

Children's Mercy Kansas City

SHARE @ Children's Mercy

Care Process Models

Quality Improvement and Clinical Safety

Heavy Menstrual Bleeding Inpatient

Children's Mercy Kansas City

Follow this and additional works at: https://scholarlyexchange.childrensmercy.org/care_models



Part of the [Pediatrics Commons](#)

These guidelines do not establish a standard of care to be followed in every case. It is recognized that each case is different and those individuals involved in providing health care are expected to use their judgment in determining what is in the best interests of the patient based on the circumstances existing at the time. It is impossible to anticipate all possible situations that may exist and to prepare guidelines for each. Accordingly, these guidelines should guide care with the understanding that departures from them may be required at times.

Inpatient Heavy Menstrual Bleeding Screening Questions:

- 1) Duration of menses was greater than or equal to 7 days **AND** the patient reported for at least some periods "gushing," need to change pads greater than 2 hours, bleeding through pads, and impairment of daily activities?
- 2) Prolonged menstrual bleeding with first menses (greater than or equal to 7 days)?
- 3) History of excessive bleeding with tooth extraction **or** surgery?
- 4) History of excessive bleeding after miscarriage/abortion/delivery **AND** management of anemia with medical therapy or hospitalization?
- 5) History of blood transfusion?
- 6) Family history of a diagnosed bleeding disorder?

If any are answered "Yes" contact inpatient coagulation team to discuss high risk bleeding disorder, to obtain Von Willebrand Antigen, Von Willebrand Activity, & Factor 8 assessment labs prior to blood transfusion or hormonal treatment.

Inpatient assessment and treatment for menstruating females with [heavy menstrual bleeding](#)

Baseline Lab investigation if not previously done: CBC, Type and Screen, Pregnancy Test (urine), PT, aPTT, Fibrinogen, TSH, Ferritin, & consider STI screening

Radiologic Investigation:
[Consider pelvic ultrasound](#)

Consult gynecology for evaluation for plan of care. Consult inpatient coagulation team if yes to Inpatient Heavy Menstrual Bleeding Screening Questions:

Consider Non-hormonal medications as first line to treat heavy menstrual bleeding unless contraindicated. [Hormonal treatment options in conjunction with gynecology.](#)

- Nursing order for quantitative blood loss with pad measurement.

Inpatient Heavy Menstrual Bleeding Treatment Power Plan:

Primary Choice

- Tranexamic acid (Lysteda) AND/OR

Secondary Choice

- [IV Premarin](#)

