

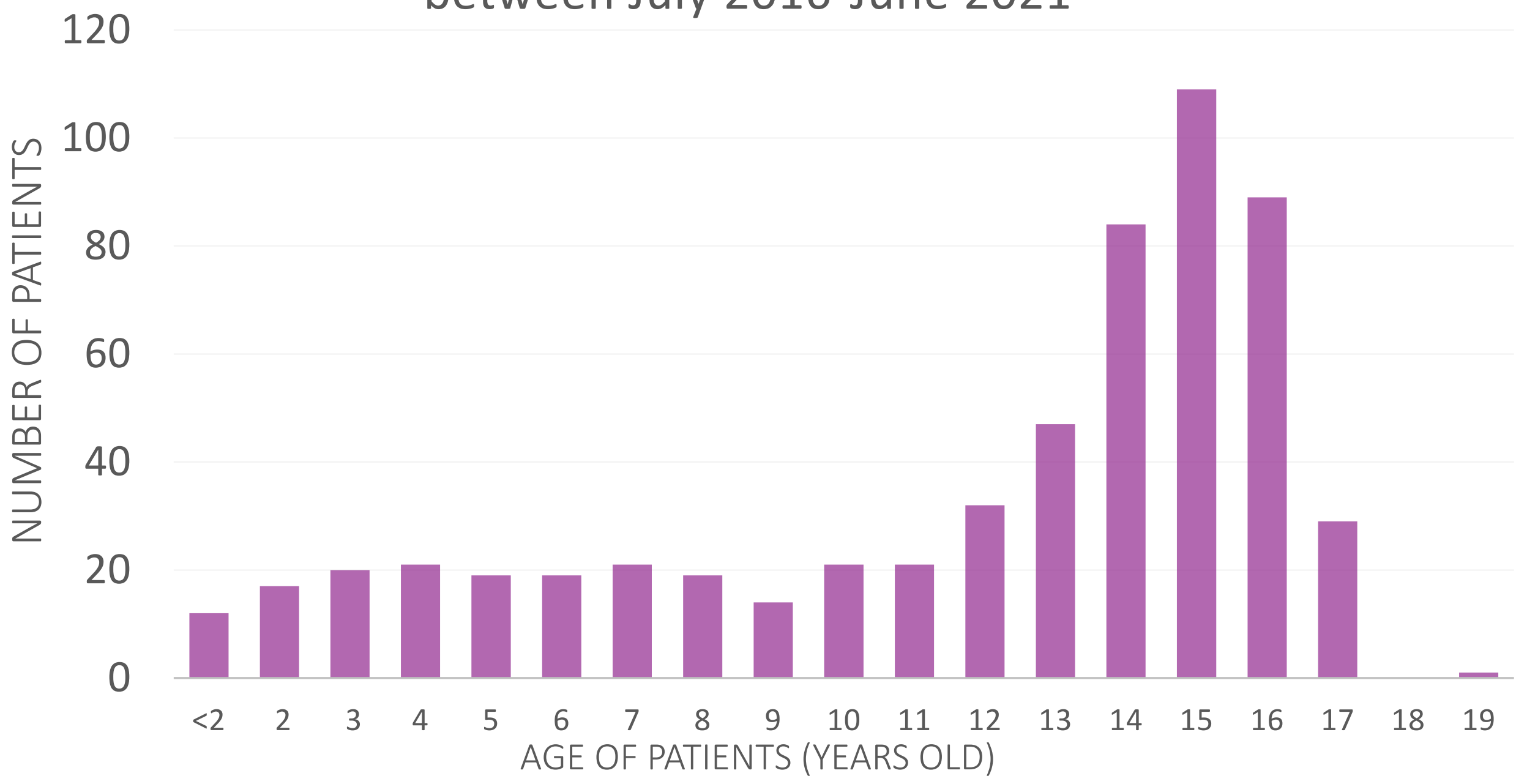
Retrospective study establishing the reasons for presentation to a Paediatric Gynaecology Clinic

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Background and Objectives

- Paediatric and Adolescent Gynaecology is a diverse subspeciality of gynaecology covering a variety of presentations from pre-pubertal conditions to adolescent specific issues, such as menstrual disorders, structural abnormalities, endometriosis and pelvic pain.
- The University Hospital of North Staffordshire (UHNM) runs a monthly paediatric gynaecology clinic, providing a service to those under 18 with gynaecological problems. Patients can be referred from paediatric secondary care services, primary care or other primary sector services.
- The clinic has both consultant-level gynaecology and paediatric input and frequently involves other specialities such as endocrinology, gastroenterology and CAMHS. Patients seen at this clinic are managed using BritSPAG and NICE guidelines, as well as locally developed protocols.
- The primary objective was to establish the most common reasons for presentation to the paediatric gynaecology clinic across the 5 year time period, as well as reviewing the role this service has in providing care to this demographic of patient.

Figure 1: Ages of Patients who attended the clinic between July 2016-June 2021



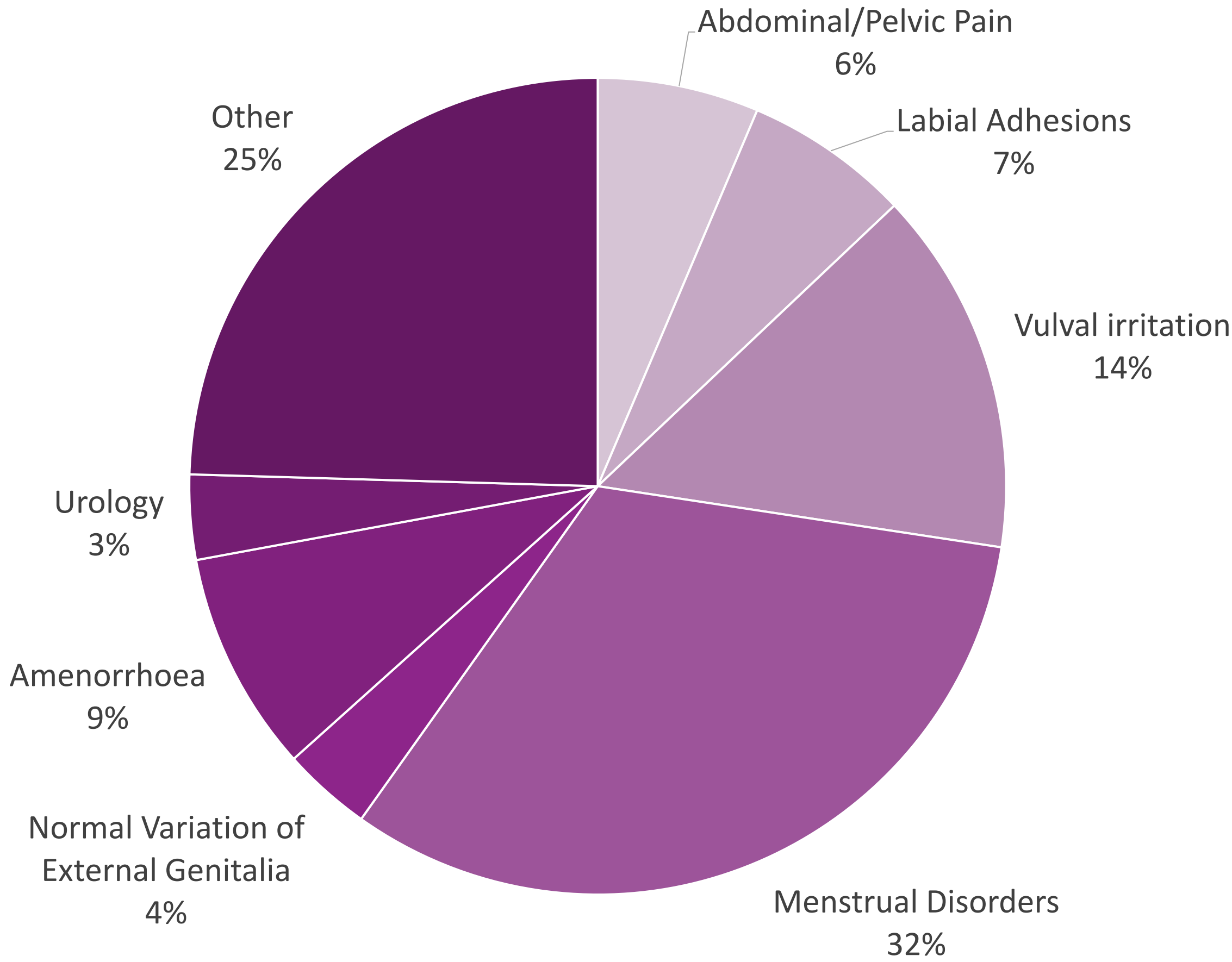
Methods

- A retrospective study was carried out, using the complete medical records and clinic letters of patients who attended the Paediatric Gynaecology Clinic at UHNM across a 5-year period between July 2016 to June 2021
- Cases were analysed by age, reason for presentation, investigations undertaken, diagnosis and any management required.
- Information was collected from clinic letters and clinic notes, not the referral forms received from primary care.
- The inclusion criteria included anyone who attended the paediatric gynaecology clinic across this 5-year time period. If patients who were transferred to adult services within the 5-year period were included until point of transfer to adult services.
- The exclusion criteria were patients with incomplete medical records and those who did not attend their initial appointment.

Results

- The clinic letters of 595 patients who attended the clinic across this 5 year time period were assessed.
- The youngest patient to attend the clinic over the 5 year time period was 9 months old and the eldest was 19, with the median age of 14. The spread of ages is shown in Figure 1.
- There were 36 different reasons for presentation to the clinic. The most common reasons are shown in Figure 2. The 3 most common were:
 - 32% (n=193) presented with menstrual disorders.
 - 14% (n=86) presented with vulval irritation.
 - 9% (n=52) presented with amenorrhoea (13 were primary amenorrhoea and 39 were secondary amenorrhoea).
- Menstrual disorders was the most common reason for presentation. Out of these:
 - 124 experienced heavy menstrual bleeding (HMB) (64%)
 - 86 experienced irregular bleeding (45%)
 - 60 experienced dysmenorrhea (31%)
- Heavy menstrual bleeding (either isolated or mixed pictures) account for 20.8% of total caseload of the paediatric gynaecology clinic.

Figure 2: The most common reasons for presentation to the UHNM Paediatric Gynaecology Clinic



Conclusions

- The most common gynaecological presentations at the UHNM Paediatric Gynaecology Clinic are menstrual problems, vulval irritation and amenorrhoea.
- Menstrual disorders are a common worry for patients, with HMB being the predominant concern, and are a common reason for referral from primary care.
- The Paediatric Gynaecology Clinic at UHNM sees a range of presentations, covering physical symptoms as well as psychological and social issues, across a range of age groups.

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