

IDENTIFYING WOMEN WITH ENDOMETRIOSIS IN YOUR PATIENT POPULATION

A Symptom Screening Tool to Help You Recognize Endometriosis-related Symptoms

Diagnosing endometriosis can be challenging, and underdiagnosis is common.¹⁻³

Unrecognized or undiagnosed endometriosis often results in patients going through a cycle of repeated health care visits before diagnosis.⁴

Patients with undiagnosed endometriosis often go through multiple provider visits, resulting in an **average diagnosis delay of**

6 to 10 years^{2,3}



≈1 in 4 women saw 5 or more physicians before diagnosis⁴



≈6 in 10 women saw 3 or more⁴

Delayed diagnosis can adversely impact her quality of life.^{1,4}

The Painful Periods Screening Tool (PPST) can help you better identify patients with endometriosis.

- ✓ Validated based on FDA guidelines, the PPST meets the requirements for good research practices and patient-reported outcome instruments set forth by both the FDA and the International Society for Pharmacoeconomics and Outcomes Research⁵⁻⁷
- ✓ The PPST assesses the most common endometriosis-related symptoms including⁵:
 - **Dysmenorrhea:** Pelvic/abdominal or lower back pain before or during periods that limits activities or requires medication
 - **Pelvic pain:** Pelvic/abdominal or lower back pain between periods that limits activities or requires medication
 - **Dyspareunia:** Pain with sexual intercourse or certain sexual activities
 - **Avoidance of sexual intercourse due to pain**
 - **Dyschezia:** Pain with bowel movements before or during periods

The PPST may help facilitate discussions with your patients, leading to earlier diagnosis and treatment of endometriosis. Each of the questions is designed to help patients better convey their symptoms and encourage deeper conversation to ensure unresolved symptoms are being addressed and managed as appropriate.

QUESTIONS FROM THE PAINFUL PERIODS SCREENING TOOL (PPST)⁵

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Endometriosis Symptom Screener

Date:

Patient Name:

PAINFUL PERIODS SCREENING TOOL

	Yes	No
Do you often experience pelvic/abdominal or lower back pain before or during your periods that limits your activities or requires medication?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often experience pelvic/abdominal or lower back pain between your periods that limits your activities or requires medication?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often experience pain with sexual intercourse?	<input type="checkbox"/>	<input type="checkbox"/>
Do you sometimes avoid sexual intercourse to avoid pain?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often have pain with bowel movements before and/or during your periods?	<input type="checkbox"/>	<input type="checkbox"/>

If patient answers **"Yes"** to one or more of these questions, she may have endometriosis.



Utilize this screener:

- During well-woman appointments
- In pelvic pain templates

References: 1. Agarwal SK, Chapron C, Giudice LC, et al. Clinical diagnosis of endometriosis: a call to action. *Am J Obstet Gynecol.* 2019;220(4):354.e1-354.e12. 2. Giudice LC. Clinical practice: endometriosis. *N Engl J Med.* 2010;362(25):2389-2398. 3. Nnoaham KE, Hummelshoj L, Webster P, et al; World Endometriosis Foundation Global Study of Women's Health consortium. Impact of endometriosis on quality of life and work productivity: a multicenter study across ten countries. *Fertil Steril.* 2011;96(2):366-373.e8. 4. Greene R, Stratton P, Cleary SD, Ballweg ML, Sinai N. Diagnostic experience among 4,334 women reporting surgically diagnosed endometriosis. *Fertil Steril.* 2009;91(1):32-39. 5. DiBenedetti DB, Soliman AM, Ervin C, et al. Development of the Painful Periods Screening Tool for endometriosis. *Postgrad Med.* 2018;130(8):694-702. 6. US Food and Drug Administration. Guidance for industry: patient-reported outcome measures: use in medical product development to support labeling claims. <https://www.fda.gov/downloads/drugs/guidances/ucm193282.pdf>. Published December 2009. Accessed May 14, 2019. 7. Rothman M, Burke L, Erickson P, Leidy NK, Patrick DL, Petrie CD. Use of existing patient-reported outcome (PRO) instruments and their modification: the ISPOR Good Research Practices for Evaluating and Documenting Content Validity for the Use of Existing Instruments and Their Modification PRO Task Force Report. *Value Health.* 2009;12(8):1075-1083.