

TOPIC: Raising awareness of Endometriosis in adolescent girls and their families



Name: Ella Trent

Age: 17

Gender: Female

Occupation: High School Senior

Goals:

- To graduate from high school
- To attend university next year
- To be heard
- To seek the right help for her
- To manage her pain better

DESCRIPTION:

Ella is in her final year of high school and is hoping to start her arts degree next year at university. She is a high-achiever academically, and likes to know what is happening in any given situation. Ella knows that there is an issue with her period and accompanying pain, and suspects it is endometriosis based on research she has done, however her GP doesn't take her concerns seriously, and she doesn't know where to go to get the help she is sure she needs.

MOTIVATIONS:

Ella wants to achieve success in her studies and set herself up for university as best as she can. She knows that her pain is interfering with her studies, and knows that there is something serious going on in her body. She wants to see a good endometriosis specialist for a diagnosis, but her GP has been unhelpful as he doesn't know much about the condition, calling it 'a part of being a woman'. This motivates her to seek help elsewhere, and she is looking for a good source of information about how to best get help, as well as connect with other women with the same condition.

BEHAVIOUR:

Ella has noticed issues with her period for a few years, and this has developed into pain which occurs on most days. She spends a lot of time researching her issues, and feels as though she may have endometriosis. She has a strong desire to be in control of her body and her future, so she wants to take the issue into her own hands, and is looking for a better way to get the help she needs. She discusses her concerns with her best friend and her mother, and seeks to connect with other girls and women in similar situations online, where she feels more comfortable talking about it.

DAILY LIFE:

Ella wakes up, has breakfast and takes over-the-counter pain medication to help her get through the day. As she has a free period in the morning, so she and her mother see their GP to discuss her treatment options. Her GP recommends another pill, although Ella feels that she needs a referral. Her GP is reluctant to provide one as he doesn't see the issue as significant. Ella and her mother leave the doctor's office feeling frustrated and uncertain about where to turn. At school, Ella tries to focus during class but finds her pain increasingly distracting. At the end of the day, she returns home, where she spends some time online talking to her best friend, discussing her frustration about her GP visit. She then tries research good endometriosis specialists in her area, but struggles to find good advice about whom to see. She takes more pain medication at dinner, and tries to focus on her homework, but struggles again due to pain and worrying distracting her. She goes to bed with a lot of concerns going through her head, and finds it difficult to get to sleep because of this.

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