

An Audit to Determine Whether Adequate Endometrial Protection is Prescribed in Menopause HRT

Introduction:

Unopposed oestrogen increases the risk of developing endometrial hyperplasia and cancer.¹
NICE recommend that women with a uterus on HRT should receive a licensed oral progestogen, or a Mirena coil LNG-IUS.²
The FSRH recommend Mirena can be used for up to 5 years for endometrial protection in HRT.³

Objectives:

1. To determine whether licensed endometrial protection are prescribed for women on HRT for menopause, or primary ovarian insufficiency (POI), at a GP practice in Greater Manchester

2. If a Mirena is used as endometrial protection, whether it has been in-situ for >5 years

Methods:

Inclusion criteria:

- ✓ Women aged >18
- ✓ Receiving HRT for menopause or POI
- ✓ HRT initial prescription between 01.01.22 – 01.11.24

Exclusion criteria:

- ✗ History of hysterectomy

Data extracted: type of endometrial protection (if any); if Mirena: date of insertion and any arranged follow up if >4 years

EMIS search code:

Women >18

EMIS notes coded with: HRT, menopause, menopausal symptoms, premature ovarian failure...

EMIS medication code for HRT (in various forms)

Results:



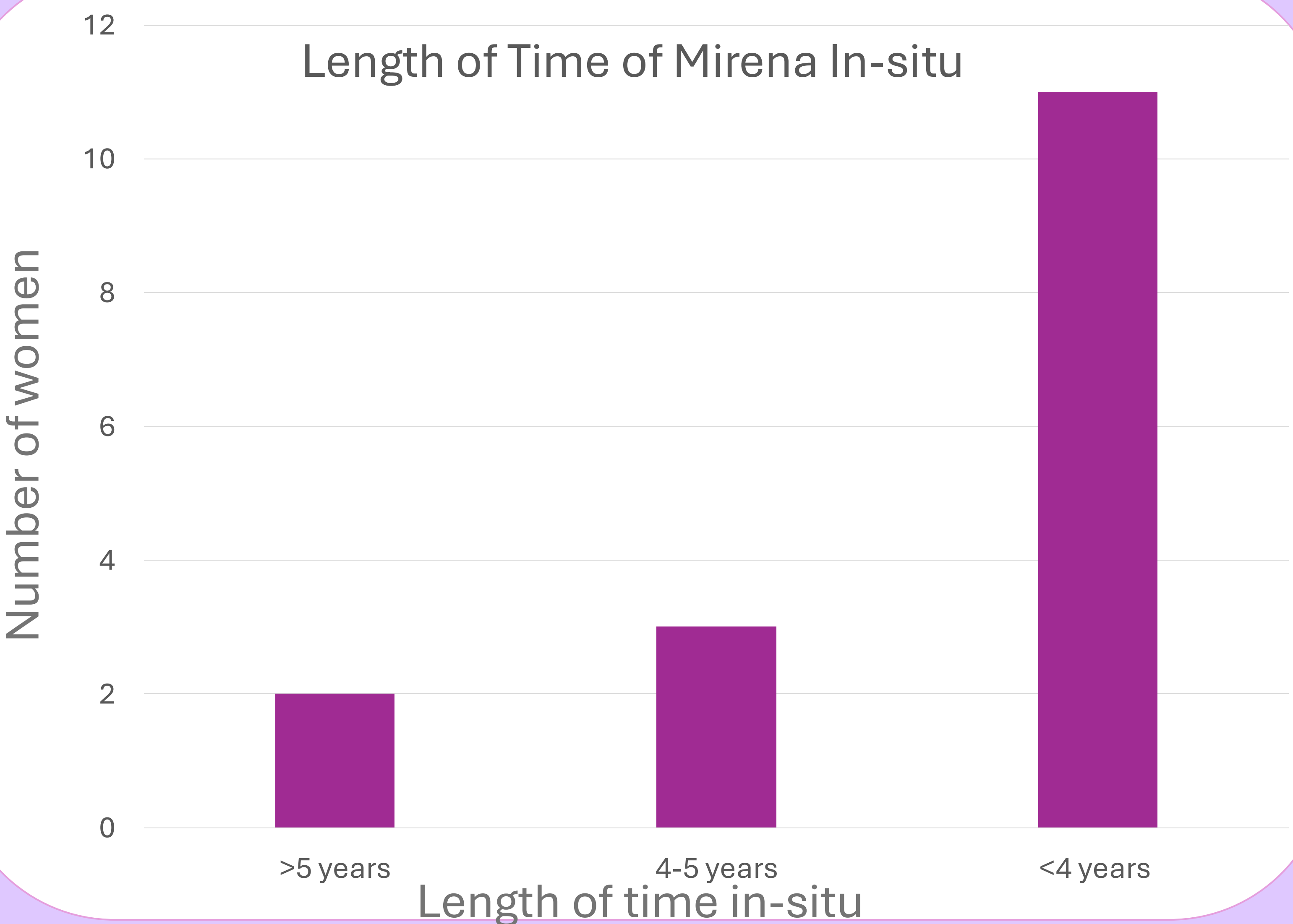
50 women randomly selected from EMIS search



34 had oral progesterone, 16 had a Mirena coil



Of the 16 who had Mirena coils, 12.5% of those had been in-situ > 5 years



Discussion:

5/50 (10%) of patients had inadequate or soon-to-expire endometrial protection (Mirena) without documented follow-up. Things that were done following this audit:

Arranged appointments with pt if Mirena >4 years old; prescribed oral progestogen/stopped HRT (depending on pt preference) if Mirena >5 years old

Discussed with Ardens (e-prescribing system) and changed Ardens pop-up for Mirena to include 5-year use in HRT

Delivered local teaching to clinicians

Future recommendations for GP practices:

- Consider carrying out regular audits to identify those with expiring/ed Mirena coils, or create an automated digital regular search of clinical systems
- Consider creating electronic pop-up alerts when prescribing HRT/ a Mirena coil to remind clinicians
- Consider carrying out local teaching sessions

References:

1. British Menopause Society. *Progestogens and endometrial protection in menopausal hormone therapy* [Internet]. London: BMS; 2023 Apr
2. National Institute for Health and Care Excellence (NICE). *Hormone replacement therapy – HRT: Prescribing information* [Internet]. Clinical Knowledge Summaries
3. Faculty of Sexual and Reproductive Healthcare. *Contraception for women aged over 40 years* [Internet]. London: FSRH; 2017 Aug [amended 2023 Jul]