

Developing a shared decision making tool for the treatment of heavy menstrual bleeding during the COVID-19 pandemic

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Introduction

Developing a decision aid alongside the Cochrane overview presents a unique opportunity to bring together the best research evidence alongside a women's preferences, circumstances, and values.

Methods

We co-produced the decision aid with women with lived experience of heavy menstrual and healthcare professionals using formal methods including a systematic review, knowledge prioritisation exercise, and iterative consensus.

Results

Using formal methods a decision aid to inform shared decision making regarding the treatment of heavy menstrual bleeding treatments during the COVID-19 pandemic was developed.

Discussion

We anticipate the decision aid will support shared decision making. It is important women experiencing heavy menstrual bleeding are able to understand the range of possible treatments available, their risks and benefits, and be afforded the opportunity to consider these decisions within their own context and circumstances.

Heavy menstrual bleeding

... discussions
treatment options
... during pandemics

Heavy menstrual bleeding affects up to **1 in 3 women**

The Cochrane Group for treatment during

1 Antifibrinolytics	2 NSAIDs	3 Combined hormonal contraceptives
All treatments reduce heavy menstrual bleeding		
<ul style="list-style-type: none">Tranexamic acidDose: 1gFrequency: Three times a day for five days	<ul style="list-style-type: none">Mefenamic acidTotal dose: 500mgFrequency: Three times a day	<ul style="list-style-type: none">CombineTotal doseFrequency
Treatments can be unsuitable for certain women		
<ul style="list-style-type: none">Not advised in women with a history of:<ul style="list-style-type: none">SeizuresBlood clots in the legs or lungs	<ul style="list-style-type: none">Not advised in women with a history of:<ul style="list-style-type: none">HeartburnStomach ulcersInflammatory bowel disease	<ul style="list-style-type: none">Not advised in older women or women with a history of:
Treatments can cause common side effects affecting 1 in 10 women		
<ul style="list-style-type: none">Nausea and vomitingDiarrhoea	<ul style="list-style-type: none">HeadachesDizzinessIndigestion	<ul style="list-style-type: none">Mood changesHeadachesNausea
Only combined hormonal contraceptives can provide reliable contraception		
<ul style="list-style-type: none">Not advised for contraception	<ul style="list-style-type: none">Cannot be used for contraception	<ul style="list-style-type: none">Does provide
Women with heavy menstrual bleeding should increase their dietary intake of iron and consider		

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