



Objectives

The Levonorgestrel intra-uterine system (LNG-IUS) has revolutionised the management of Heavy Menstrual Bleeding (HMB). In Malta, until recently, the LNG-IUSs have been exclusively inserted in a Day-Care theatre. Over the years, the Maltese state health services at Mater Dei Hospital have evolved to suit the population's needs and hospital resources. Consequently, an outpatient-based HMB Clinic dedicated to menstrual problems and LNG-IUS insertions was set up. This first audit aimed at reviewing the performance of the HMB clinic and to compare LNG-IUS outcomes to the literature.

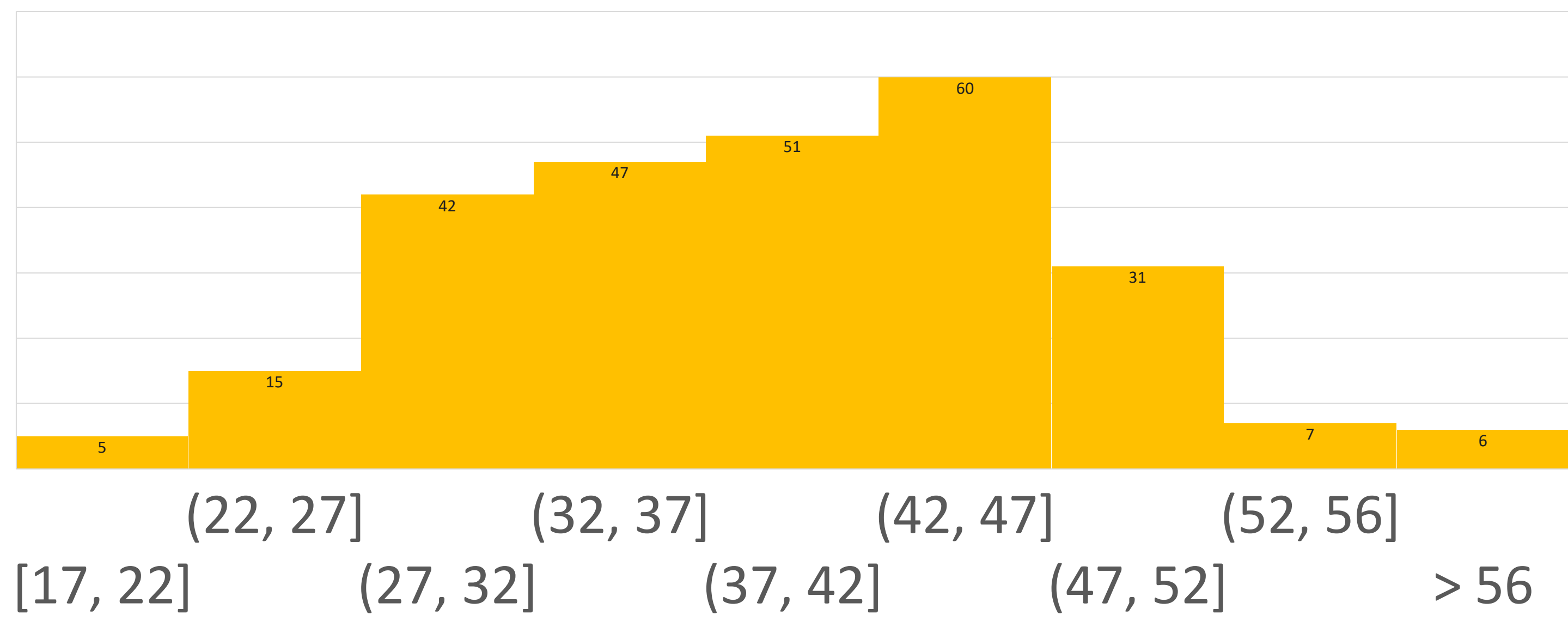
Design

Follow-up of patients at the HMB Clinic is carried out by telephone interviews and recorded in a password protected database. A second cohort of patients having LNG-IUS insertion in the standard Day-Care theatre under general anaesthetic was selected for comparison. An identical telephone interview was carried out. The necessary consents were obtained.

Method

The review period was between May 2018 and June 2020. Data included patient characteristics: age, parity, and the indication for LNG-IUS insertion. The impact on the menstrual cycles and common adverse effects over the first six months was evaluated. Questions relating to patient satisfaction were also documented.

Responses by Age of Patient



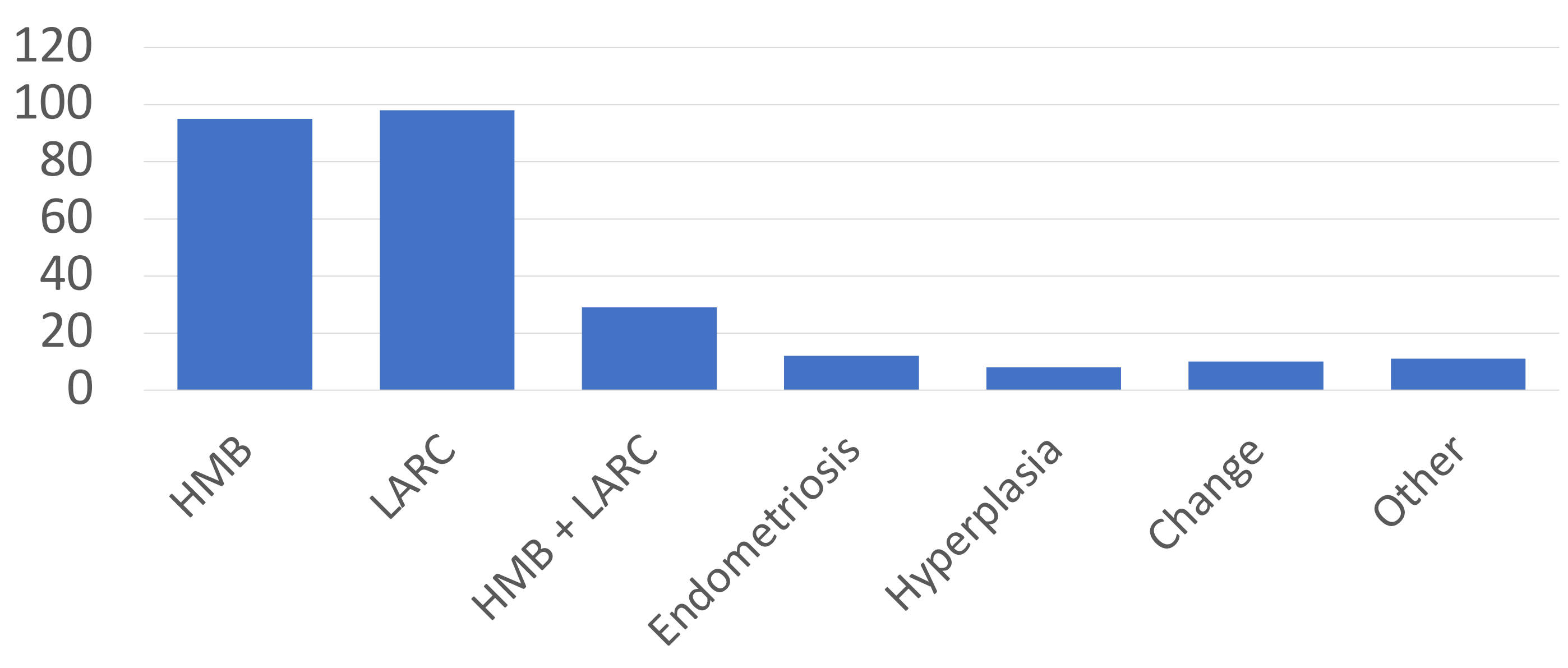
Results

173 interviews from the HMB clinic and 91 from the Day Care Theatre were carried out. The ages ranged between 17 and 81. 93% of all patients were parous of whom 72% had at least one vaginal delivery. Indications included heavy menstrual bleeding (36%), contraception (38%), or both (11%). Other indications included endometriosis (4.5%) or endometrial hyperplasia (3%). 50% of patients became amenorrhoeic by 6 months and a further 39% had normalised periods. 89% rated intermenstrual bleeding as absent or rare by 6 months. Common side effects were similar to those reported in the literature. At 6 months, 20% reported abdominal pain, 30% had mood swings, 20% had mastalgia. All of these were downtrending except for weight gain reported at 37.9% at 6 months. The patients were positive about pain at insertion with 56% scoring 5 or less (score 0-10). 96% rated the HMB clinic experience at 8-10, in contrast to 86% of patients having insertion under anaesthesia. 83.3% would recommend the HMB clinic to a friend (scoring 8-10).

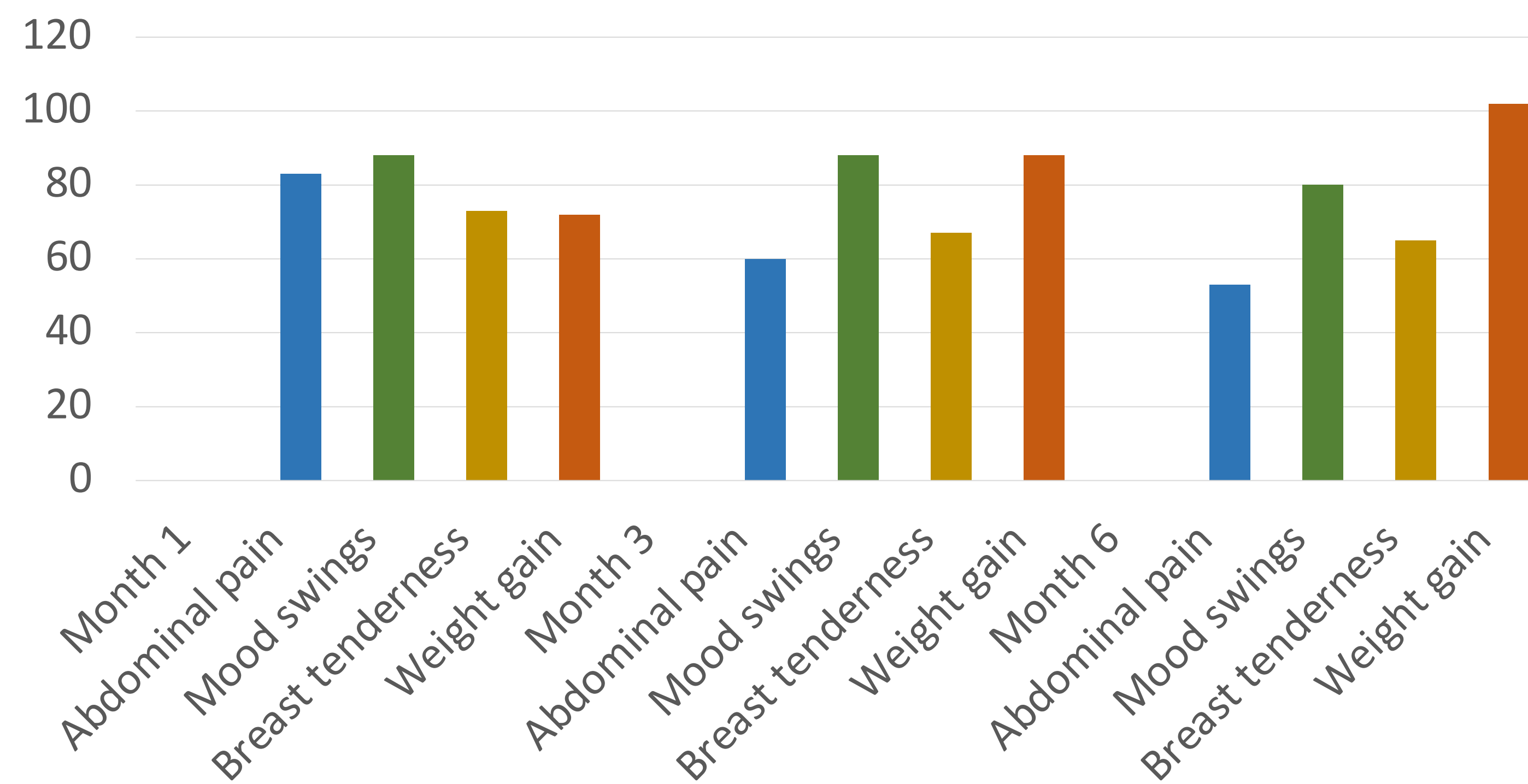
Conclusions

This audit showed comparable menstrual benefits and adverse effects of LNG-IUS to those reported in the literature. Patient satisfaction rates were encouraging. The HMB Clinic offers a patient-friendly outpatient service as opposed to a more intimidating theatre set-up.

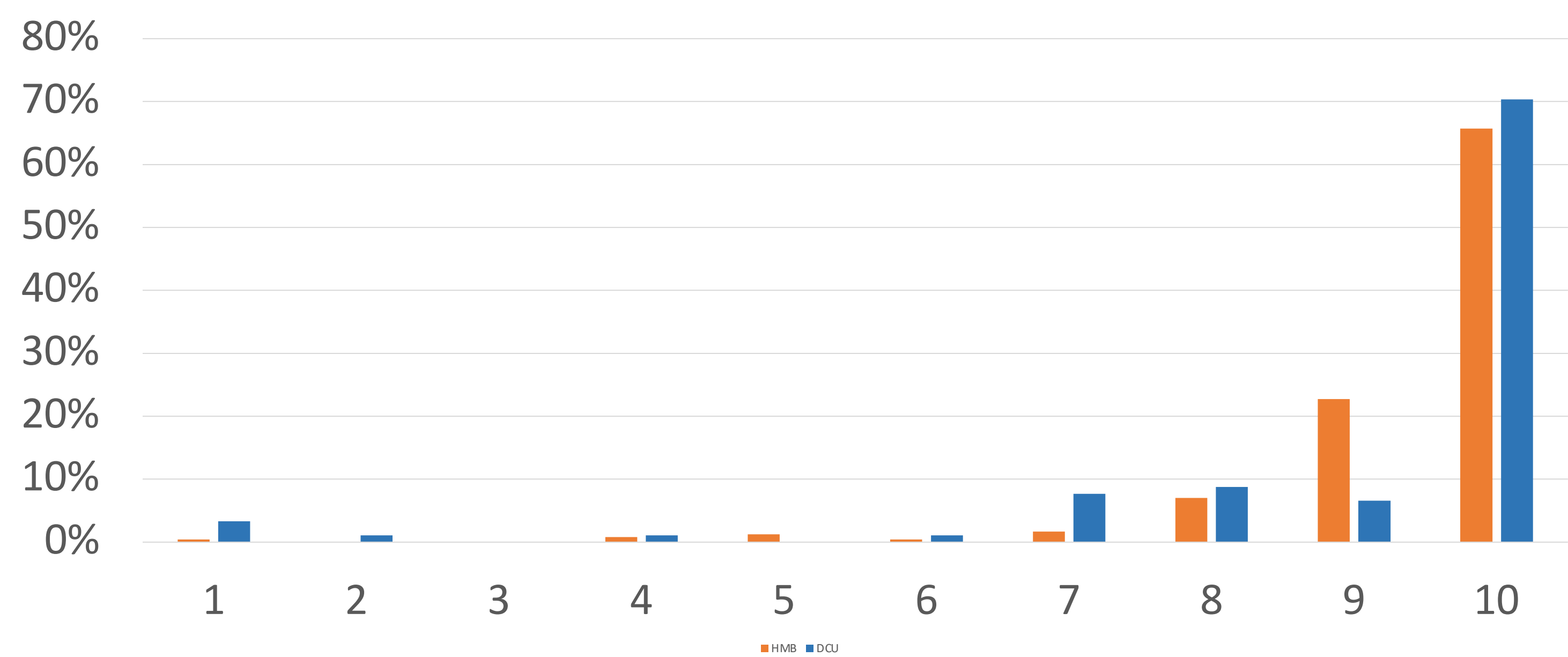
Indication for Insertion



LARC Symptom Trend



Patient Satisfaction with Day Care Unit vs HMB Clinic



Recommending HMB clinic to a friend

