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# Contributions of Occupational Therapy to the comprehensive treatment of Endometriosis



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# Endometriosis

**Chronic, hormone-dependent inflammatory gynecological condition affecting 10-20% of menstruating individuals in reproductive age. Endometrial-like tissue grows outside the uterus, forming cysts, adhesions, or endometriomas in response to hormonal fluctuations (Zegers-Hochschild et al., 2017).**

**Symptoms: Chronic pelvic pain, dysmenorrhea, dyspareunia, infertility; Impacts 10-15% globally, disrupting work, academics, daily life, and leisure (WHO, 2023).**

**Current management primarily by gynecologists via hormonal and surgical treatments; interdisciplinary teams (gastroenterology, urology, etc.) address complexities.**

**01**

**DIAGNOSTIC  
DELAY**

**02**

**MINIMIZATION OF  
WOMEN'S PAIN**

**LACK OF  
PUBLIC  
POLICES**

**06**

## **Current Socio-Health Challenges**

**03**

**LIMITATION IN  
SCIENTIFIC  
RESEARCH  
PRODUCTION**

**05**

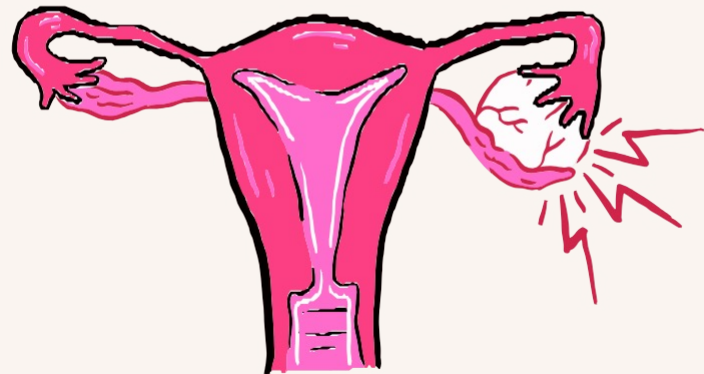
**LIMITED ACCESS  
TO  
COMPREHENSIVE  
CARE**

**04**

**HIGH  
TREATMENT  
RELATED  
COSTS**

# **What can Occupational Therapy contribute to the treatment of people with endometriosis?**

**General objective: To systematize findings regarding the impact of Occupational Therapy on the occupational performance of women with endometriosis.**



# What can Occupational Therapy contribute to the treatment of people with endometriosis?

1

To study the impact of endometriosis symptoms on basic and instrumental activities of daily living in individuals with this diagnosis

2

To analyze participants' perceptions of improved physical and emotional well-being after performing mobility exercises within the workshop framework.

3

To understand the effect of implementing a health management workshop for women with endometriosis on their occupational performance

4

To provide evidence on the importance of the role of occupational therapy in the interdisciplinary approach to endometriosis

# **HYPOTHESIS**

**Participation in an occupational therapy-based health management workshop, grounded in directed movement and self-care techniques, favors the reduction of the impact of chronic pain in women with endometriosis and improves occupational performance and overall well-being.**

**It starts from the assumption that movement, incorporated in an adapted and progressive manner, contributes to decreasing pain perception, while group practice promotes adherence, knowledge exchange, and the strengthening of support networks. Likewise, it is proposed that the occupational therapy approach, oriented toward supporting meaningful occupations, facilitates the reorganization of routines and the reconstruction of identity affected by chronic pain.**

# METHODOLOGY

THIS STUDY ADOPTED A MIXED-METHODS RESEARCH DESIGN, INTEGRATING QUALITATIVE AND QUANTITATIVE DATA.

**01** DATA COLLECTION

**02** INTERVIEWS AND  
SCALE  
ADMINISTRATION

**03** IMPLEMENTATION OF  
SELF-CARE  
WORKSHOP

# RESEARCH RESULTS

**456 INDIVIDUALS FROM VARIOUS REGIONS OF ARGENTINA PARTICIPATED.**

**AVERAGE DIAGNOSTIC DELAY: 8 YEARS**

**DIAGNOSIS STATUS: 313 (68.6%) HAD A CONFIRMED ENDOMETRIOSIS DIAGNOSIS VIA MEDICAL TESTS; 39 (8.6%) WERE IN THE DIAGNOSTIC PROCESS; 102 (22.4%) HAD NO CONFIRMED DIAGNOSIS BUT COMPATIBLE SYMPTOMS.**

# **RESEARCH RESULTS**

## **Multidimensional impact of daily life**

**MOST AFFECTED AREAS:  
MENTAL HEALTH (393, 86.1%),  
AFFECTIVE/SEXUAL LIFE (373,  
81.8%),  
DAILY ACTIVITIES (349, 76.6%),  
WORK LIFE (331, 72.6%),  
EDUCATION (221, 48.5%),  
AND FAMILY LIFE (216, 47.3%).**

**WORK AND EDUCATION  
DISRUPTIONS:  
194 (42.5%) FREQUENTLY  
MISSED WORK/STUDIES DUE TO  
PAIN/SYMPTOMS;  
193 (42.3%) OCCASIONALLY;  
64 (14%) NEVER;  
4 (0.9%) NOT  
WORKING/STUDYING. OVERALL,  
84.9% INTERRUPTED ACTIVITIES  
DUE TO SYMPTOMS**

**ONLY 7 PARTICIPANTS  
(1.5%) REPORTED BEING  
REFERRED TO  
OCCUPATIONAL THERAPY  
FOR THEIR SYMPTOMS.**

# CONCLUSIONS

OCCUPATIONAL THERAPY HAS A KEY ROLE IN INTERDISCIPLINARY ENDOMETRIOSIS CARE BY OFFERING PERSON-CENTERED STRATEGIES TO MANAGE PAIN, SUPPORT DAILY PARTICIPATION, AND ADDRESS SOCIAL BARRIERS. A COMPREHENSIVE APPROACH THAT INTEGRATES SELF-CARE, FLEXIBLE ROUTINES, AND OCCUPATIONAL SUPPORT CAN SIGNIFICANTLY IMPROVE QUALITY OF LIFE IN CHRONIC PAIN CONTEXTS.

**THANK YOU FOR  
YOUR INTEREST**

**FIND OUR INFORMATION HERE**

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