



PERSISTENT GENITOPELVIC PAIN: CLASSIFICATION, COMORBIDITIES, CHRONICITY, AND INTERPERSONAL FACTORS



WE PUBLISHED A LITERATURE REVIEW ON THE GENITOPELVIC PAIN CONDITION CALLED VULVODYNIA.



WHAT IS THIS PUBLICATION ABOUT?

Vulvodynia is vulvar pain of at least 3 months' duration, without clear identifiable cause. We reviewed recent publications on vulvodynia and summarized findings in a single publication.

FINDINGS

CLASSIFICATION

Research supports the **biopsychosocial** approach to understanding vulvodynia.

Vulvodynia may be **best treated using a team approach**. This may include:

- A physician
- A pelvic floor physiotherapist
- A psychologist



COMORBIDITIES

Comorbidities are conditions patients have in addition to vulvodynia.

Research has shown that vulvodynia patients who have comorbidities tend to experience:

- Poorer symptom outcomes
- Poorer psychosocial wellbeing
- A longer-term symptom presentation



CHRONICITY

Longitudinal research has shown that the duration of vulvodynia can vary.

Women can experience:

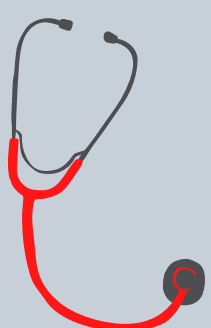
- Complete pain remission
- Pain remission with relapse
- Pain persistence



INTERPERSONAL FACTORS

Research on the psychological and social contributors to vulvodynia is increasing. Studies are investigating how the following may contribute to the experience of pain:

- Partner dynamics
- Sexual motivation
- Sexual satisfaction
- Relationship satisfaction



HOW IS THIS PUBLICATION HELPFUL?

It can be a useful tool for healthcare providers to learn about the most recent findings in vulvodynia research which may help them treat patients with up to date clinical knowledge.