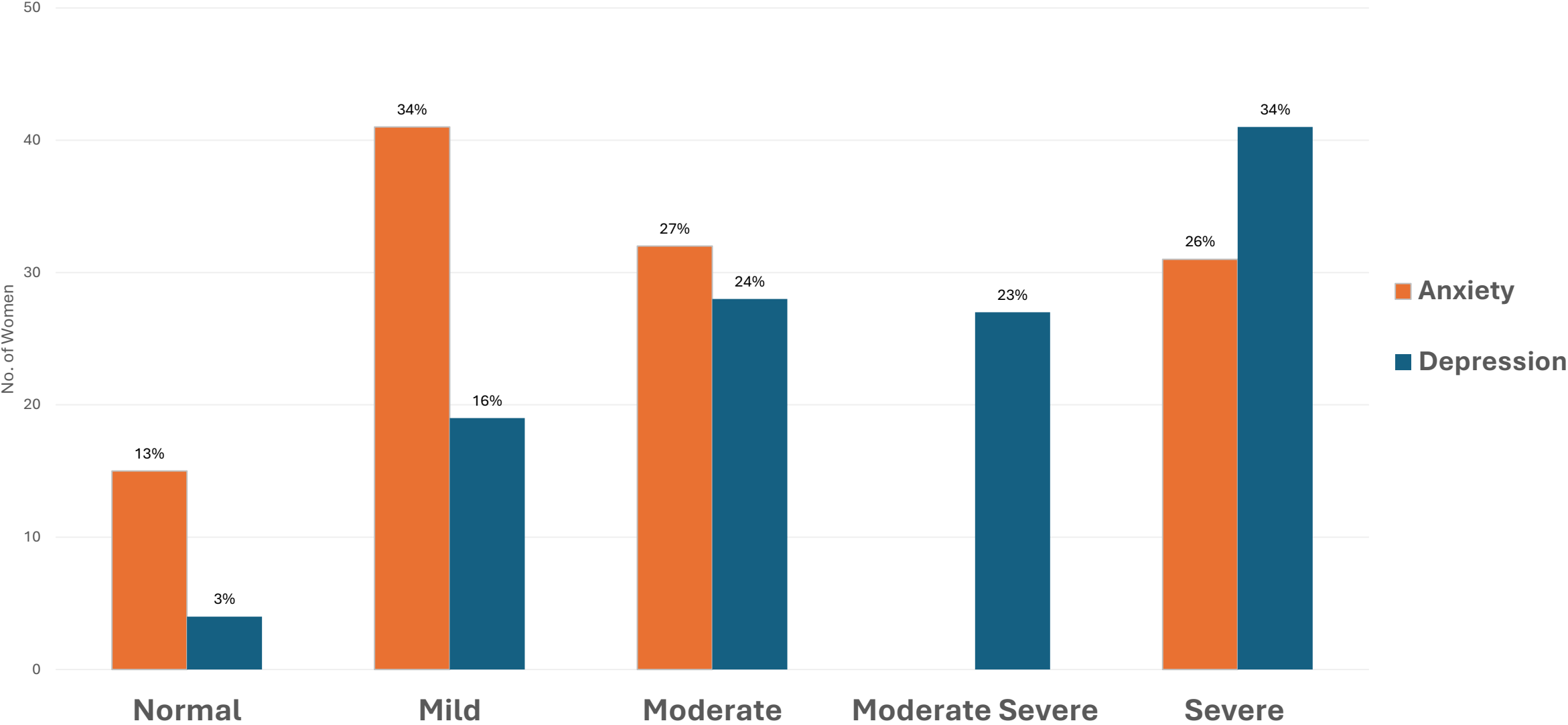


Mental Health Severity Breakdown



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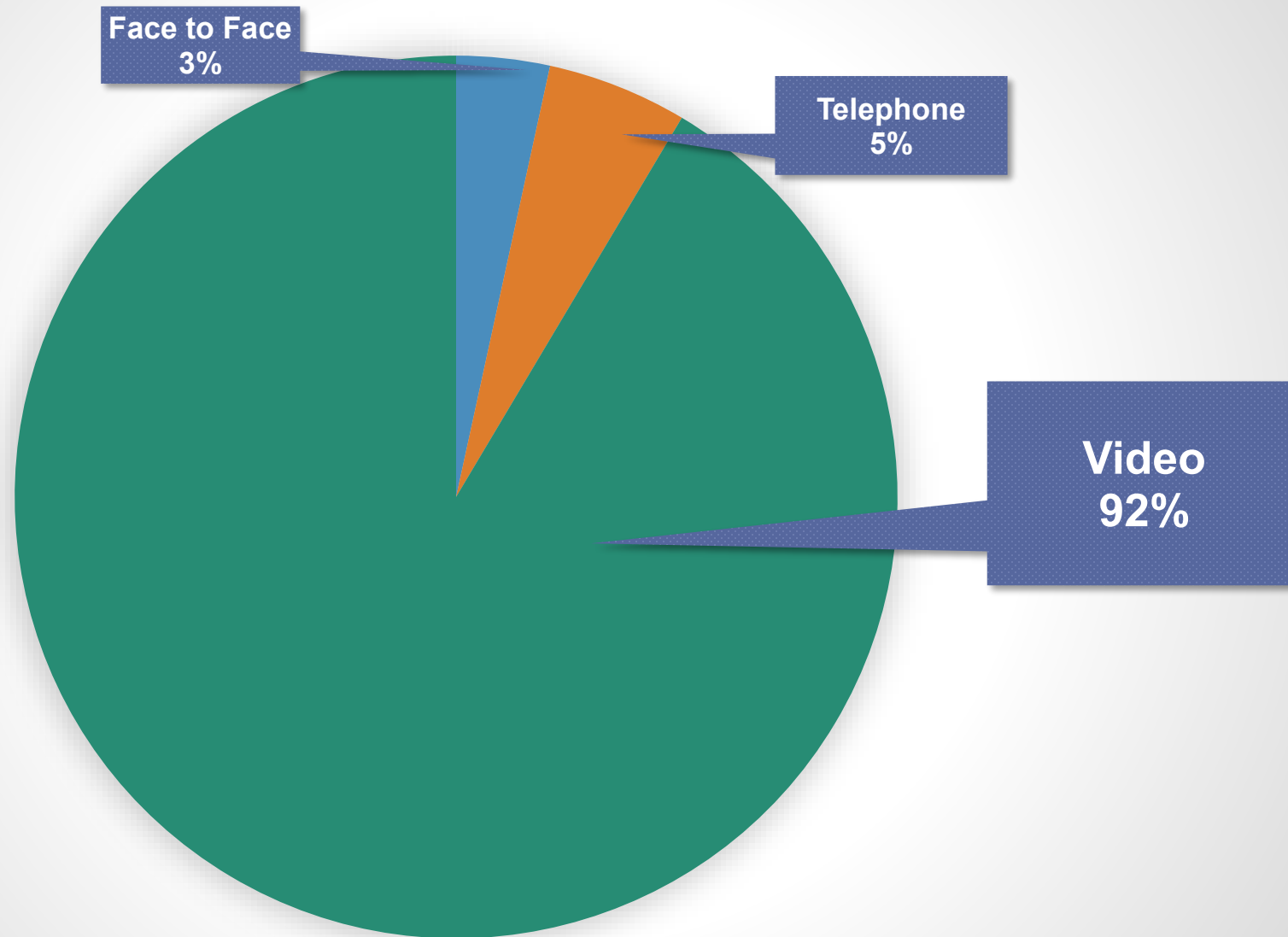


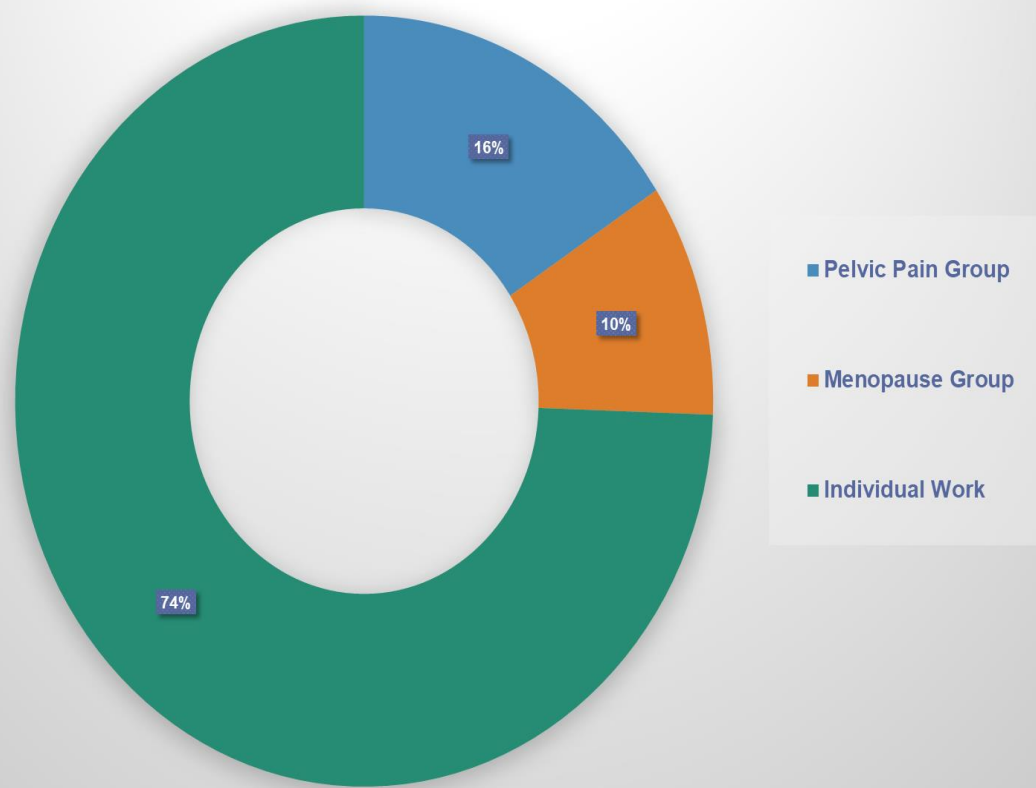
Digital First: Reducing Health Inequalities



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Individual Psychological Therapy:

- Cognitive Behaviour Therapy
- Trauma Therapy (EMDR)
- Acceptance & Commitment Therapy
- Solution Focused Therapy

Improvements across all PROMS Outcomes



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How likely are you to recommend our service to friends and family if they needed similar care or treatment?

- ✓ Extremely Likely = 90%
- ✓ Likely = 10%

Savings Summary



Pain Service: £73–£88 per patient



Nurse Time: £7,747 annually



A&E: Repeat visits avoided



Absenteeism: 7,576 FTE days saved



ROI: £11 per £1 invested



Depression Treatment: £2,814 per patient

Total Year 1 Impact: £1,66M (592 patients)

Additional Systems Benefits

- ✓ **Reduced outpatient** follow-ups
- ✓ **Improved performance** & waiting times
- ✓ Enhanced **workforce retention**
- ✓ **Upskill Workforce Psych Care**

What Next?



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- **Pilot ends March 31st, 2026**
- **H Dda Women's Health Strategic Plans**
- **Business Case Hywel Dda UHB**
- **Sharing data & learning across Wales**
- **Publish**

Patient Feedback to Others Re Service



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Diolch

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