

An Audit of Clinical Care Standard for Management of Heavy Menstrual Bleeding

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Introduction


Heavy menstrual bleeding (HMB) affects 25% of women of reproductive age

Hysterectomy is associated with the second highest rate of unexpected postsurgical readmissions in Australia

The Clinical Care Standard (CCS) for management of HMB suggests that women are offered pharmaceutical management first line and uterine preserving surgery second line for suitable patients prior to hysterectomy

Aims

To review management of abnormal uterine bleeding (AUB) at our service in reference to recommendations from the CCS.



Methods

A retrospective audit of women who had a hysterectomy for AUB from May 2020 to May 2021 at Mater Mothers' Hospital and Mater Private Hospital Springfield

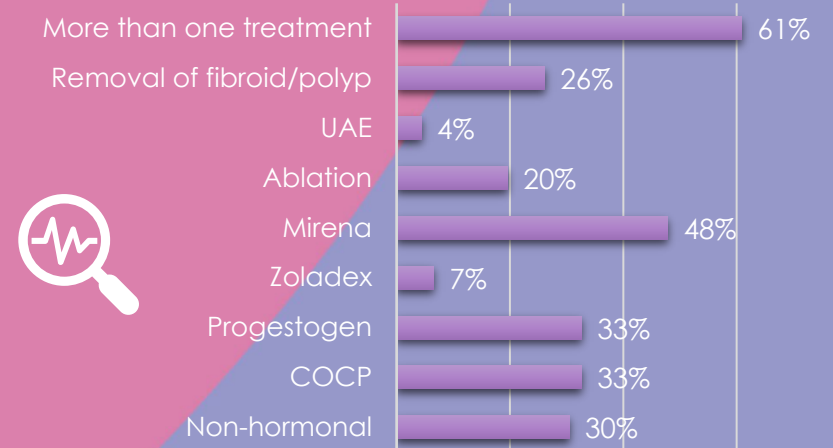
Trial and/or offer of alternative management options prior to hysterectomy was recorded

Results

A total of 101 hysterectomies were performed; 46 of these were for AUB:

- All women (100%) were offered or trialled an alternative therapy
- Over half (61%) trialled more than one
- Mirena was the most commonly trialled
- Myomectomy or polypectomy were the most common surgical intervention (graph 1)

Graph 1: Treatments trialled prior to hysterectomy



Discussion

All of the women in this cohort were managed in accordance with the recommendation in the CCS