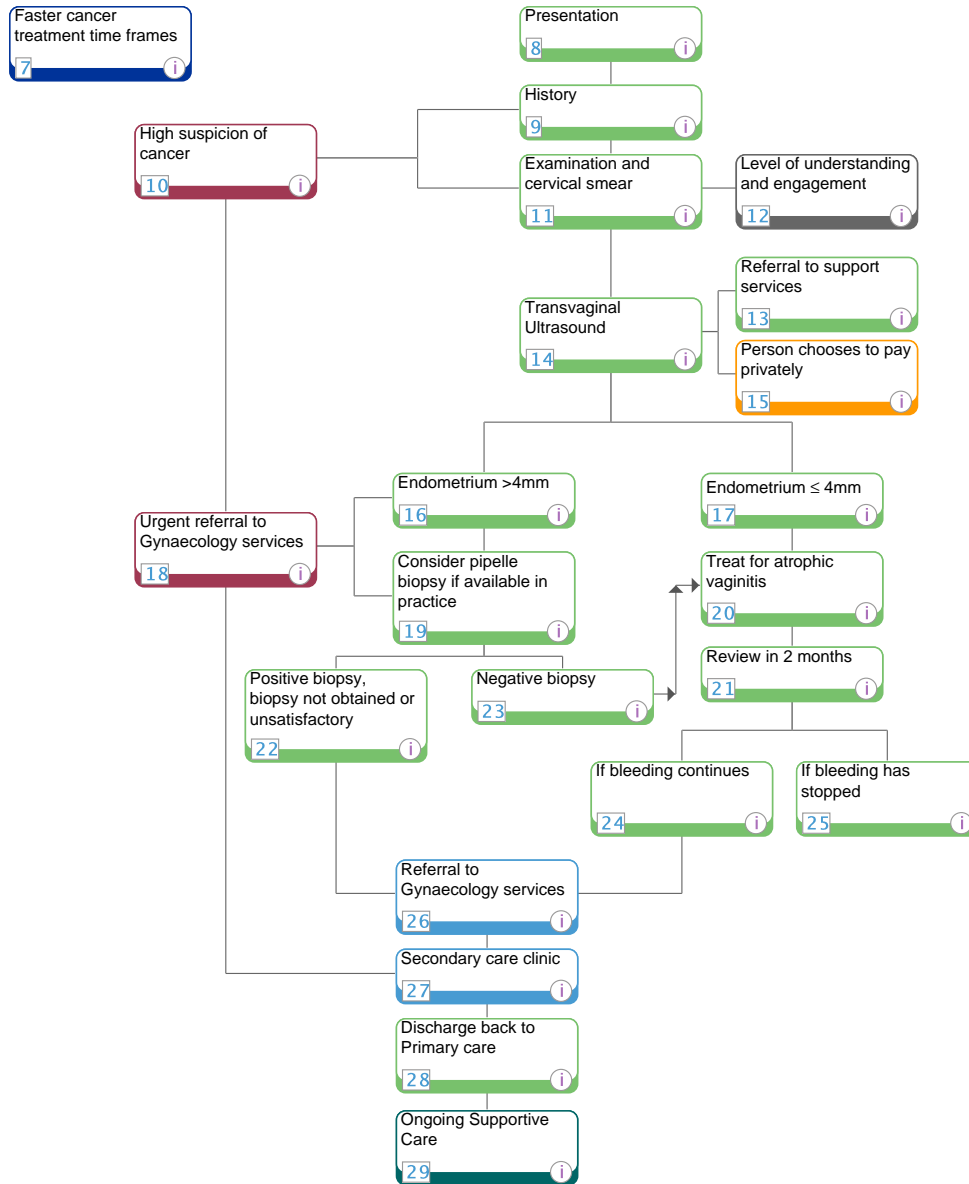


# Post Menopausal Bleeding (PMB)

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# Post Menopausal Bleeding (PMB)

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## 1 Care map information

Quick info:

**In Scope:**

- primary management of post-menopausal bleeding

**Out of scope:**

- women on hormonal replacement therapy
- women on Tamoxifen

**Definition**

Post-menopausal bleeding is defined as any vaginal bleeding one year or more after the cessation of periods.

References:

1. Scottish Intercollegiate guidelines Network (SIGN). Investigation of post-menopausal bleeding. Edinburgh:2002;2002. Available from:<http://www.sign.ac.uk/pdf/sign61.pdf> [G]

## 2 Information and resources

Quick info:

**Resources:**

- [Postmenopausal Bleeding](#)

**Language translation assistance:**

HBDHB Interpreting Service. To make an appointment (charges may apply):

- phone 06 878 8109 ext. 5805 or
- email [interpreting@hawkesbaydhb.govt.nz](mailto:interpreting@hawkesbaydhb.govt.nz)

These websites may help with simple words and phrases:

- [Babelfish](#)
- [Google translate](#)

[Language Line](#). Professional interpreters are available, free of charge, for telephone-based sessions (44 languages are supported):

- Phone 0800 656 656
- Monday - Friday 9am - 6pm
- Saturday 9am - 2pm

Bookings are not usually necessary. For longer consultations (for example, a nurse consultation for a newly diagnosed person) it is best to make a booking at least 24 hours in advance by calling the above number or emailing [language.line@dia.govt.nz](mailto:language.line@dia.govt.nz) and providing your contact details and a summary of the service you require (time and date of the meeting, language, approximate length of the appointment, gender of interpreter (if relevant)).

## 3 Updates to this care map

Quick info:

Date of publication December 2017

Review date: December 2018

This care map has been developed in line with consideration to evidenced based guidelines. For further information on contributors and references please see the Pathway's Provenance Certificate.

NB: This information appears on each page of this care map.

## 4 Hauora Maori

Quick info:

# Post Menopausal Bleeding (PMB)

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Maori are a diverse people and whilst there is no single Maori identity, it is vital practitioners offer culturally appropriate care when working with Maori whanau. It is important for practitioners to have a baseline understanding of the issues surrounding Maori health. This knowledge can be actualised by (not in any order of priority):

- considering the importance of introductions ('whanaungatanga') - a process that enables the exchange of information to support interaction and meaningful connections between individuals and groups. This means taking a little time to ask where this person is from or to where they have significant connections
- asking Maori people if they would like their whanau or significant others to be involved in assessment and treatment
- asking Maori people about any particular cultural beliefs they or their whanau have that might impact on assessment and treatment of the particular health issues

## Maori health services

HBDHB contracts Maori health providers to deliver community based nursing and social support services. Practitioners should discuss, where appropriate, information about relevant Maori health services. A referral to one of these providers may assist Maori people to feel more comfortable about receiving services following discussions.

### **Central Hawke's Bay:**

#### [Central Health](#)

Cnr Herbert & Ruataniwha Streets, Waipukurau

Phone: 06 858 9559 Fax: 06 858 9229

Email: [reception@centralhealth.co.nz](mailto:reception@centralhealth.co.nz)

#### [Referral Form](#)

### **Hastings:**

#### [Te Taiwhenua o Heretaunga](#)

821 Orchard Road, Hastings 4156

Phone: 06 871 5350 Fax: 06 871 535

Email: [taiwhenua.heretaunga@ttoh.iwi.nz](mailto:taiwhenua.heretaunga@ttoh.iwi.nz)

#### [Referral Form](#)

### **Kahungunu Health Services (Choices)**

500 Maraekakaho Road, Hastings

Phone: 06 878 7616

Email: [kahungunu@paradise.net.nz](mailto:kahungunu@paradise.net.nz)

#### [Referral Form](#)

### **Napier:**

#### [Te Kupenga Hauora](#)

5 Sale Street, Napier

Phone: 06 835 1840

Email: [info@tkh.org.nz](mailto:info@tkh.org.nz)

#### [Referral Form](#)

### **Wairoa:**

Kahungunu Executive (no website)

65 Queen Street, Wairoa 4108

Phone: 06 838 6835 Fax: 06 838 7290

Email: [kahu-exec@xtra.co.nz](mailto:kahu-exec@xtra.co.nz)

### **Secondary care Maori Health Services:**

Hawke's Bay DHB - Te Wahanga Hauora Maori Health Services

Phone: 06 878 8109 ext. 5779, 06 878 1654 or 0800 333 671 Email: [admin.maorihealth@hawkesbaydhb.govt.nz](mailto:admin.maorihealth@hawkesbaydhb.govt.nz)

## Further Information

# Post Menopausal Bleeding (PMB)

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Practitioners should be versed in the knowledge of:

- historical overview of legislation that impacted on Maori well-being
- Maori models of health, such as [Te Whare Tapa Wha](#) and Te Wheke when working with Maori whanau
- national Maori Health Strategies:
  - **Mai Maori Health Strategy 2014-2019** - [Full file](#) or [Summary diagram](#)
  - **He Korowai Oranga:** Maori Health Strategy - sets the [Government's overarching framework](#) to achieving the best health outcomes for Maori
- local [Hawke's Bay health sector's strategies and initiatives](#) for improving Maori health and wellbeing
- [Medical Council of New Zealand competency standards](#)

## Cultural Competency Training

Training is available through the Hawke's Bay DHB to assist you to better understand Maori culture and to better engage with Maori people. Contact the coordinator

Email: [education@hbdhb.govt.nz](mailto:education@hbdhb.govt.nz) to request details of the next courses.

## 5 Pasifika

Quick info:

Pacific people value their culture, language, families, education and their health and wellbeing. Many Pacific families have a religious affiliation to a local church group.

The Pacific people are a diverse and dynamic population:

- more than 22 nations represented in New Zealand
- each with their own unique culture, language, history, and health status
- share many similarities which we have shared with you in order to help you work with Pacific people more effectively
- for many families language, cost and access to care are barriers

Pacific ethnic groups in Hawke's Bay include Samoa, Cook Islands, Fiji, Tonga, Niue, Tokelau, Kiribati and Tuvalu. Samoan and Cook Island groups are the largest and make up two thirds of the total Pacific population. There is a growing trend of inter-ethnic relationships and New Zealand born Pacific populations.

Acknowledge [The FonaFale Model](#) (Pacific model of health) when working with Pacific people and families.

General guidelines when working with Pacific people and families (information developed by Central PHO, Manawatu):

- [Cultural protocols and greetings](#)
- [Building relationships](#) with your Pacific people
- [Involving family support and religion](#) during assessments and in the hospital
- [Home visits](#)

### Hawke's Bay-based resources:

- [HBDHB interpreting service website](#) or phone 06 8788 109 ext.. 5805 (no charge for the hospital; charges may apply for community-based translations) or contact coordinator at [interpreting@hbdhb.govt.nz](mailto:interpreting@hbdhb.govt.nz)
- Pacific Navigation Services Ltd Phone: 027 971 9199
- services to assist Pacific people to access healthcare ([SIA](#))
- [Improving the Health of Pacific People in Hawke's Bay](#) - Pacific Health action Plan

### Ministry of Health resources:

- [Ala Mo'ui](#) Pathways to Pacific Health and wellbeing 2014-2018
- [Primary Care for Pacific people](#): a Pacific and health systems approach
- Health education resources in [Pacific languages](#) (links to a web page where you can download resources)

## 6 Advance care planning

Quick info:

### Advance Care Planning:

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# Post Menopausal Bleeding (PMB)

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Advance Care Planning is a voluntary process of discussion and shared planning for future health care. It involves the person who is preparing the plan, and usually involves family/whanau and health care professionals.

## **Advance Care Plan:**

An Advance Care Plan is the outcome of Advance Care Planning. It is formulated by the person and sets out their views about care towards the end of their life. It may also include views about medical care and a wide range of other matters. An Advance Care Plan may include an Advance Directive.

## **Advance Directive:**

An Advance Directive is a statement a person makes about their medical care in the future and becomes effective if a person ceases to be competent to make decisions for themselves. An Advance Directive is legally binding if made in appropriate circumstances.

## **Competency and Advance Care Planning:**

Competent people have the right to make autonomous decisions that as medical professionals we may regard as imprudent, and sometimes such decisions are a reflection of the person's longstanding personality, beliefs or lifestyle. This right is described in the Health and Disability Consumers Rights Acts.

According to ACP - A Guide for the NZ Health Care Workforce - "in the context of ACP, competency relates to an individual's ability to make a decision regarding their own health care (that is, competence at decision-making or decision-capacity). At a minimum, decision making capacity requires the ability to understand and communicate, to reason and deliberate, and the possession of a set of values".

Helpful websites:

- [The code of rights](#)
- [Advance care planning guide Ministry of Health](#)
- [Advance care planning resources](#)

## 7 Faster cancer treatment time frames

Quick info:

[Ministry of Health Faster Cancer Treatment \(FCT\) time frames:](#)

- FCT is a person's pathway approach to ensuring timely clinical cancer care and is measured by the following agreed indicators:
  - for people referred urgently with a high suspicion of cancer they receive their first cancer treatment (or other management) within 62 days
  - for people referred urgently with a high suspicion of cancer they have their first specialist assessment within 14 days
  - for people with a confirmed diagnosis of cancer they receive their first cancer treatment (or other management) from decision-to-treat within 31 days

[Ministry of Health National Tumour standards](#)

[Faster Cancer Treatment: High suspicion of cancer definitions](#) This document outlines the red flags for high suspicion of cancer.

## 8 Presentation

Quick info:

Presentation

Post Menopausal bleeding:

- vaginal bleeding one year or more after the cessation of periods

Read code:

- K5A1

NB: only 1:10 with post menopausal bleeding will have endometrial cancer. Most will have a local cause such as atrophic vaginitis.

## 9 History

Quick info:

History:

Establish whether there is any other related symptoms associated with endometrial cancer:

- risk factors for endometrial cancer are present including:

# Post Menopausal Bleeding (PMB)

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- over age 45 years of age
  - obesity
  - diabetes
  - nulliparity
  - hypertension
  - history of chronic anovulation e.g. due to polycystic ovary syndrome (PCOS)
  - late menopause
  - use of unopposed oestrogens
  - tamoxifen use
  - family history or hereditary nonpolyposis colorectal, ovarian, or endometrial cancer, Lynch syndrome
  - enquire about bleeding:
    - how long ago did it start?
    - how long does the bleeding last?
    - how heavy is the bleeding?
    - are there any precipitating events:
      - trauma
      - postcoital
    - origin of bleeding:
      - vagina
      - urinary tract
      - vulva
      - rectum
  - associated symptoms:
    - pain
    - sudden unexplained weight loss
    - abdominal distension
    - gastrointestinal or bladder symptoms
  - medical and family history
- Consider other possible underlying diseases.

## 10 High suspicion of cancer

Quick info:

Red Flags:

- Women on Tamoxifen as they have double the risk of developing endometrial cancer. A transvaginal ultrasound is ineffective at assessing endometrial thickness due to Tamoxifen causing endometrial oedema.
- abdominal mass or lesion on cervix or vaginal abnormality found

Gynaecological cancer is defined to include (but is not restricted to) women with:

- macroscopic abnormality suspicious of a:
  - vulval
  - vaginal
  - cervical cancer
- significant symptoms including:
  - abnormal vaginal bleeding
  - discharge or pelvic pain
  - abnormal clinical examination findings consistent with gynaecological malignancy
- cervical or vaginal smear suspicious of malignancy
- post menopausal bleeding and endometrial thickness >4mm (unless with a recent normal endometrial biopsy)

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- biopsy-proven atypical endometrial hyperplasia
- complex ovarian mass, with radiological suspicion of ovarian malignancy, ascites or metastatic disease
- complex ovarian mass and raised CA125 (an RMI >200)
- large complex ovarian mass (>8cm)
- evidence of a rapidly growing mass (uterine or ovarian)

## 11 Examination and cervical smear

Quick info:

Examination:

- check for signs of systemic disease e.g. bruising for coagulopathy
- an abnormal examination and bimanual palpation of the pelvic area
- a speculum examination to the vagina and cervix
- cervical smear for cytology
- an assessment of uterus size
- check for any tenderness or visible discharge

NB: if an abdominal mass or lesion on cervix or vaginal abnormality found refer to Gynaecology services via form. An example of the [form](#). Fax the form to outpatient referral centre 06 878 1328

The urgent referral for Suspected Gynaecological Cancer form can be found in the Patient Management system as an outbox document.

NB: Referral will not be accepted unless the form has been completed.

## 12 Level of understanding and engagement

Quick info:

1. Apply health literacy principles

Ask what the person understands:

- build on what the person already knows
- translate medical terminology into lay language
- draw diagrams or write key phrases and messages down and give it to the person to take with them
- provide educational material
- check the person's understanding to confirm that they understand the key messages
- encourage people to bring trusted support people to future consultations
- consider other health literacy resources as appropriate:
  - Interpreter Services – Language Line (Nationwide) 0800 656 656 Monday to Friday, 9am to 6pm, and Saturday 9am to 2pm
  - maori navigational services
  - pasifika health services
  - cancer nurse coordination services
  - cancer society
  - [LETS PLAN](#) is a resource to help plan your next health care visit. It will help you understand more about your health and treatment for an illness or injury

2. Consider any barriers to effective care:

- complexity of cancer care pathway – not knowing when or where to go next
- whanau, family and social network dynamics
- whanau support, family history
- family obligations including dependents
- work responsibilities
- whanau, hapu, and iwi obligations

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- community engagement and obligations or responsibilities
- locality and geographical access to health and hospital services
- socio-economic factors, including source of income

## 13 Referral to support services

Quick info:

### Referral to support services:

1. Gynaecology Clinical Nurse Specialist can improve the experience for people including:

- their family and whanau, with cancer or suspected cancer
- they also help improve overall access and timeliness of access to diagnostic and treatment services for people with cancer
- Contact:
  - Attention: HBDHB Gynaecology Clinical Nurse Specialist Private Bag 9014 Hastings
  - Phone 06 878 8109 ext 6315 Mobile 027 3535 298

2. [Cancer Society](#):

- [an information guide for women with gynecological cancer](#)
- for additional support services phone the cancer information nurses on the Cancer Information Helpline 0800 226 237
- [referral](#) Referral can be made before a diagnosis as Cancer Society also offers support for diagnosis treatment

3. [Central Region Cancer Services Directory](#)

This directory provides a list of some of the cancer support services available in Hawke's Bay including:

- accommodation
- disability support
- government health services
- medication
- legal advice
- ethnic and cultural

4. Check the Hauora Maori and Pasifika nodes for further information on available support services.

## 14 Transvaginal Ultrasound

Quick info:

Refer women for an urgent ultrasound scan to assess endometrial thickness [1].

A transvaginal scan can:

- reliably assess the thickness and morphology of the endometrium
- can identify women with post-menopausal bleeding who have thin endometrium and are therefore unlikely to have significant endometrial disease or require further investigations

Direct access to transvaginal ultrasound scans:

- GP/NP to mark on radiology request "urgent high suspicion of cancer"

[Form for transvaginal ultrasound](#)

References:

1. Scottish Intercollegiate guidelines Network (SIGN). Investigation of post-menopausal bleeding. Edinburgh:2002;2002. Available from:<http://www.sign.ac.uk/pdf/sign61.pdf> [G]

## 15 Person chooses to pay privately

Quick info:

[Form for transvaginal ultrasound](#)

Inform the person they will incur costs.

Refer to:



# Post Menopausal Bleeding (PMB)

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**TRG Imaging** (also known as HB Radiology):

- Royston Hospital 325 Prospect Road Hastings Phone 06 873 1166
- 522 Kennedy Road Napier Phone 06 873 1166

**Onsite Scans:**

- Hastings Rooms 203 Canning Road Hastings Phone: 0800 991 119 Fax: 06 835 1705
- Napier Rooms 3/62 Munroe Street Napier Phone: 0800 991 119 Fax: 06 835 1705

**Unity Specialists and Ultrasound Ltd:**

- 101 Queen Street East Hastings Phone: 06 281 2797 Fax: 06 281 2798 Email: office@unityclinic.co.nz

NB: Check with the person if they have medical insurance as depending on the person's policy this may be covered by insurance.

## 16 Endometrium >4mm

Quick info:

Endometrium >4mm

Consider pipelle biopsy if available in your practice or refer to Gynaecology clinic

Refer to Gynaecology services via form. An example of the [form](#). Fax the form to outpatient referral centre 06 878 1328

## 17 Endometrium ≤ 4mm

Quick info:

Endometrium ≤ 4mm

## 18 Urgent referral to Gynaecology services

Quick info:

Refer to Gynaecology services via form. An example of the [form](#). Fax the form to outpatient referral centre 06 878 1328

The urgent referral for Suspected Gynaecological Cancer form can be found in the Patient Management system as an outbox document.

Include relevant information:

- reason for referral
- expectation of referral
- history and co-morbidities
- current management and/or options already pursued
- examination findings
- investigation results
- current medication
- allergies and adverse drug reactions
- any other relevant clinical information

If clinically unstable refer to Emergency Department and phone Oncall O & G registrar via HBDHB switchboard 06 878 8109

NB: Refer to gynaecological services do not wait for smear results

Referral will not be accepted unless the form has been completed. The person will be seen within two weeks.

## 19 Consider pipelle biopsy if available in practice

Quick info:

Consider pipelle biopsy if available in practice or refer to Gynaecology clinic.

Refer to Gynaecology services via form. An example of the [form](#). Fax the form to outpatient referral centre 06 878 1328

# Post Menopausal Bleeding (PMB)

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## 20 Treat for atrophic vaginitis

Quick info:

Topical oestrogen or pessaries:

- nightly for 2 weeks then
- 2 x weekly thereafter

## 21 Review in 2 months

Quick info:

Review in 2 months

## 22 Positive biopsy, biopsy not obtained or unsatisfactory

Quick info:

Pipelle positive, not obtained or unsatisfactory:

- proliferative or secretory endometrium
- endometrial hyperplasia
- endometrial hyperplasia with atypia
- endometrial carcinoma
- sample insufficient for examination

Refer to Gynaecology services via form. An example of the [form](#). Fax the form to outpatient referral centre 06 878 1328

## 23 Negative biopsy

Quick info:

Negative biopsy

Atrophic or inactive endometrium - treat for atrophic vaginitis.

## 24 If bleeding continues

Quick info:

If bleeding continues, refer to Gynaecology Clinic

## 25 If bleeding has stopped

Quick info:

If bleeding has stopped, continue to monitor and topical oestrogen treatment.

Topical oestrogen can be used indefinitely if appropriate dosage is used.

## 26 Referral to Gynaecology services

Quick info:

Refer to Gynaecology services via form. An example of the [form](#). Fax the form to outpatient referral centre 06 878 1328

The urgent referral for Suspected Gynaecological Cancer form can be found in the Patient Management system as an outbox document.

Referral will not be accepted unless the form has been completed.

## 27 Secondary care clinic

# Post Menopausal Bleeding (PMB)

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## Quick info:

Discuss appropriate management plan with the woman.

A clinic letter to be written to the referrer/GP indicating the outcomes and a planned approach of ongoing care (transfer of care).

NB: If the women has been advised that she has cancer then a urgent letter is sent to the GP.

## 28 Discharge back to Primary care

### Quick info:

A letter to be written to the referrer indicating the outcomes and a planned approach of ongoing care (transfer of care).

A phone call to the referrer is preferred when there are short time frames for care planning/ intervention.

## 29 Ongoing Supportive Care

### Quick info:

The aim of supportive care is to provide the person with the best quality of life possible so that they are able to participate in their treatment to maximise comfort and eliminate suffering.

### Cancer Support Services:

#### 1. Cancer Society:

- [an information guide](#)

• for additional support services phone the cancer information nurses on the **Cancer Information Helpline 0800 226 237**

#### 2. [Central Region Cancer Services Directory](#):

The directory provides a list of cancer support services available across MidCentral, Whanganui and Hawke's Bay including:

- breast services
- ethnic and cultural
- accommodation
- disability support
- government health services
- medication
- legal advice

#### 3. [Getting on with life after treatment](#)

#### 4. [Websites](#) with more information about life after cancer

## Provenance Certificate

### Post Menopausal Bleeding (PMB)

#### Overview

This document describes the provenance of Hawke's Bay Region Gynaecological Cancer Pathways.

The purpose of implementing cancer pathways in our District is to:

- Reduce barriers so that all people with cancer are able to access the same quality care within the same timeframes, irrespective of their ethnicity, gender, locality or socio-economic status
- Achieve the faster cancer treatment (FCT) health target – 85% of patient receive their first cancer treatment (or other management) within 62 days of being referred with a high suspicion of cancer and a need to be seen within two weeks by July 2016, increasing to 90% by June 2017
- Implement the national tumour standards of service provision, developed as part of the FCT programme, to support the delivery of standardised quality care for all people with cancer
- Improve equity along the cancer pathway
- Clarify expectations across providers
- Improve communications and follow up care for cancer patients

#### To cite these pathways, use the following format:

Map of Medicine – Hawke's Bay View / Oncology /Gynaecological / Post Menopausal Bleeding (PMB)

#### Editorial methodology

This care map has been based on a Map of Medicine Care Map developed according to the Map of Medicine editorial methodology. The content of the Map of Medicine care map is based on high quality guidelines and practice-based knowledge provided by contributors with front-line clinical experience (see contributors section of this document). This localised version of the evidence-based, practice informed care map has been peer-reviewed by the HBDHB and Collaborative Clinical Pathways Director and with stakeholder groups.

#### References

1.	Scottish Intercollegiate guidelines Network (SIGN). Investigation of post-menopausal bleeding. Edinburgh: 2002;2002. Available from: <a href="http://www.sign.ac.uk/pdf/sign61.pdf">http://www.sign.ac.uk/pdf/sign61.pdf</a> [G]
	Faster Cancer Treatment (FCT): High Suspicion of Cancer Definitions 2016. Ministry of Health
	Canterbury Health Pathways
	MidCentral District Health Board's Abnormal Menstrual Bleeding pathways

#### Contributors

The following individuals have contributed to this local care map:

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- Leigh White, Strategic Services Portfolio Manager, Hawke's Bay DHB
- Wendy Wasson, Collaborative Pathways Facilitator/Editor, Hawke's Bay DHB

## **Disclaimers**

Clinical Pathways Steering Group, Hawke's Bay DHB and Health Hawke's Bay – Te Oranga Hawke's Bay.

It is not the function of the Clinical Pathways Steering Group, Hawke's Bay DHB and Health Hawke's Bay – Te Oranga Hawke's Bay to substitute for the role of the clinician, but to support the clinician in enabling access to know-how and knowledge.

Users of the Map of Medicine are therefore urged to use their own professional judgement to ensure that the person receives the best possible care.

Whilst reasonable efforts have been made to ensure the accuracy of the information on this online clinical knowledge resource, we cannot guarantee its correctness and completeness. The information on the Map of Medicine is subject to change and we cannot guarantee that it is up-to-date.