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**Presentation title:**

**Clinical Workshop - Heavy Menstrual Bleeding - diagnosis and treatment options in 2017**

**Presenters:**

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**Abstract** (max. 300 words):

Heavy menstrual bleeding is a common problem affecting 25% of women of reproductive age1 and is the most common presentation of abnormal uterine bleeding in pre-menopausal women.2

Heavy menstrual bleeding has diverse causes and women may have more than one cause for their symptoms. Assessment and initial history-taking is crucial to guide investigation and management. The PALM-COEIN[[1]](#footnote-1) classification3 supports clinical assessment of the type of abnormal bleeding (flow, frequency and timing), as well as underlying structural (e.g. fibroids, polyps, malignancy) and non-structural causes (e.g. hormonal factors). Many women can be effectively managed in general practice without procedural intervention, yet there is evidence of regional variation in surgical treatment.4

Using a case-based approach, the workshop aims to improve participants’ confidence in assessing and managing heavy menstrual bleeding, and will provide practical approaches for rural practitioners. Topics to be covered include:

* Taking a comprehensive history and systematic assessment, based on the PALM-COEIN classification
* The role of investigations including how to ensure a high-quality transvaginal ultrasound, the importance of screening for iron‑deficiency anaemia and the role of other diagnostic tests The place in therapy of pharmaceutical treatment options, including practical issues in relation to the hormonal intrauterine system
* Uterine-preserving alternatives to hysterectomy such as endometrial ablation, and the removal or destruction of fibroids or polyps using surgical or radiological techniques Shared decision-making in the management of heavy menstrual bleeding.

The Australian Commission on Safety and Quality in Health Care has developed a new Clinical Care Standard for Heavy Menstrual Bleeding, which will be launched nationally at RMA 17. This educational session will describe current best practice care according to the clinical care standard, and will be presented by three clinical experts involved in its development with expertise in gynaecology, gynaecological ultrasound, family planning and rural general practice.

1. Royal College of Obstetricians and Gynaecologists. *National heavy menstrual bleeding audit*. London: RCOG, 2014.

2. Munro MG, Critchley HO, Broder MS, Fraser IS and FIGO Working Group on Menstrual Disorders. FIGO classification system (PALM-COEIN) for causes of abnormal uterine bleeding in nongravid women of reproductive age. *Int J Gynaecol Obstet* 2011; 113: 3-13.

3. Fraser IS, Critchley HO, Broder M and Munro MG. The FIGO recommendations on terminologies and definitions for normal and abnormal uterine bleeding. *Semin Reprod Med*. 2011; 29: 383-90.

4. Australian Commission on Safety and Quality in Health Care and Australian Institute of Health and Welfare. *The Second Australian Atlas of Healthcare Variation*. Sydney: ACSQHC, 2017.

1. PALM-COEIN classification of abnormal uterine bleeding: PALM - Polyps, Adenomyosis, Leiomyoma, Malignancy (Structural causes); COEIN - Coagulopathy, Ovulatory, Endometrial, Iatrogenic and Not classified (non-structural causes). [↑](#footnote-ref-1)