

A closer look at postmenopausal bleeding management in secondary hospital in Qatar

Background

- Postmenopausal bleeding is considered as an important and alarming symptom both to the patient and the gynecologist. Benign conditions represent the most frequent cause of PMB and can cause considerable distress, so most patients will expect a series of investigations that explain their symptoms and underscores the doctors' ability to reassure them that all reasonable assessments have been made.
- Initially clinical assessment is necessary to identify the possible etiologies such as: Atrophic endometritis/vaginitis ,Endogenous estrogen production (E.g., Estrogen secretion tumors) ,Medications (Exogenous estrogen) & Anti - coagulants ,Endometrial or cervical polyp ,Cervicitis/ Ectropion ,Endometrial cancer.
- The basic evaluative tool for PMB is an endometrial assessment by U/S, and a pipelle endometrial biopsy.

Objectives

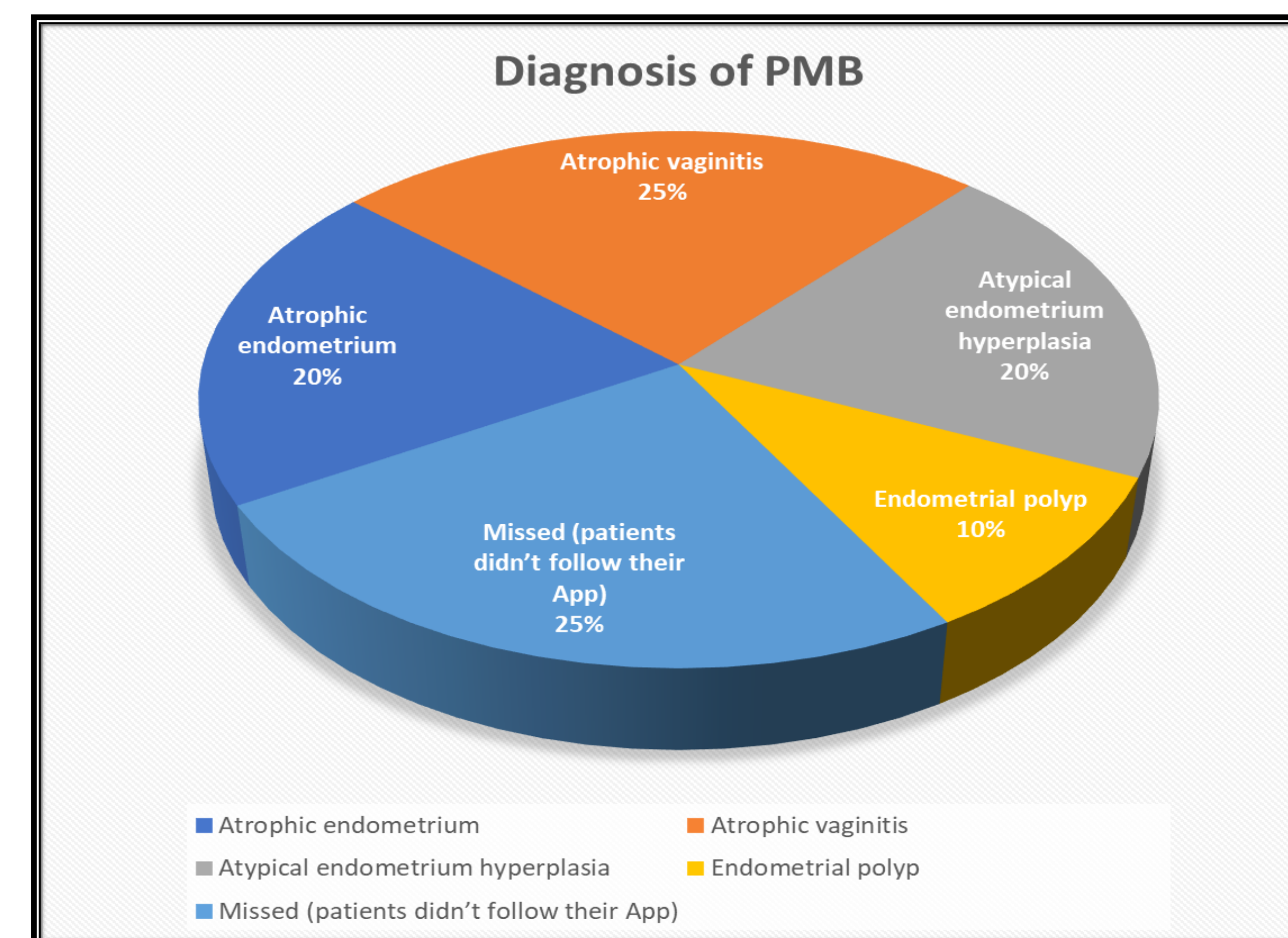
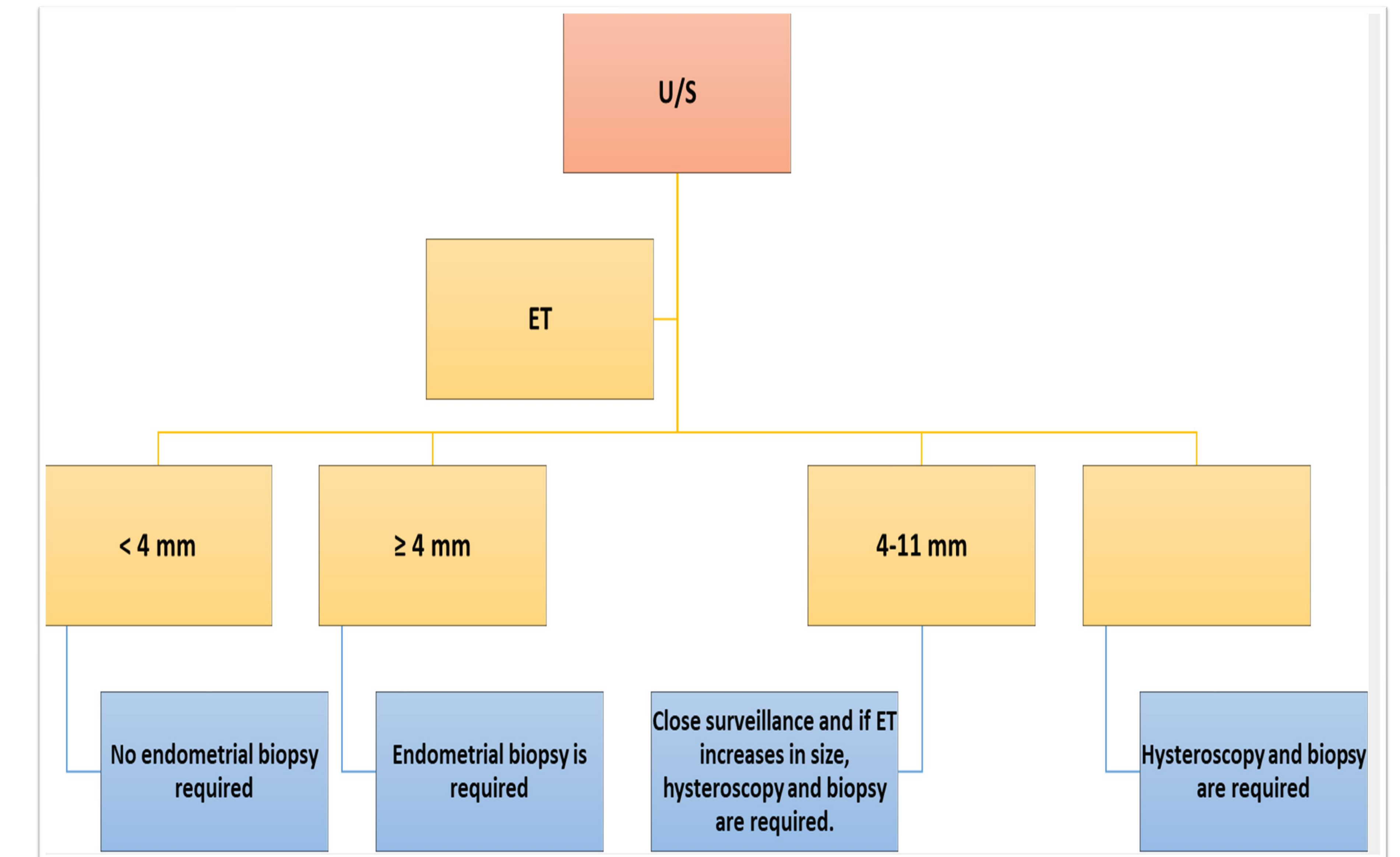
- The purpose of this audit was to evaluate current practice in the diagnosis and management of women with postmenopausal bleeding compared to the recommendations of national and hospital guidelines.

Method

- A retrospective data of 60 cases seen in 2021 have been analyzed.

Result

- The result of this review showed that there was a lack of documentation of the clinical assessment as well as the documentation of the source and the amount of bleeding (40% only had full documentation as recommended in the guideline), the ultrasound was performed in all cases in a timely manner within 14 days after the first consultation . In 90% of cases, biopsy and Pap smear were performed correctly.
- Various etiologies of PMB were found in this audit; Atrophic endometritis (20%), atrophic vaginitis (25%), endometrial hyperplasia (20%), endometrial polyp (10%) and 25% were missed.



Conclusions

- The results of this review indicated several areas upon which quality improvement activities could be focused. One of most intervention to emphasize our physicians to follow local and international guideline in documentation the full assessment and to do proper and timed investigations as well as to ensure that all patients are followed up until the final diagnosis.
- A re-audit will be done in upcoming 6 months period in order to achieve 100% compliance to local and international guideline

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