

# Physiotherapy-led pelvic health clinic

## Background

A physiotherapy-led primary contact model of care has been developed to support female patients referred to gynaecological, colorectal and urological specialist outpatient department services. Within this primary contact service, physiotherapists provide early conservative management, thereby reducing unnecessary referrals and associated waiting times, and providing specialists with increased time and capacity to see patients that require medical intervention.

## Activities and Deliverables

A collaborative was established for the second stage of the project. Logan Hospital acted as the lead site, with participation from sites at Cairns, Dalby, Gold Coast, Nambour, Redlands, Toowoomba, Townsville and metropolitan Brisbane (RBWH and QEII Jubilee Hospital).

Outcomes from the first stage of this project included the development of the model of care and a suite of supporting resources.

Collaborative activities and deliverables included:

- implementation of a pilot trial at Logan Hospital
- provision of support to participating sites to scope or establish the model within their own service, including the submission of business cases and development and implementation of services at Beaudesert, Cairns, QEII Jubilee Hospitals and RBWH
- ongoing evaluation of the pilot trial, including:
  - standardised data collection (MARS database)
  - economic analysis
- development of a submission that led to the Hospital and Health Service funding additional clinic staff at Logan Hospital
- expansion of service capacity to encompass male patients, other speciality areas and other allied health professions.

## Contact

Wendy Rintala, Director of Physiotherapy  
Logan Hospital, Metro South Hospital and Health Service  
E: [wendy.rintala@health.qld.gov.au](mailto:wendy.rintala@health.qld.gov.au)