

Jean Hailes webinar resources

Vulvodynia: a multidisciplinary approach

Jean Hailes for Women's Health

Jean Hailes is a provider of high-quality, evidence-based, specialist women's health learning opportunities for health professionals. Jean Hailes also provides practice support information including health professional tools to guide diagnosis and management of various conditions. We also provide free fact sheets and booklets for your patients.

Jean Hailes resources for health professionals:

- e-learning courses
- webinars
- practice points videos and podcasts
- clinical tools
- consumer resources and fact sheets.

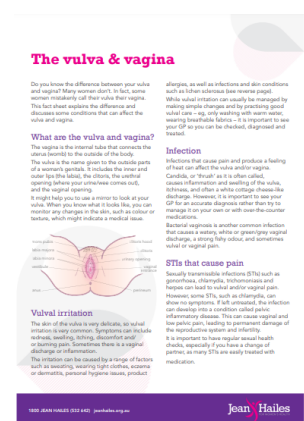
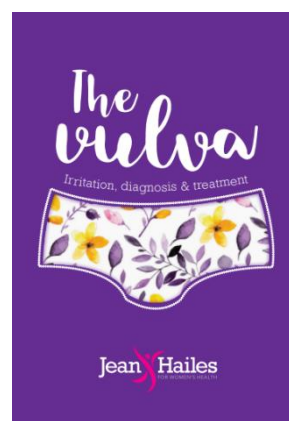


Jean Hailes webinars for health professionals:

- [How to talk about vulva health](#)
- [Common vulval conditions](#)
- [Ask an Expert: Vulval conditions](#)
- [Why ask about vulval health](#)
- [Let's talk about sex: midlife sexual function](#)

Jean Hailes consumer resources:

- [The Vulva booklet](#)
- [Vulvodynia & vestibulodynia webpage](#)
- [Vulva, vagina, ovaries & uterus webpage](#)
- [Vulva and vagina fact sheet](#)



Other resources

- Family Planning Victoria [Vulvovaginal Health online learning course \(fee applies\)](#)
- [The National Vulvodynia Association](#)
- [Australian New Zealand Vulvovaginal Society](#)
- [Vulval Pain Society \(UK\)](#)

Pain

- [International Association for the Study of Pain: pain terminology](#)
- [Pelvic Pain Foundation](#)
- [Pain Management Network](#)
- [Tame the Beast](#)
- [ANZCA: opioids and chronic pain](#)

Physiotherapy

- [pelvicpain.org.au](#) - patient information
- [pelvicpain.org.au](#) - easy stretches
- [pelvicfloorexercise.com.au](#) - products, lubricants
- [patricianeumann.com.au](#) - download pelvic floor relaxation for women
- [cfaphysios.com.au](#) - mostly Vic
- [australian.physio.com.au](#) - find a physio
- Explain pain, explain pain protectometer, explain pain supercharged by Lorimer Moseley and David Butler

Sexual counselling reading

- Dr Rosie King: Good Loving Great Sex, Where did my Libido go?
- Dr Vivienne Cass: The Elusive Orgasm
- Jansen and Newman: Really Relating
- Gary Chapman: The 5 Love Languages
- John Gottman /David Schnarch - numerous books
- [OMGYES](#)

Suggested lubricants

Water-based

- PJUR
- Yes
- Sliquid

Silicone-based

- Ansell luxe
- Uberlube
- PJUR
- Sliquid

Oil-based

- Olive & bee
- Yes

Kiwi-based

- Sylk

References

Pain questionnaires

- Mayer T.G., et al. *The development and psychometric validation of the central sensitization inventory*. Pain Pract. 2012 Apr;12(4):276-85. doi: 10.1111/j.1533-2500.2011.00493.x. Epub 2011 Sep 27. PMID: 21951710; PMCID: PMC3248986.
- Nicholas M.K., McGuire B.E., Asghari A. *A 2-item short form of the Pain Self-efficacy Questionnaire: development and psychometric evaluation of PSEQ-2*. J Pain. 2015 Feb;16(2):153-63. doi: 10.1016/j.jpain.2014.11.002. Epub 2014 Nov 14. PMID: 25463701.
- Sullivan M. J.L., Bishop, S.R., Pivik, J. The pain catastrophizing scale: development and validation. Psychological assessment 7.4 (1995): 524.
<https://doi.org/10.1037/1040-3590.7.4.524>
- [Female sexual function index questionnaire](#)

References for terminology used in Vulval Pain and Vulvodynia

- Bornstein J., Goldstein A., Stockdale C.K., Bergeron S., Pukall C., Zolnoun D., Coady D. *ISSVD,ISSWSH and IPPS consensus terminology and classification of persistent vulvar pain and vulvodynia*. J Low Genit Tract Dis 2016;20:126-30
doi: 10.1097/LGT.0000000000000190
- Bornstein J, Preti M, Simon JA, As-Sanie S, et al. [Descriptors of Vulvodynia. A Multisocietal Definition consensus \(International Society for the Study of Vulvovaginal Disease, the International Society for the Study of Women Sexual Health and the International Pelvic Pain Society\)](#). J Low Genit Tract Dis 2019;23:163-163