



Optimising Health and Wellbeing for People Living with Gynaecology Conditions on Waitlists

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Way to Wellness; Preventive Health; Clinical Excellence Queensland; Queensland Health

“The opportunity to access the program changed how I looked at things - changed my life!”

Background

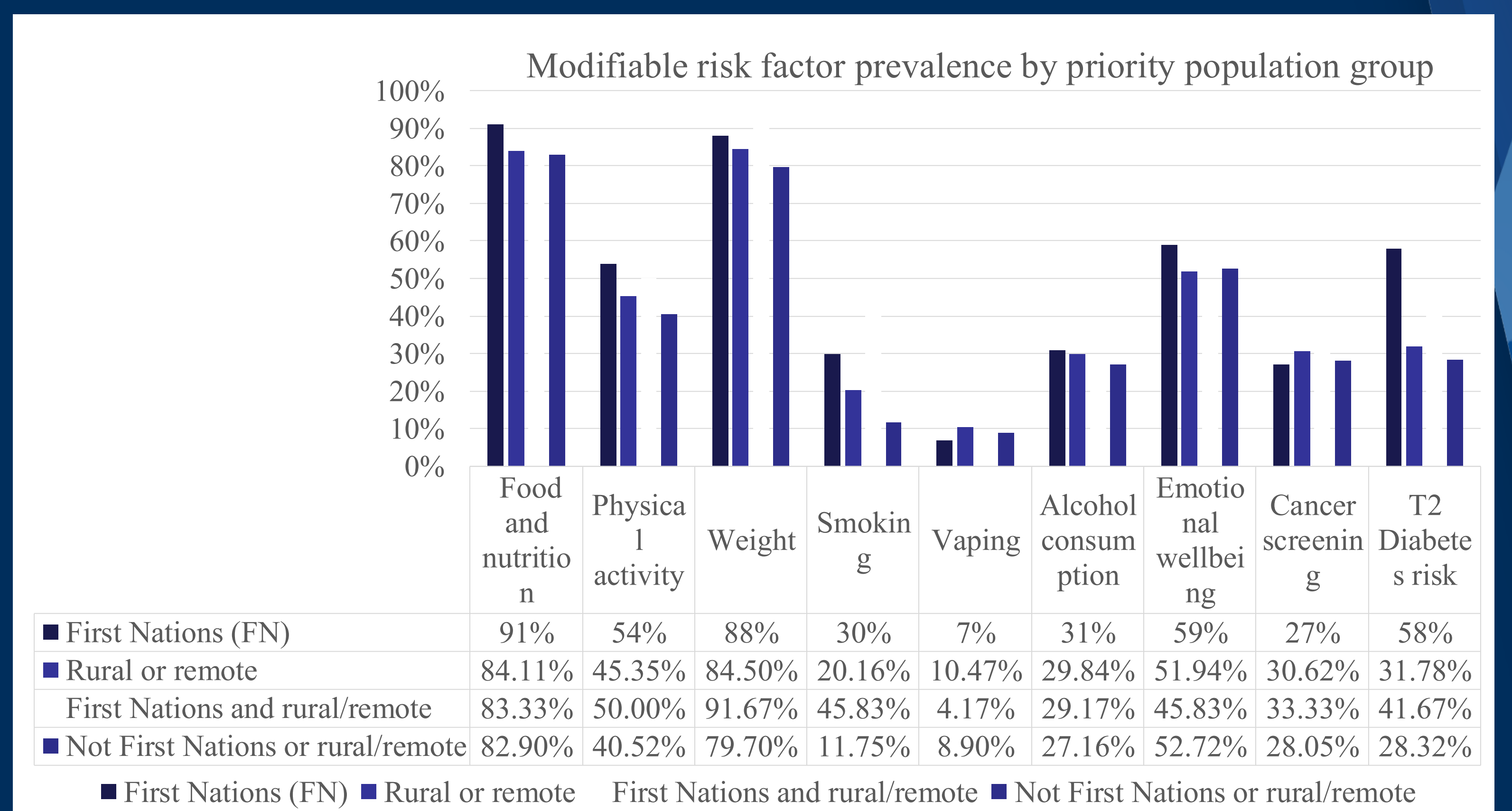
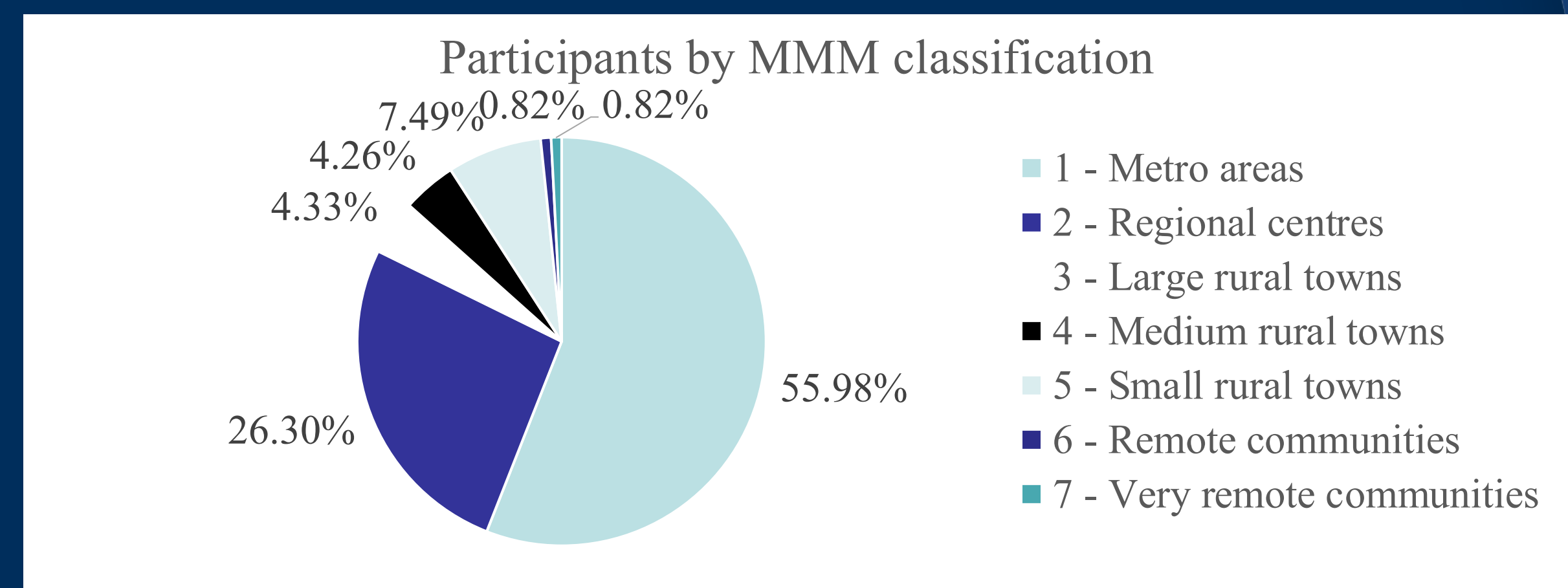
Way to Wellness aims to provide evidence-based support to women while they wait for gynaecological surgery or a specialist outpatient appointment. The evaluation aimed to assess the effectiveness and satisfaction of the Way to Wellness intervention to optimise health and wellbeing (WTW) of women living with gynaecological conditions.

Aim

To optimise modifiable risk factors and wellbeing for women living with gynaecological conditions while they await care.

Method

WTW aims to empower participating Queenslanders to understand their modifiable health risks and build the knowledge and confidence to make positive behaviour changes. The service provides brief advice, supports goal setting, and refers patients to evidence-based health programs. Modifiable health risk factors were assessed using validated tools and national guidelines, including: The Australian Type 2 Diabetes Risk Assessment Tool ([AUSDRISK](#)) (Australian Government 2024); Patient Health Questionnaire-4 (PHQ-4) (Lowe et al 2010); [Australian Dietary Guidelines](#) (Australian Government 2013); [Australian physical activity guidelines](#) (Australian Government 2021); [Smoking Cessation Clinical Pathway](#) (Queensland Health 2024); [Australian guidelines to reduce health risks from drinking alcohol](#) (Australian Government 2020); [Australian guidelines for patient screening](#) (Australian Government 2025). WTW offered a structured intervention to 9,998 women across multiple Hospital and Health Service (HHS) catchments in Queensland. Participants underwent baseline risk assessments evaluating chronic conditions, nutrition, physical activity, weight status, smoking, alcohol use, emotional wellbeing, and cancer screening. A follow-up evaluation at 6 months assessed self-reported health changes, behaviour modifications, satisfaction and health-related quality of life (HRQOL; EQ-5D-5L).



Results

Key outcomes included:

- 9,998 patients were offered (via SMS) the WTW intervention across multiple Queensland Hospital and Health Service catchments whilst on a waitlist.
- 1,457 completed the baseline risk assessment and 887 completed the final follow-up evaluation.
- The majority (61.9%) of participants reported making positive health changes after WTW participation.
- 1,212 referrals were made to evidence-based behaviour-modification programs.
- Of the behaviour change indicators collected following their call with WTW: 92.9% reported they were likely to make health improvements, 88.9% reported feeling confident in applying knowledge, 86.2% reported actionable learning.
- Patients rated high satisfaction of their experience with WTW, with the majority (99.7%) reporting being treated with respect, (>94%) feeling understood and supported, (89.8%) found WTW an easy and convenient way to check in on health.

Conclusion

The WTW intervention effectively engaged women awaiting gynaecological care, promoted self-reported health improvements, and facilitated access to evidence-based support. These findings highlight the beneficial role of the WTW service in preoperative and pre-consultation settings to optimise patient health, wellbeing, and readiness for care, particularly for those in rural or high-risk populations. Further evaluation including health economics review is planned.

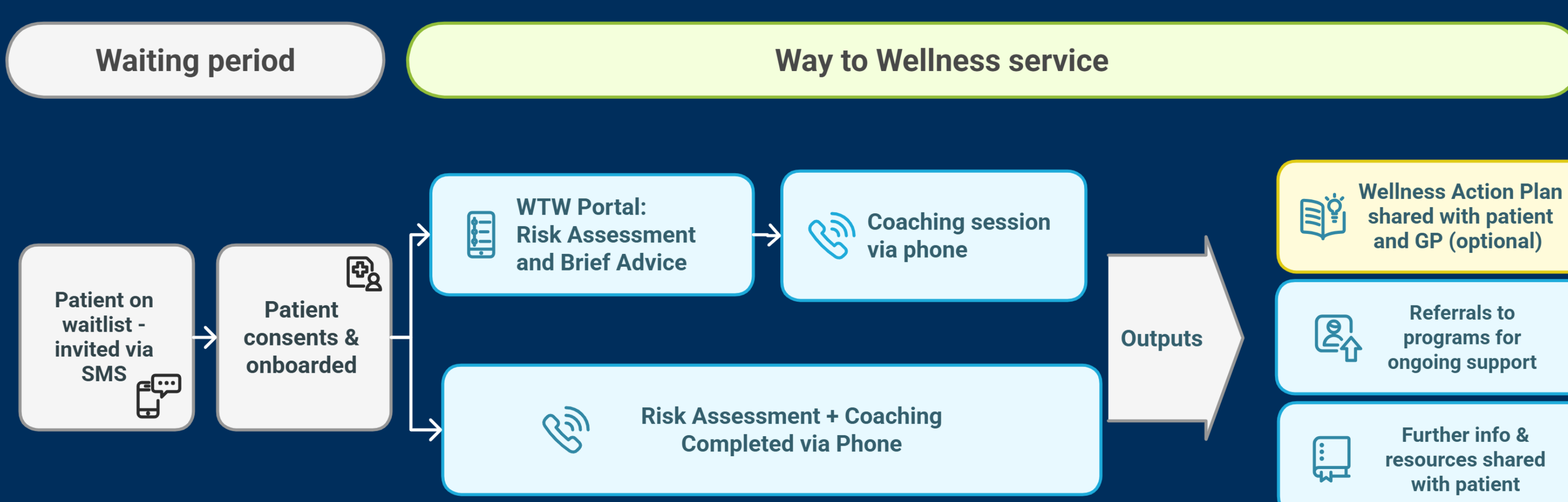


Figure 1: Patient Flow

References

1. Australian Government. *The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)* [Internet]. Australian Government. Department of Health Disability and Aged Care. 2019 [cited 2026 Feb 19]. Available from: <https://www.health.gov.au/resources/apps-and-tools/the-australian-type-2-diabetes-risk-assessment-tool-ausdrisk?language=en>
2. Australian Government. *The Australian Dietary Guidelines* [Internet]. Australian Government. Department of Health Disability and Aged Care. 2019 [cited 2026 Feb 19]. Available from: <https://www.health.gov.au/resources/publications/the-australian-dietary-guidelines?language=en>
3. Australian Government. *Australian Alcohol Guidelines revised* [Internet]. Australian Government. Department of Health Disability and Aged Care. 2020 [cited 2026 Feb 19]. Available from: <https://www.health.gov.au/news/australian-alcohol-guidelines-revised?language=en>