

E-Leader Conference June 3-5

**Endometriosis: Case Study for
Education**

Susan Sapsed – Senior Teaching Fellow

David Mathew – Learning Technologist

June 2013

Why Case Study?

- To enable the student to realise the subject being discussed is larger than the paragraph in the text book.
- It enables the student to reflect on the possible course of action.
- It helps the student to look at the broader picture.
- It assists the student to see it as a lived experience.
- The retention of learning is more positive (Educational Taxonomy) as they can work individually or as a group, in the classroom or by conference link.

Case Studies

- Names have been changed to protect confidentiality.
- Surrinder (25) was training to be a midwife was my personal student. Her pathway typifies the typical life events.
- Ann was 17 and still at school, I met her in the clinic. Her story indicates some of the problems of fertility.
- The student needs to know the condition but also the psychological support needed.

Question - What do you know about Endometriosis?

First described by Rokinariski 1860

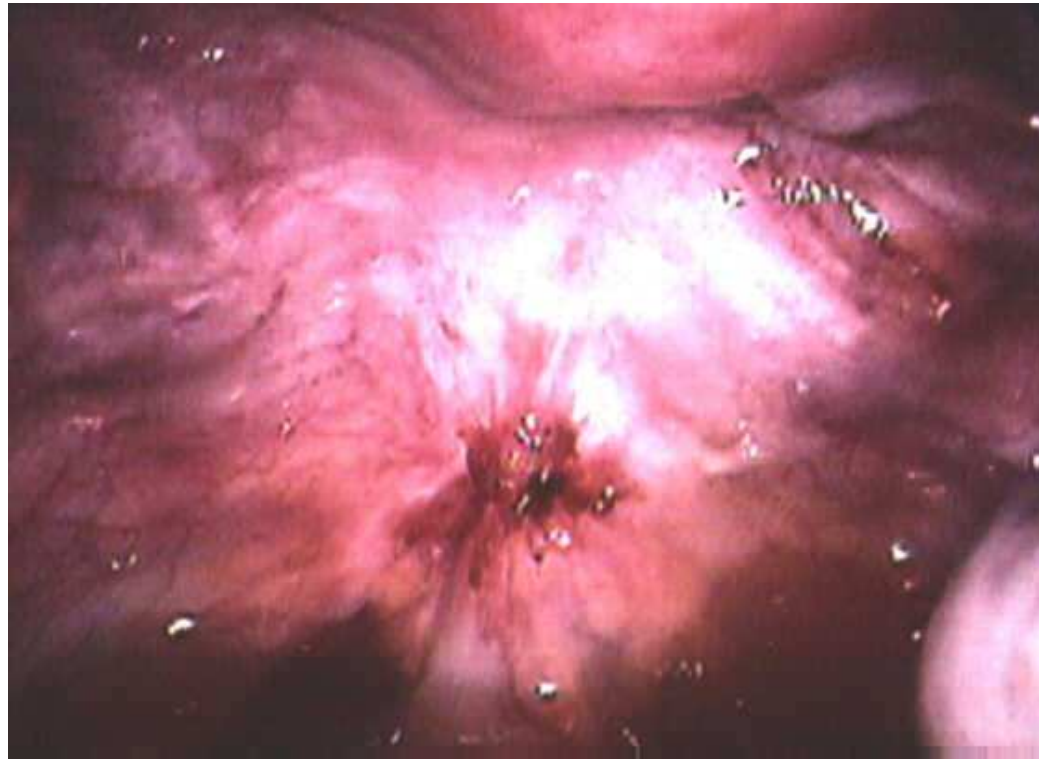
- **Definition** - the growth of endometrial tissues outside the uterus or in the uterus which follows the normal cyclic changes
- **Incidence** 1 - 7%
 75% occur 25 - 35 yrs.
- **Worldwide** approximately 176 million people suffer

Question – Where can it be found?

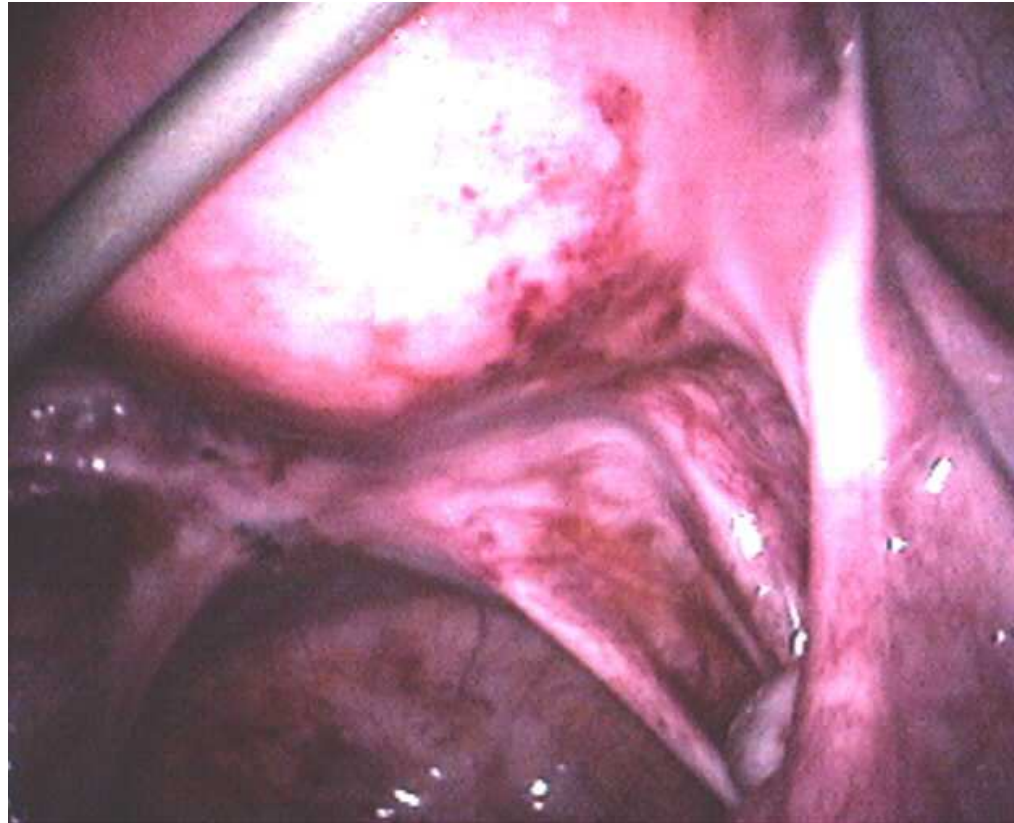
Common sites

- Utero sacral ligament 60%
- Ovary 60%
- Pouch of Douglas 28%
- Bladder 15%
- Rectum 12%
- Sigmoid colon 7%
- Round ligament 5%
- Appendix 2%

Endometriosis on the rectal side of the uterus



Endometriosis on the fundus of the uterus



Endometriosis – called white Endometriosis



Question – There are several rare sites can you name them? Do you know the cause and suggested theories?

Rare

- Umbilicus, brain, retina, lungs, breasts, nasal cavity and elbow.

Cause

- Unknown

Theories

- Reflux menstruation
- Cell transportation of endometrial cells
- Embryological displacement, due to deficiency in the immune system
- Toxins - environmental pollution's

Question – Can you list the many signs and symptoms that a person may present with and how would you link them to Endometriosis?

Signs and Symptoms

- Dysmenorrhoea
- Cramps usually in the pelvic region and backache
- Pelvic pain
- Pain on intercourse
- Heavy periods
- Irregular bleeding
- Abdominal bloating
- Pre menstrual tension
- Lack of energy, anaemia, depression
- Cycle of less than the normal 28 days, and periods lasting longer than 5 days

Question – Are there any complications?

Complications

- Diarrhoea / constipation
- Severe cramping especially in adolescents
- Adhesions and scarring
- Organ dysfunction
- Cystic formations on the ovary mainly
- Chocolate Cyst due to blood collecting

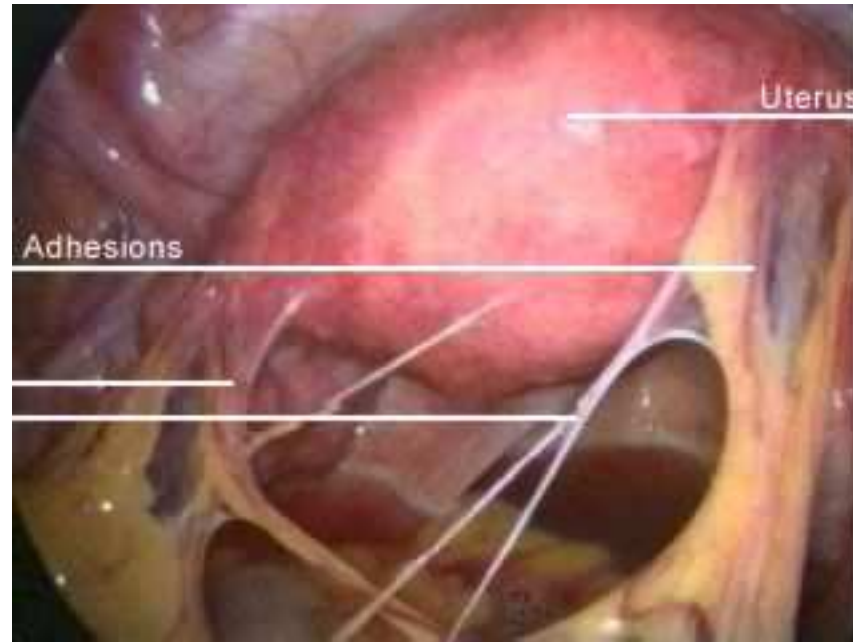
Associated with :

- infertility 30 - 40% in women who leave childbirth to after 30
- no racial preference

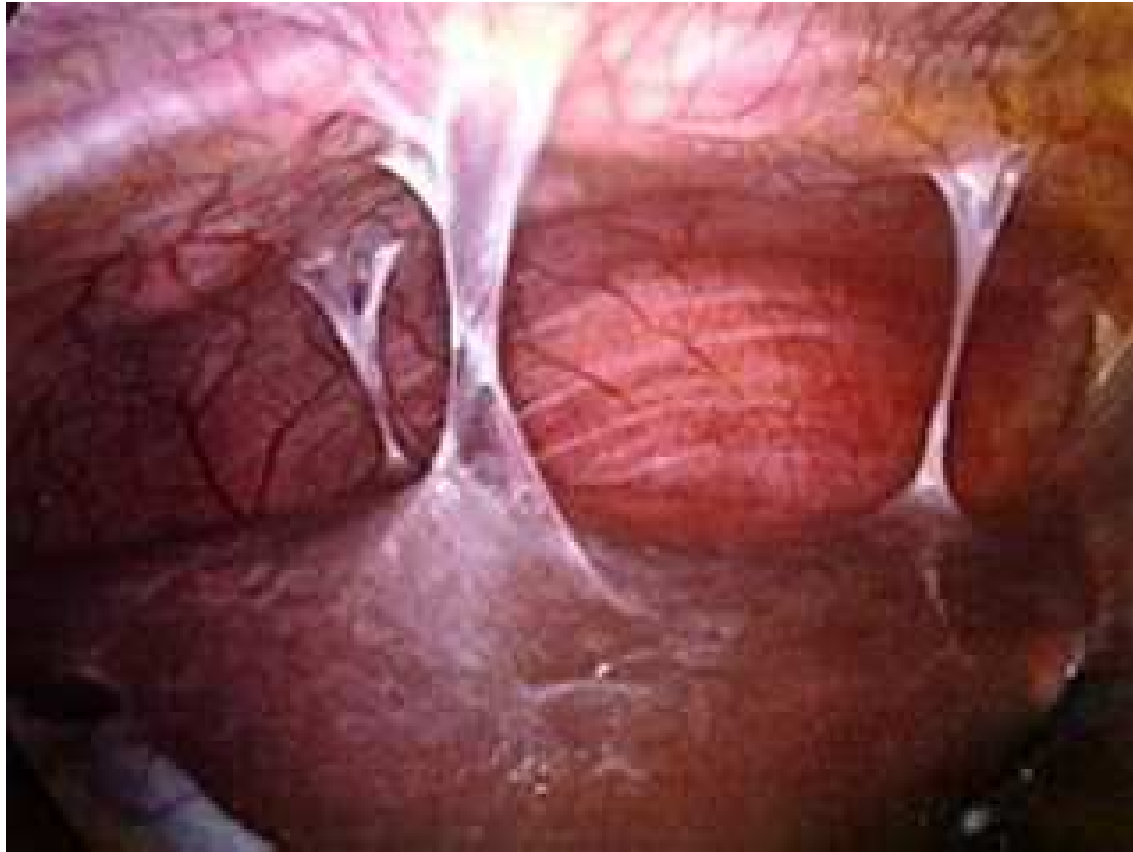
**Question – How can diagnosis be established?
What are the expected findings in
Endometriosis?**

- Pelvic examination
- Laparoscopy

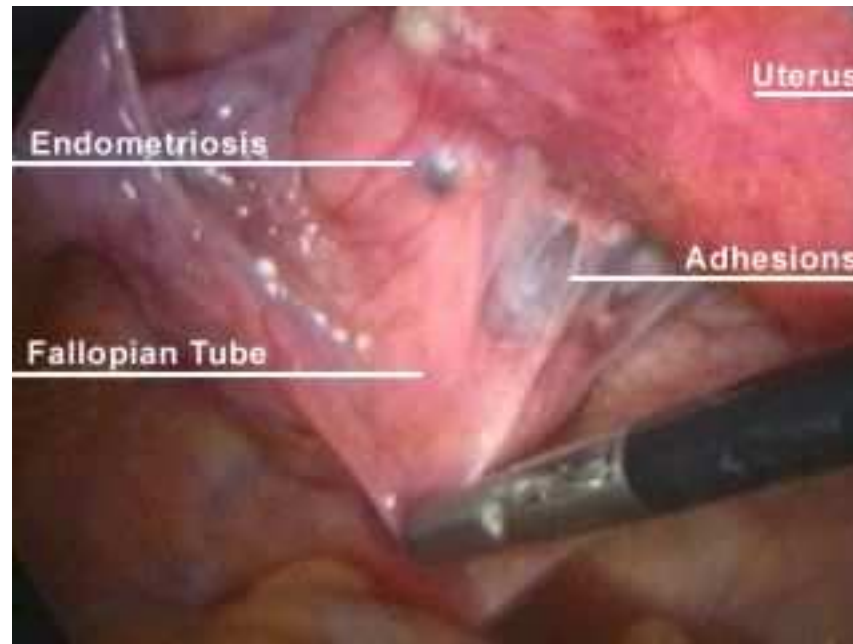
Endometrial Adhesions



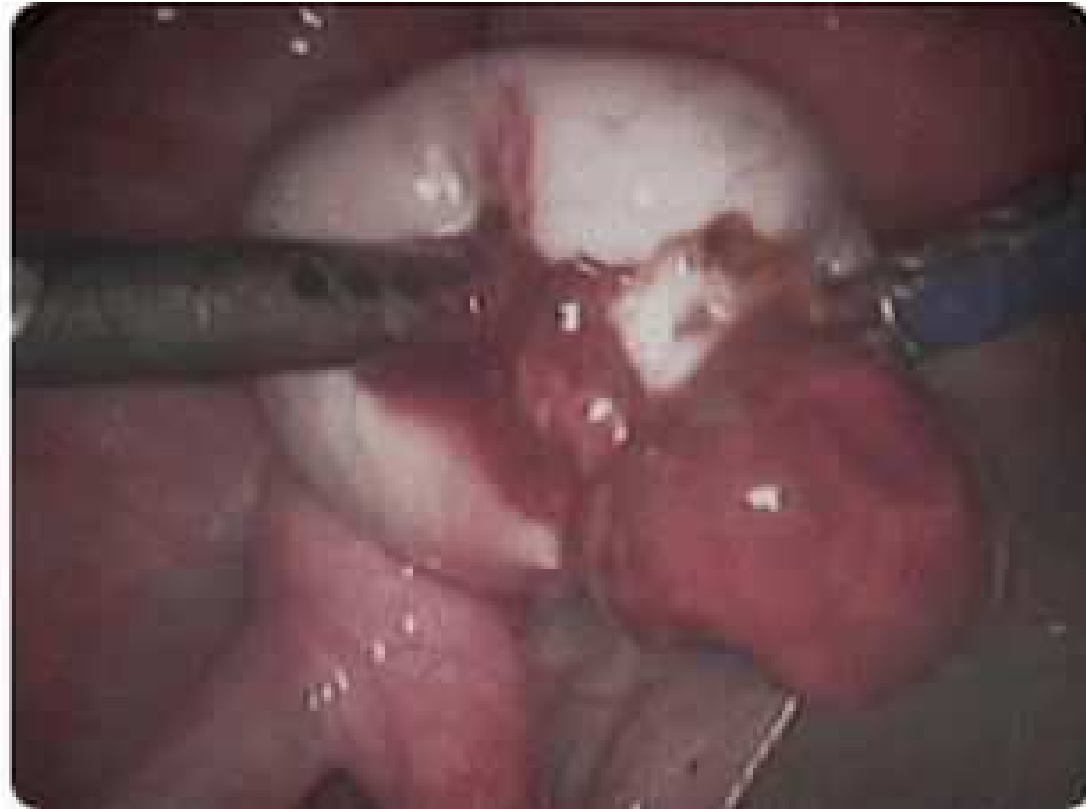
Endometrial Adhesions



Endometrial Adhesions in the Pelvic Cavity



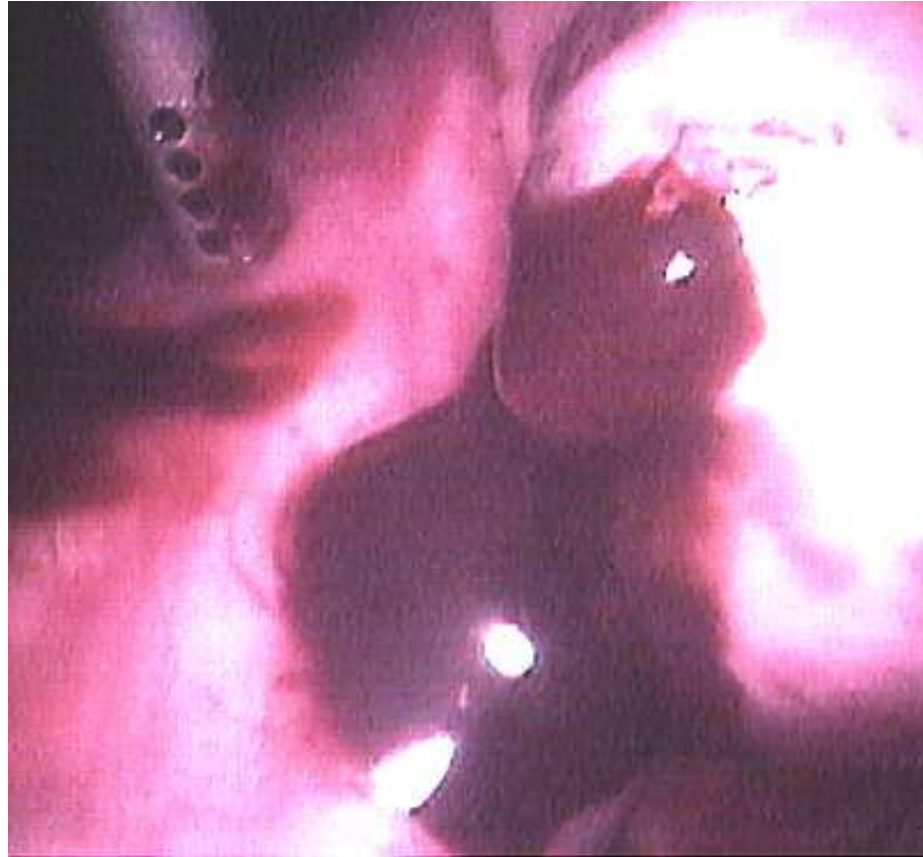
Endometriosis on the Ovary



Endometrial Chocolate Cyst



Chocolate Cyst on the Ovary



Question – What may be the initial treatment and how do they work?

Hormonal

- **Danazol 200 - 800 mgs daily 6 - 18 months (side effects)**
- **'Pill' oestrogen and progesterone, possible pseudo pregnancy**
- **Progesterone - Provera, Duphaston daily 6 - 12 months**
- **Gonadotropin releasing hormone agonists - Buserelin, Synarel, Zoladex as injection or nasal spray 6 - 12 months (side effects)**
- **Pseudo menopause**
- **Aspirin or Ibrufen for pain**
- **Evening Primrose Oil or Vit B6 for pre menstrual tension**
- **Vit C or Multivitamins for depression**

Question – What surgical treatment is available and why may it be used?

Possible Surgery

Uterine Oblation

Expectations of treatment

- Maintain fertility
- Enable pregnancy 75% chance if mild
- Prevent permanent complications

Question – What advice can be offered to help deal with the symptoms?

- Local applications
- Relaxation techniques
- Diet reduce butter fat add selenium to relieve pain or zinc for PMT.
- Alternative therapies hypnosis positive 'well being'
- Independent advice - The National Endometriosis Society 35, Belgrave St. London. SW1X 8QB

Lived Experiences

It is hoped that the student will realise that the implication to a person/family life may be greater than a textbook indicates.

This understanding will enable them to empathise with the patient/partner.

Thank you for listening.

Do you have any questions?