

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

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**Bwrdd Iechyd Prifysgol Hywel Dda**

# Gynaecology Crisis! (RCOG)



- 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

## Symptoms of endometriosis



Abnormal or heavy  
menstrual flow



Pain, especially excessive  
menstrual cramps



Painful urination and/or  
painful bowel movements  
during menstrual periods



Diarrhea, constipation  
and/or nausea  
lower back pain



Fatigue



Pain during  
intercourse

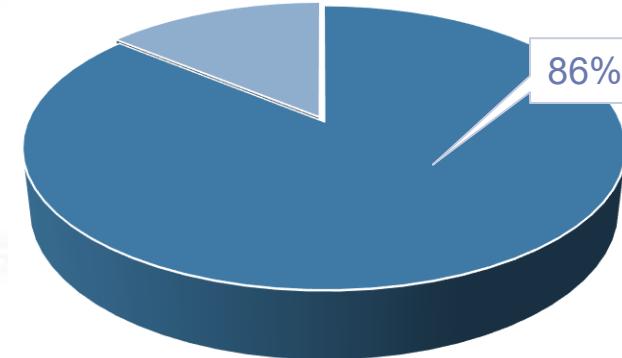


Infertility

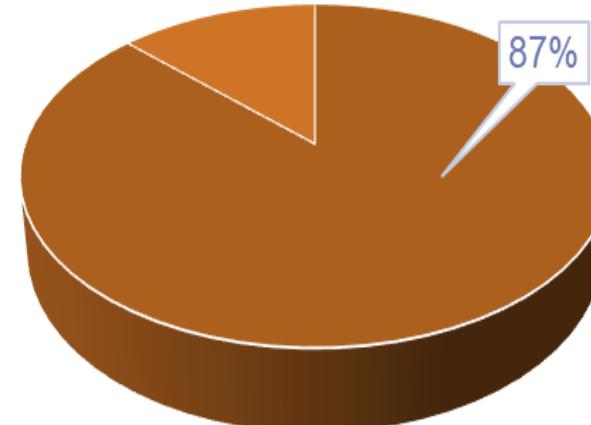


Vaginal bleeding  
between periods

## 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





## Priority 2: Endometriosis

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

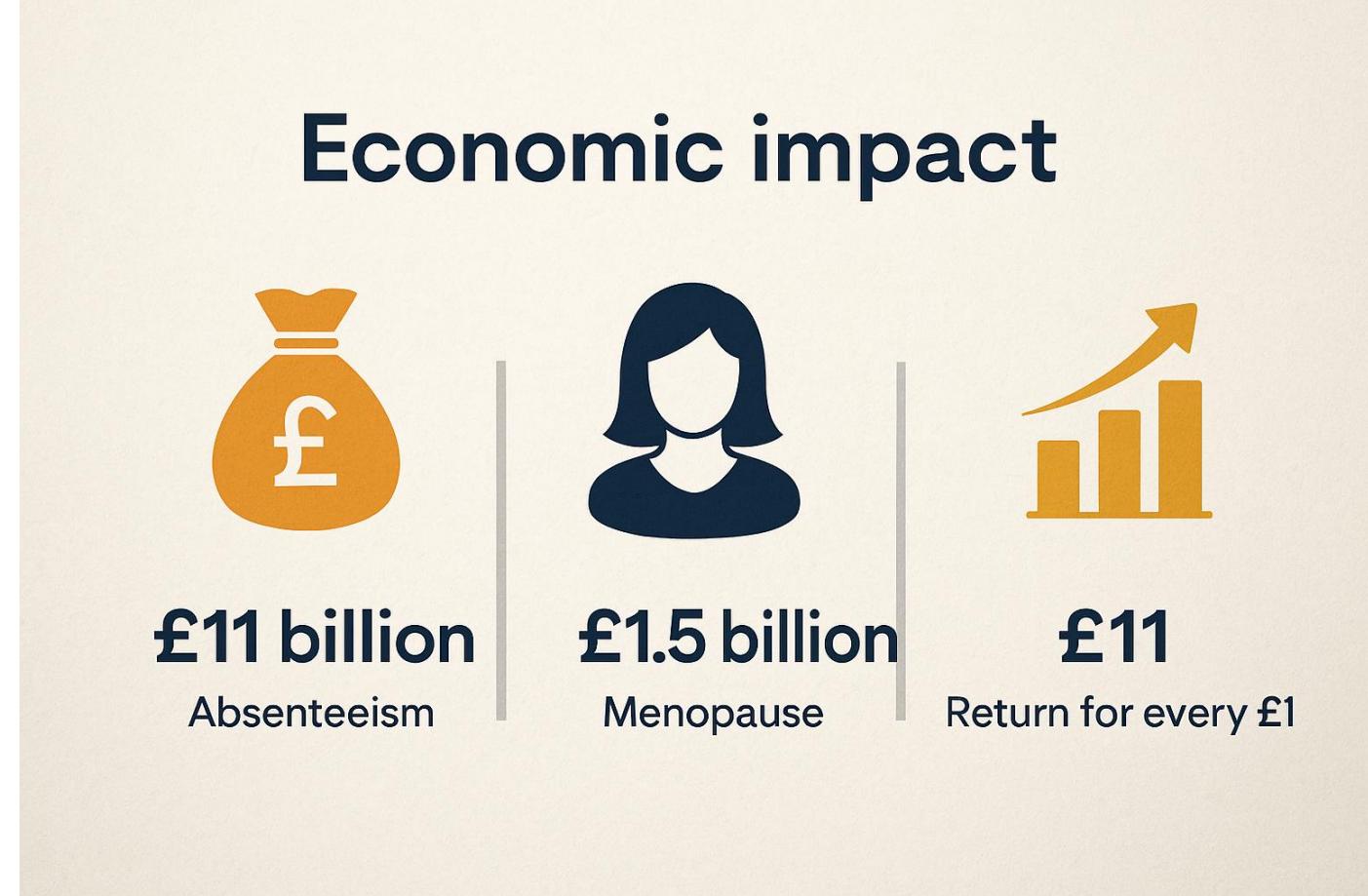
## Priority 5: Pelvic Health

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

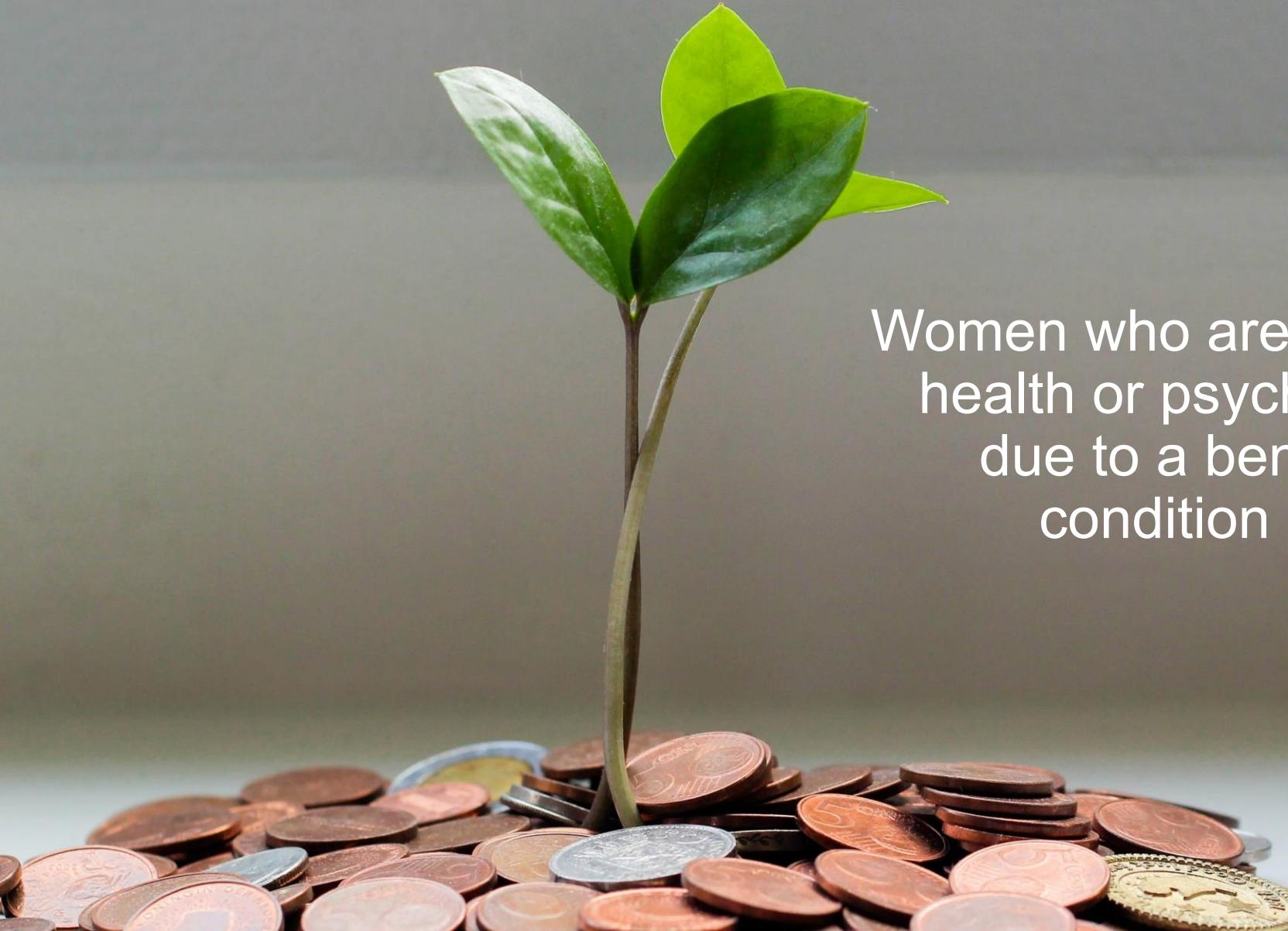
## Priority 6: Menopause

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

# Significant Economic Burden



# GP Cluster Funds Women's Health Psychology Pilot Service



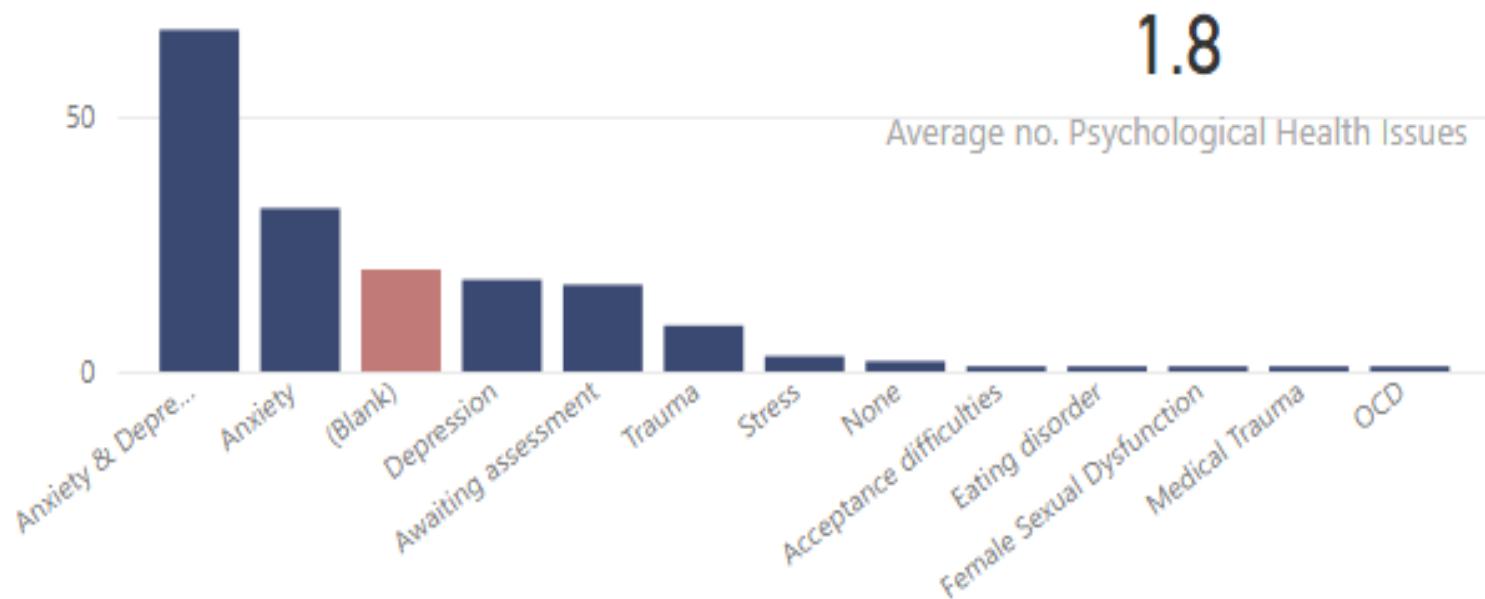
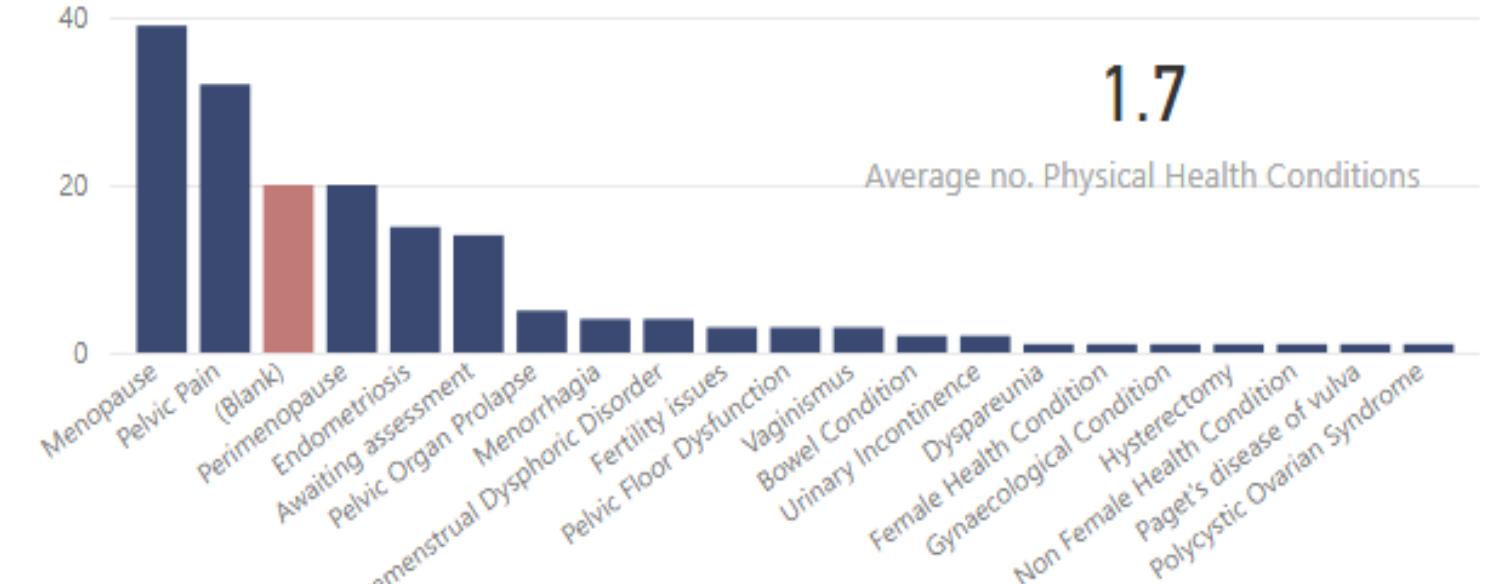
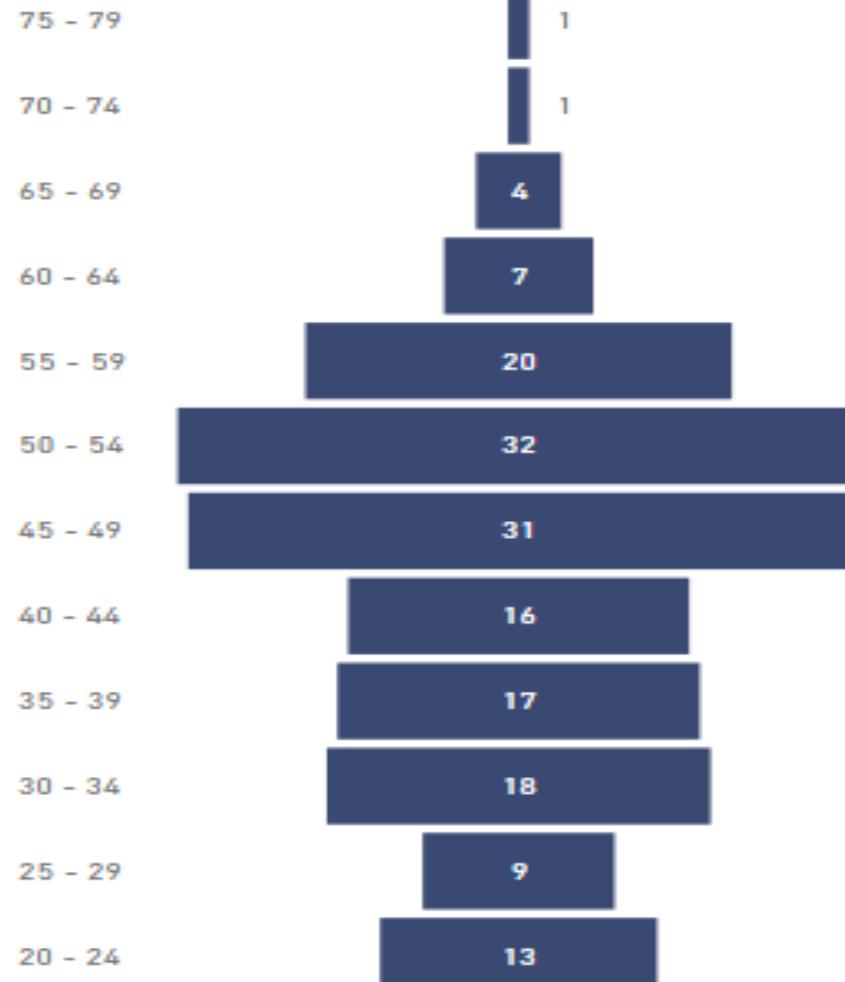
Women who are experiencing mental health or psychological difficulties due to a benign pelvic health condition or menopause

# Results: 201 Referrals

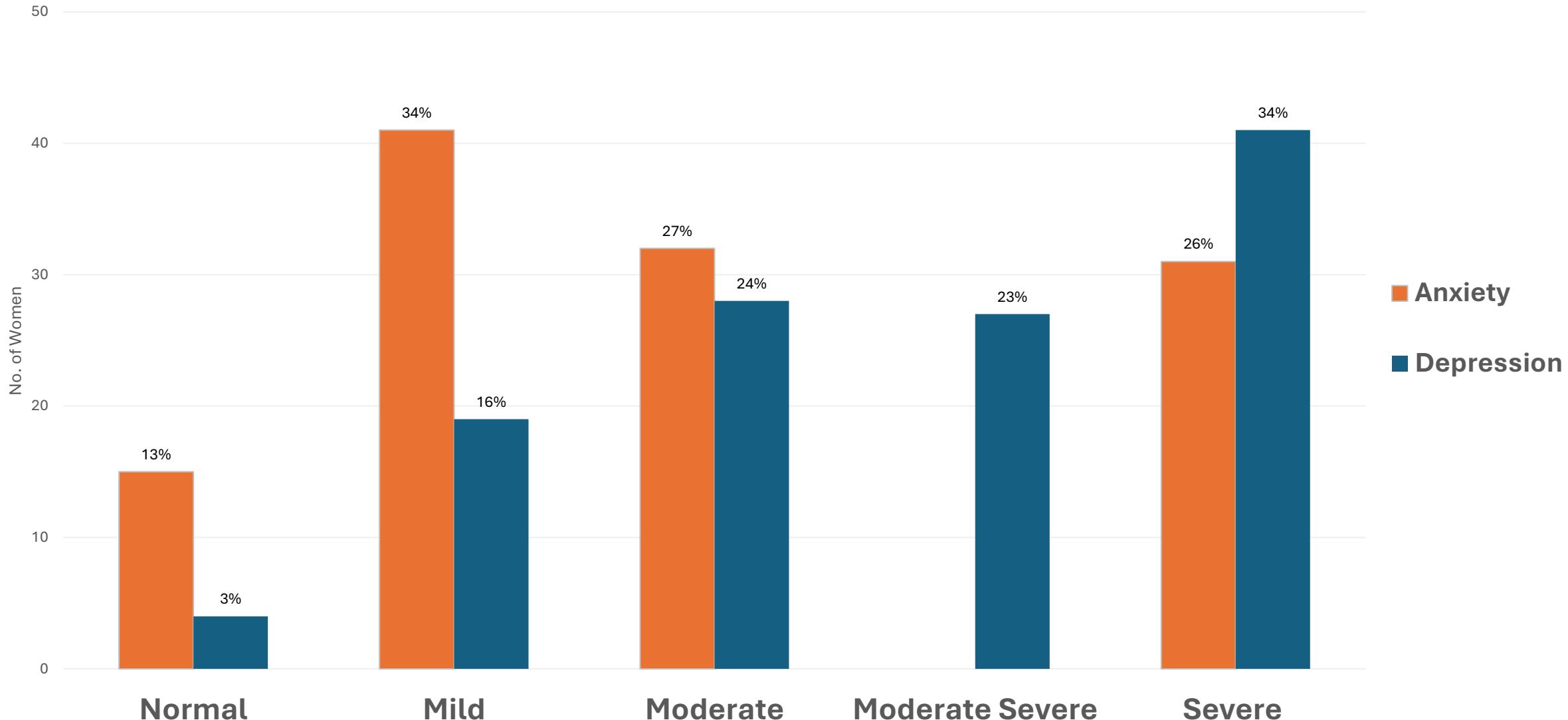


GIG  
CYMRU  
NHS  
WALES

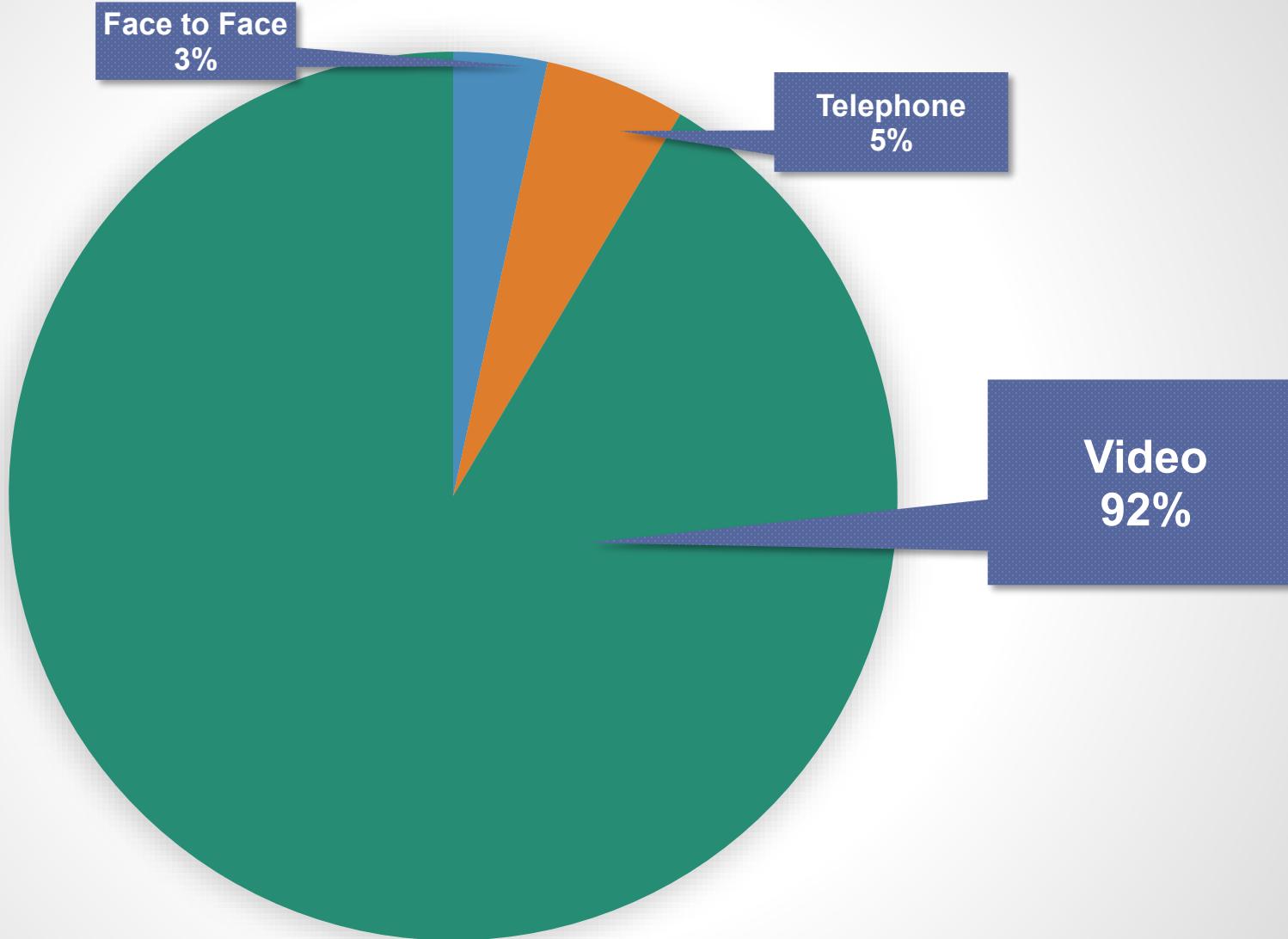
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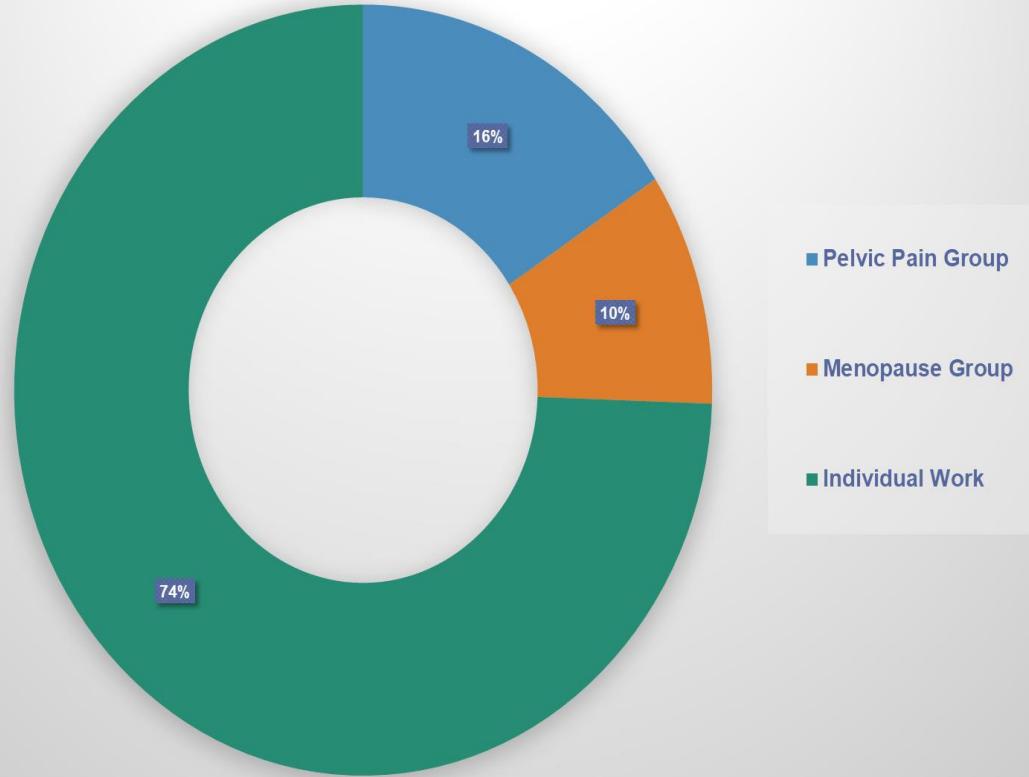


# Mental Health Severity Breakdown



# Digital First: Reducing Health Inequalities





## Individual Psychological Therapy:

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

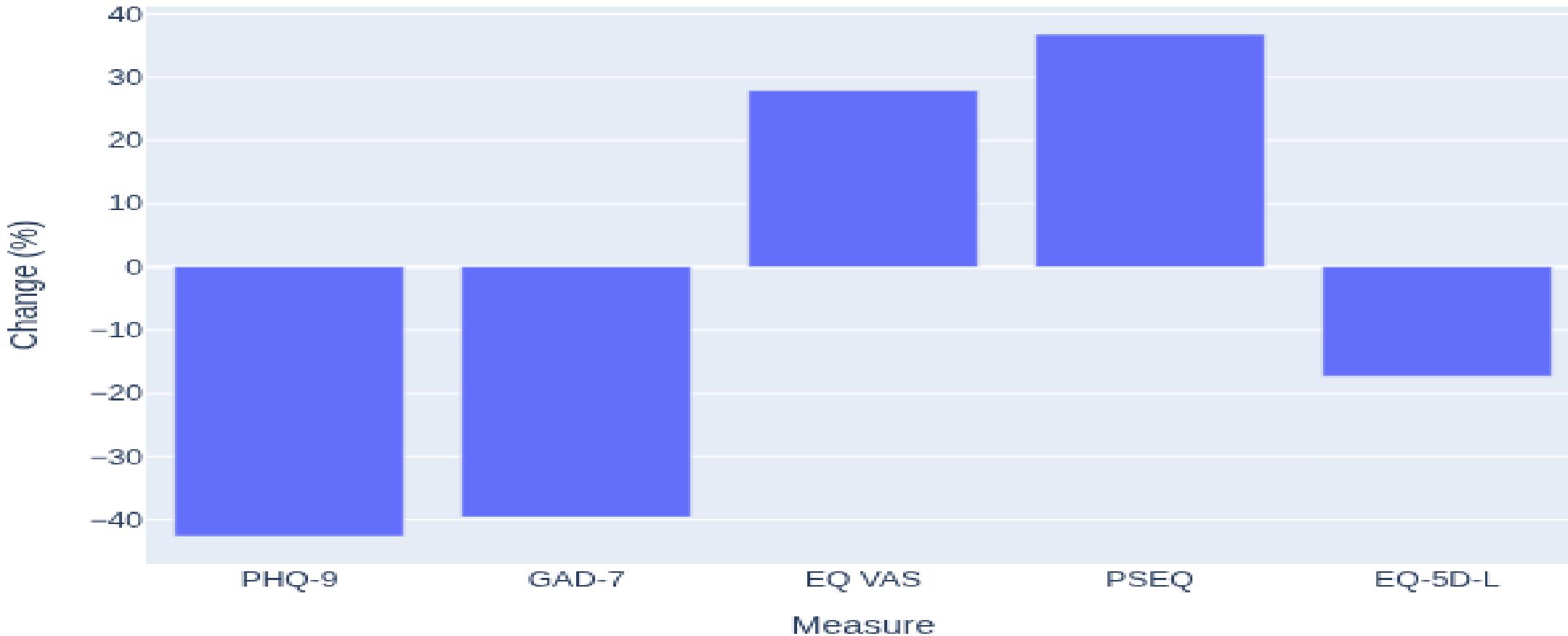
# Improvements across all PROMS Outcomes



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## Clinical Outcomes (%)





## The Friends and Family Test

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 31<sup>st</sup>, 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





**Diolch**

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