# 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
- Age - Parity - Detailed menstrual history including irregularities - Other medical illness: thyroid disorder, coagulopathy, jaundice etc - IUCD use - Lactation - Drug intake	General Evaluate pallor Calculate BMI Systemic CVS, RS and hepatosplenomegaly Local examination (where indicated and feasible) P/S and P/V	• Reassurance • Hematinics • Tranexamic acid during episode of heavy bleeding

#### MANAGEMENT OF HMB AT PRIMARY LEVEL



\* R/o Pregnancy in doubt especially in all women of reproductive age group after appropriate consent \*\* Amongst progestogens Norethisterone provides the best hemostasis

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MANAGEMENT OF HMB AT SECONDARY LEVEL (CHC)

#### HISTORY AND EXAMINATION



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 a 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 physical. There will be no indemnity for direct or indirect consequences. Kindly visit our web portal (**stw.emr.org.in**) for more information, @ Indian Council of Medical Research and Department of Health Research, Ministry of Health & Family Welfare, Covernment of India.