

General Surgical Specialist Clinics at Western Health

Western Health provides Specialist Clinics for patients who require assessment and management of inguinal hernias and groin pain. **If no palpable hernia or history of reducible groin lump, hernia repair is unlikely to help and may worsen pain.**

Patients will be triaged by Consultant into management pathways according to specific clinical requirements

Alarm Symptoms

Painful irreducible hernias with concern for obstruction or strangulation should be referred directly to emergency department for urgent management.

Access & Referral Priority for Inguinal Hernias

The clinical information provided in your referral will determine the triage category. The triage category will affect the timeframe in which the patient is offered an appointment.

URGENT Appointment timeframe 30 days.	ROUTINE Appointment timeframe greater than 30 days, depending on clinical need.
<ul style="list-style-type: none">• Irreducible inguinal hernia without evidence of bowel strangulation or obstruction• Reducible inguinal hernia with associated pain	<ul style="list-style-type: none">• Reducible inguinal hernia with no associated pain or features of bowel obstruction or strangulation• Persisting groin pain that has not responded to management as outlined in groin pain pathway (below)

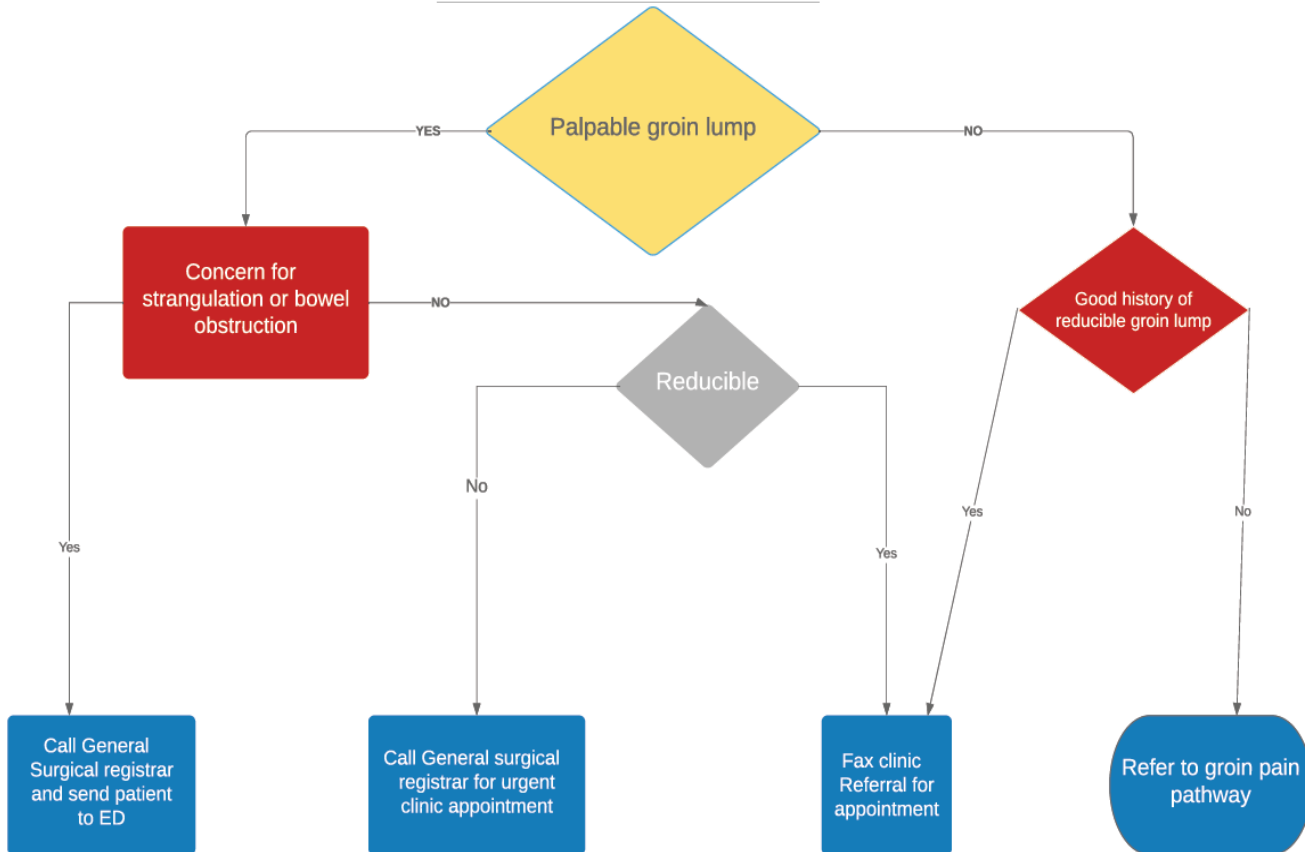
Condition Specific Referral Guidelines:

Key information enables Western Health to triage patients to the correct category and provide treatment with fewer visits to specialist clinics, creating more capacity for care. If key information is missing, you may be asked to return the referral with the required information.

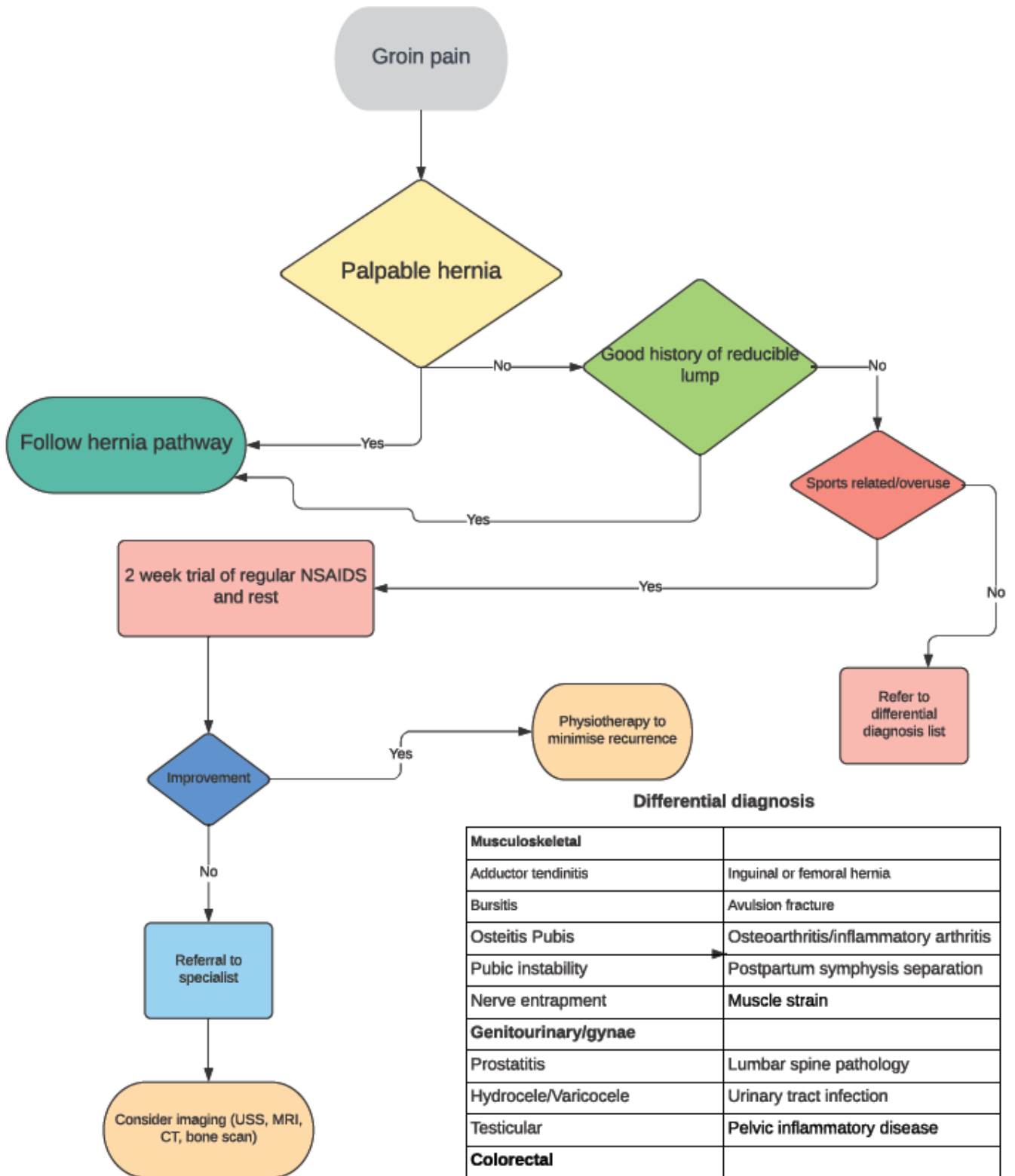
Condition:	Key Information Points:	Clinical Investigations:
Inguinal hernia	Provide clinical findings and details of ability to reduce. <ul style="list-style-type: none">• Presence of groin lump• Good history of reducible groin lump associated with Valsalva (cough, lifting, straining)	<ul style="list-style-type: none">• Ultrasound is not required
Groin pain See groin pathway	<ul style="list-style-type: none">• Multiple potential causes of pain• Groin pain pathway reviewed• 2 week course of NSAIDS and rest prior to referral if musculoskeletal cause suspected and no improvement• If no palpable hernia or history of reducible groin lump, hernia repair is unlikely to help and may worsen pain.	<ul style="list-style-type: none">• Ultrasound is not required

Western Health Specialist Clinics Access & Referral Guidelines

GP pathway for management of groin hernia



Groin pain GP pathways



Differential diagnosis

Musculoskeletal	
Adductor tendinitis	Inguinal or femoral hernia
Bursitis	Avulsion fracture
Osteitis Pubis	Osteoarthritis/inflammatory arthritis
Pubic instability	Postpartum symphysis separation
Nerve entrapment	Muscle strain
Genitourinary/gynae	
Prostatitis	Lumbar spine pathology
Hydrocele/Varicocele	Urinary tract infection
Testicular	Pelvic inflammatory disease
Colorectal	
Diverticular disease	Inflammatory bowel disease
Other	
Vascular (aneurysm)	lymphadenopathy

