

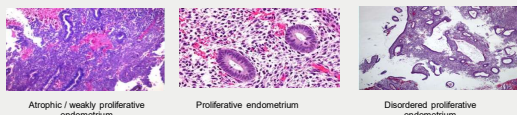
Standardizing the Management of Postmenopausal Women with Disordered Proliferative Endometrial Changes

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Introduction

The proliferative endometrium is a normal phase in the follicular stage of the menstrual cycle. The postmenopausal women on sequential hormone replacement therapy (HRT), endometrial biopsy show weak secretory features and approximately 15% shows proliferative activity. For those not on HRT, proliferative changes can occur due to the conversion of adipose tissue and other tissues into estrogen. Consequently, postmenopausal women exhibiting these changes are at a higher risk for endometrial cancer. Disordered proliferative changes happen when the endometrial lining responds irregularly to estrogen. Discrepancies in the management of postmenopausal women with disordered proliferative changes, required a standardized management pathway. This quality improvement project aims to evaluate current practices and develop a uniform monitoring and management protocol for postmenopausal women with disordered proliferative endometrial changes. We compare our project with management of weak proliferative and proliferative changes. Studies have shown that standardized treatment protocols can significantly improve patient care and reduce healthcare costs



Aims & Objectives

Aims:

- Evaluate and compare current management practices for postmenopausal women with disordered proliferative, proliferative and weak proliferative endometrial changes.
- Develop a standardized treatment protocol to improve patient outcomes and reduce variability in practice.

Objectives:

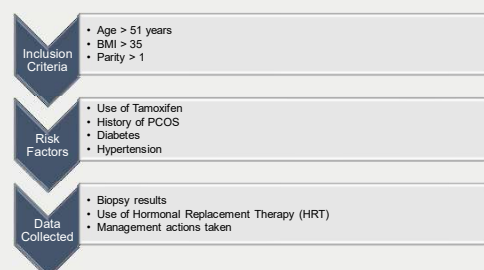
- Conduct a comprehensive audit of existing treatment protocols for the specified endometrial changes.
- Identify discrepancies and gaps in the current management approaches.
- Develop evidence-based, standardized treatment and monitoring protocols.
- Implement the standardized protocols across clinics to ensure uniformity in practice.
- Monitor adherence to the new protocols and assess their impact on patient outcomes.
- Provide education and training for clinicians to promote adherence to the standardized

Method

Study Design: Retrospective audit

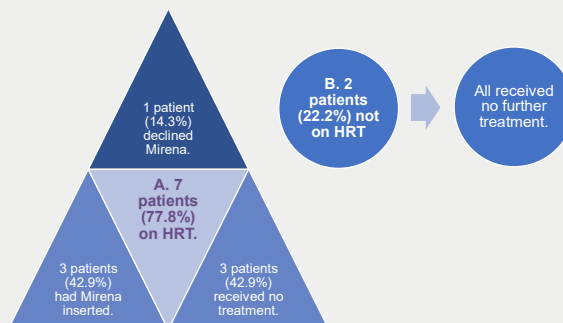
Time Frame: July 1, 2023 -December 31, 2023

Sample: 851 postmenopausal women across 130 postmenopausal bleeding clinics

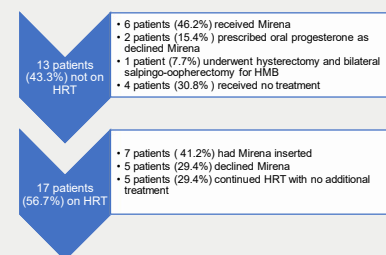


Results

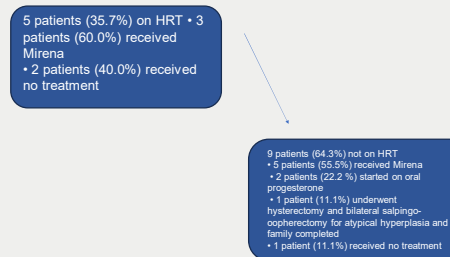
1. Weak Proliferative Endometrium: 9 Total Cases



2. Proliferative Endometrium: 30 Total Cases



3. Disordered Proliferative Endometrium: 14 Total Cases



Discussion

Disordered Proliferative endometrium in menopause is associated with an increased risk for endometrial hyperplasia . Given the risk of progression to malignancy, progestin treatment is reasonable. However, there are no randomized controlled trials comparing progestin routes. Additionally, the frequency and duration of monitoring has yet to be established.

Conclusion

Our findings indicate significant variability in treatment approaches, both among patients receiving Hormone Replacement Therapy (HRT) and those who are not. This inconsistency highlights the urgent need for a standardized management protocols. By establishing clear protocols/ guidelines, we aim to enhance patient outcomes, reduce the risk of disease progression to cancer, and optimize healthcare resource utilization. Moving forward, Education and training for clinicians will be crucial in ensuring adherence to these protocols

Acknowledgements

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