Biopsychosocial impact of pelvic pain: A former patient's perspective

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Abstract

Pelvic pain – whether it results from PCOS, endometriosis, or an unknown cause – significantly impacts a woman's biopsychosocial health. Jackson shares her personal experience with pelvic pain, which began when she was 19 and remained unresolved until she was 27 years old. In that time, she saw dozens of providers but her quality of life and confidence in the healthcare system's ability to help her steadily diminished. Her physical and mental health suffered as she went untreated, an experience which she shares to illustrate the importance of multidisciplinary, holistic care. Jackson also discusses the ways in which pelvic pain impacts a patient's social, sexual, personal identities. By providing attendees with a comprehensive and highly personal glimpse into the ways in which a pelvic pain condition impacts a patient's life, Jackson encourages creative problem-solving and dynamic treatment approaches that engage the patient as a whole person. Finally, she explores specific patient communication tools and treatment approaches that can be implemented to build a patient's confidence, understanding of her condition, and hope for recovery.

This talk is an unconventional discussion for a medical conference – but also a vitally important one. By including patient experiences in scientific conferences, we can create truly integrated patient care which considers both medical advances and the psychosocial wellbeing of patients.

Biography



Erin K. Jackson is the Founder and President of Inspire Santé, a nonprofit organization dedicated to promoting awareness of pelvic pain disorders. As a survivor of a decade-long battle with chronic pelvic pain, Jackson is uniquely situated to understand the frustration, vulnerability, and fear that can accompany pelvic pain. Trained as an attorney, this work came naturally to Jackson, who is also the managing partner at a boutique healthcare law firm in Chicago. As a speaker, Jackson is vulnerable, humorous, and articulate. She seamlessly blends her personal experiences into motivating discussions about how our healthcare system can better serve women. Her mission is simple: she aims to inspire santé, which literally means to "inspire health," in others.

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Testimonials

"Erin speaks about her years in pain with a sincerity and honesty that respects the pain and her recovery. She is passionate, charismatic, and humble." - *Dr. Karen Litzy*

"Thank You for sharing your journey at the San Diego Pain Summit. I think more people need to hear patients' journeys like yours." – *M., clinician*

"I just want to say thank you for speaking on our behalf!"
- A., chronic pain survivor