

Validation of scoring system to triage Heavy Menstrual Bleed (HMB) patients for treatment options

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Background

- Heavy Menstrual Bleeding (HMB) is a common referral to gynaecology.
- Effective triage can guide women toward appropriate treatments, including uterine-sparing options or hysterectomy.
- A scoring system was previously developed using clinical parameters to streamline treatment decisions

Objective :

To validate a pre-defined scoring system for triaging women with HMB into appropriate treatment pathway (hysterectomy vs Uterine sparing treatments) in preparation for an RCT.

Design

- Retrospective observational study
- Setting: Secondary care centre
- Duration: January 2021 – December 2021

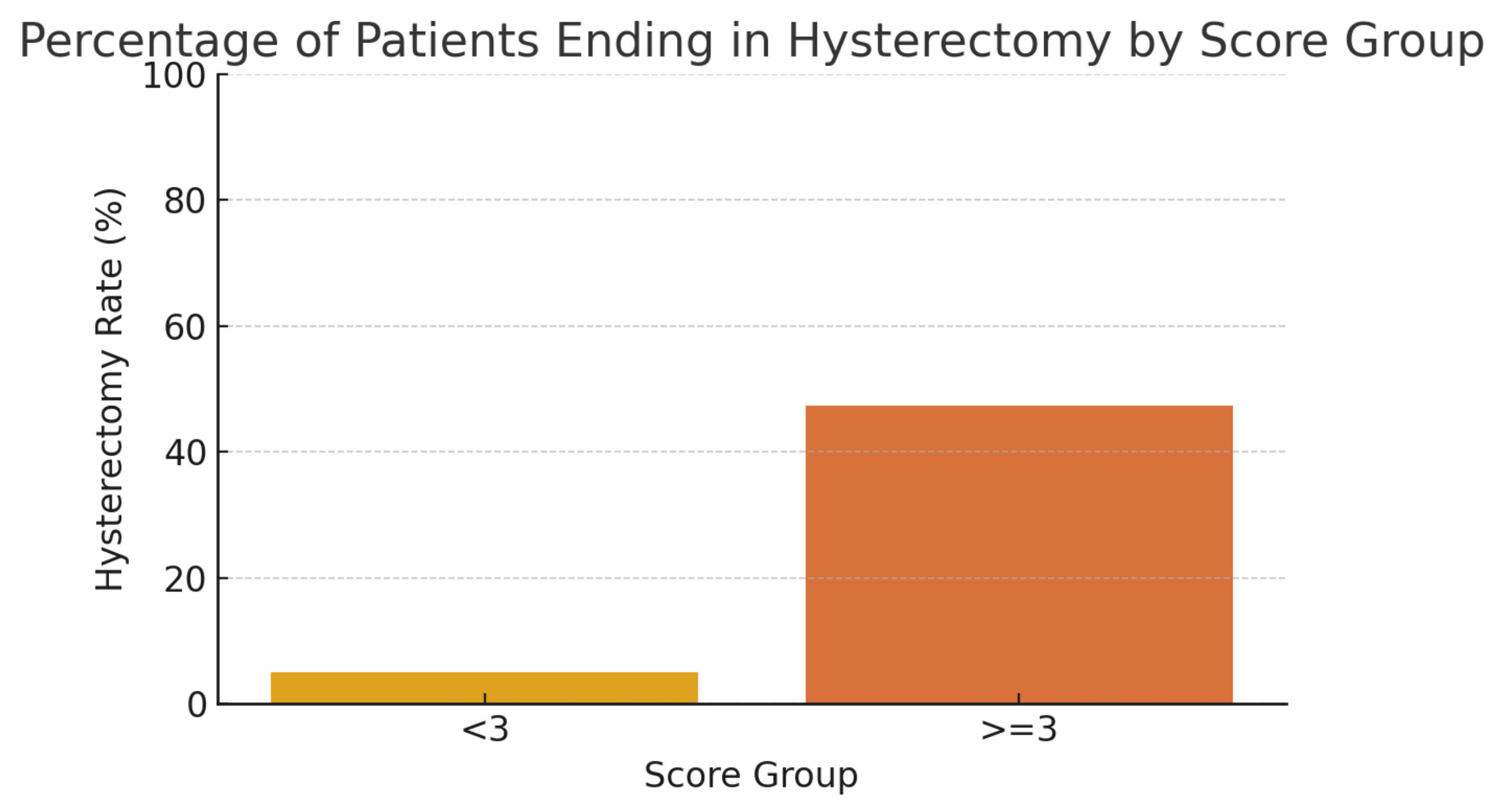
Methods

- 44,225 gynaecology referrals reviewed.
- 25,510 attended appointments.
- 1,830 women identified with HMB.
- 364 patient met the criteria to be analysed via scoring system
- Data collected from Meditech and entered into Excel.
- Scoring system used from previous published data to study association between the scores with likelihood of needing hysterectomy

Scoring System Parameters (Score)

- Fibroid >3 cm (1)
- Adenomyosis (1)
- Chronic pelvic pain (CPP),Dysmenorrhoea and/or dyspareunia or known endometriosis (1)
- Severe anaemia (requiring transfusion/iron infusion) (1)
- Desire for amenorrhoea/hysterectomy (1)
- , Endometrial cavity measuring more than 10.5cms (2)

RESULTS :

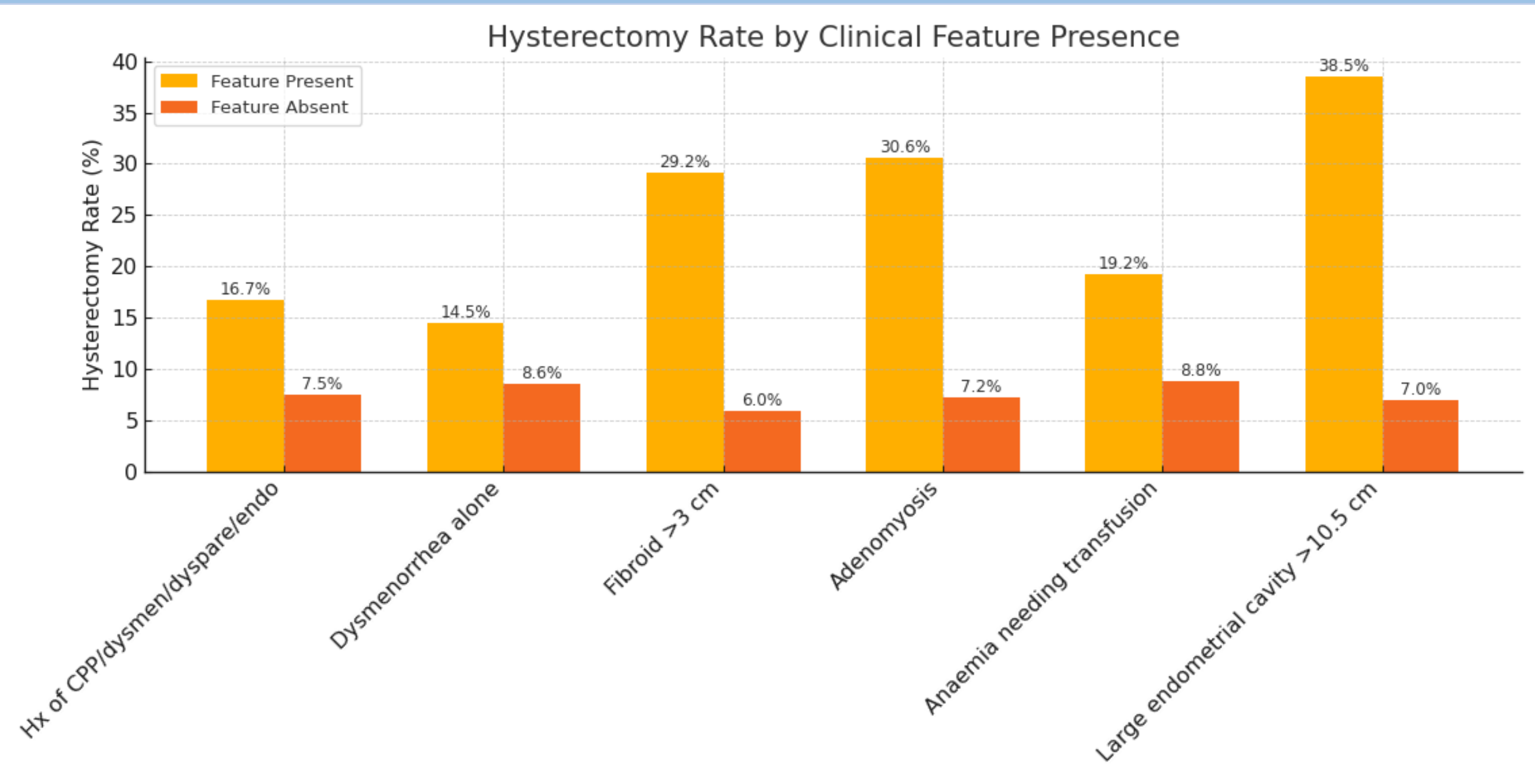


Proportion of patients ending in hysterectomy:

Score < 3: 4.95%

Score ≥ 3: 47.37%

This shows a strong association between higher scores and likelihood of hysterectomy.

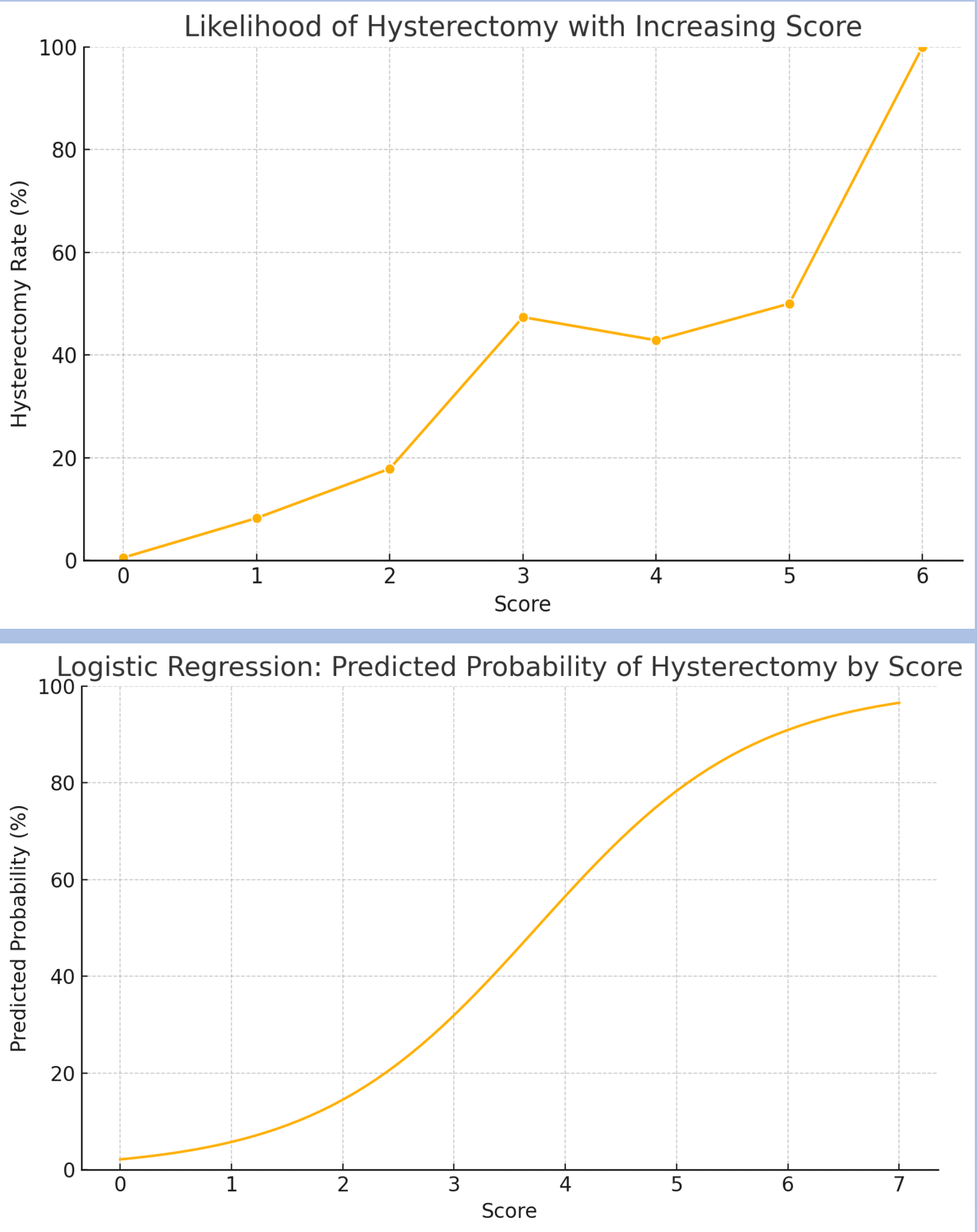


Strongest associations are seen with:

- Large endometrial cavity** (↑ 38.5% vs 7.0%)
- Adenomyosis and large fibroids** (↑ ~30%)

SCORE	HYSTERECTOMY RATES
0	0.5%
1	8.2%
2	17.9%
3	47.4%
4	42.9%
5	50.0%
6	100.0%

Logistic regression analysis confirms that as the score increases, the likelihood of hysterectomy rises sharply.



Conclusion

The scoring system reliably predicts treatment pathways for women with HMB. Enables evidence-based, standardized clinical decisions. May reduce treatment variability and enhance personalized care.