

STANDARD TREATMENT WORKFLOW (STW)

Heavy Menstrual Bleeding (HMB)

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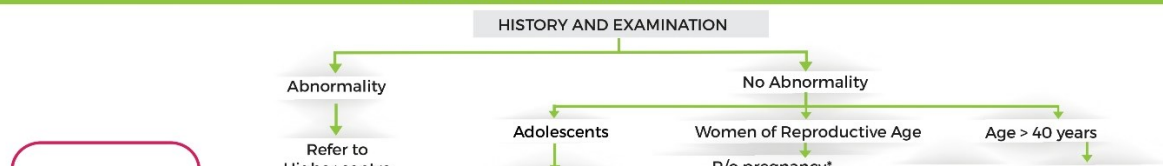
Standard Treatment Workflow (STW) for the Management of HEAVY MENSTRUAL BLEEDING (HMB)

ICD-10-H90.5

TO DO AT ALL LEVELS

HISTORY	EXAMINATION	SUPPORTIVE TREATMENT
<ul style="list-style-type: none">• Age• Parity• Detailed menstrual history including irregularities• Other medical illness: thyroid disorder, coagulopathy, jaundice etc• IUCD use• Lactation• Drug intake	<ul style="list-style-type: none">• General Evaluate pallor Calculate BMI• Systemic CVS, RS and hepatosplenomegaly• Local examination (where indicated and feasible) P/S and P/V	<ul style="list-style-type: none">• Reassurance• Hematinics• Tranexamic acid during episode of heavy bleeding

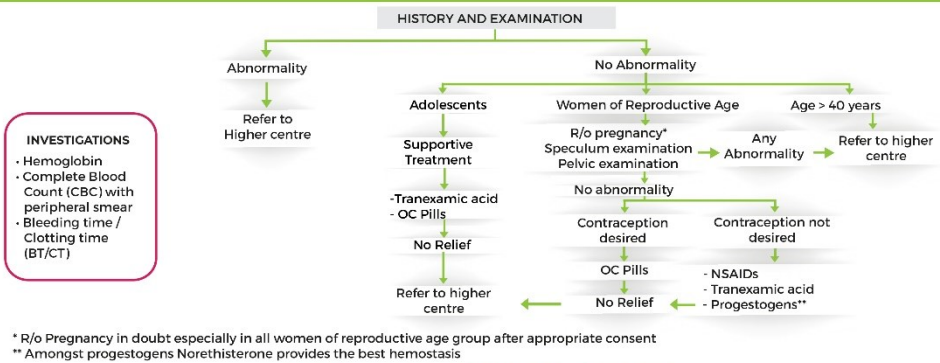
MANAGEMENT OF HMB AT PRIMARY LEVEL



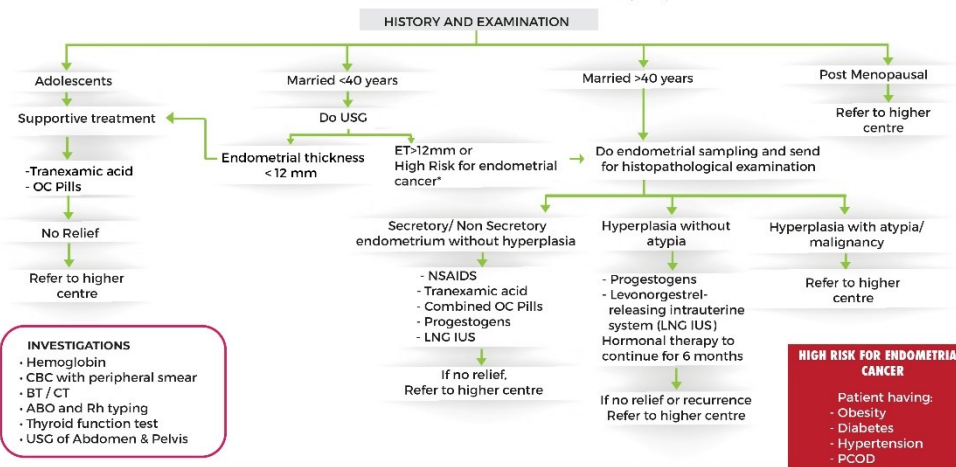
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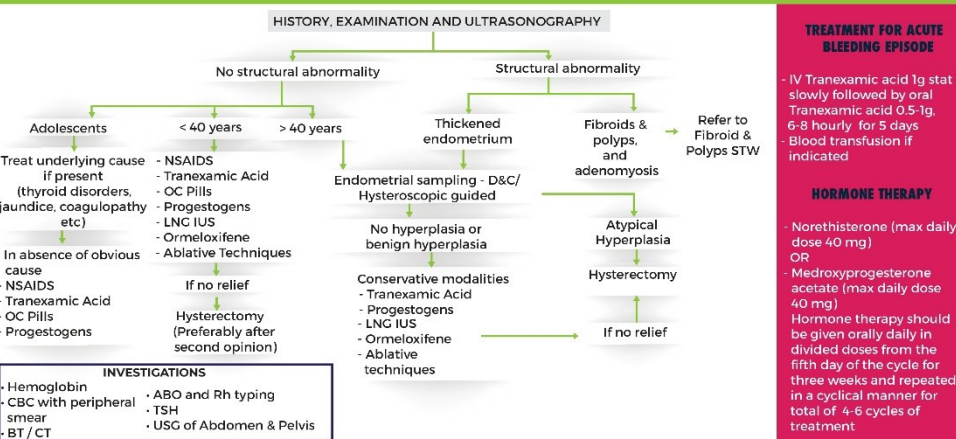
MANAGEMENT OF HMB AT PRIMARY LEVEL



MANAGEMENT OF HMB AT SECONDARY LEVEL (CHC)



MANAGEMENT OF HMB AT TERTIARY LEVEL



COUNSELLING IS AN IMPORTANT ADJUNCT TO MANAGEMENT

KEEP A HIGH THRESHOLD FOR INVASIVE PROCEDURES

This STW has been prepared by national experts of India with feasibility considerations for various levels of healthcare system in the country. These broad guidelines are advisory, and are based on expert opinions and available scientific evidence. There may be variations in the management of an individual patient based on his/her specific condition, as decided by the treating physician. There will be no indemnity for direct or indirect consequences. Kindly visit our web portal (stw.icmr.org.in) for more information.
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