

SHIP8 Clinical Commissioning Groups Priorities Committee

No. 39

Policy Recommendation: Hysterectomy for heavy and/or painful menstrual bleeding

Date of issue: September 2018

The SHIP Clinical Commissioning Groups (CCGs) reviewed the evidence and received Consultant Clinician advice on the investigation and management of heavy and often painful menstrual bleeding and considered this according to the ethical framework. There is a historic criteria based access statement for this indication but no clinical policy.

It should be noted that this policy does not relate to the management of suspected malignancies or trauma.

Hysterectomy for heavy menstrual bleeding (HMB) is not normally funded.

Treatment should begin in primary care with non-hormonal and hormonal methods being trialled. Each method should be used for a minimum period of 3 months and preferably 6 months¹.

Patients who do not respond to pharmacological treatment should ideally be referred to a "One Stop" menstrual disorder or similar clinic. Referral should include a recent full blood count.

Ferritin levels are no longer recommended.

Patients should be counselled extensively by an appropriately trained healthcare professional, on the risks and benefits of intervention, including;

- affect on libido
- impact on fertility
- bladder function
- need for further treatment
- treatment complications
- her expectations
- alternative surgery
- psychological impact.

Information aids such as the Shared Decision Making tool (<https://www.england.nhs.uk/rightcare/shared-decision-making/>) should be considered.

Patients who have failed all other interventions and are proceeding to surgery should be offered laparoscopic interventions where clinically viable.

Statement Review Date: September 2023

Notes:

Whilst the panel recognised the considered expert advice of NICE in their recommendation the panel also had a duty to prioritise spending of a finite resource locally and made a decision which it felt gave the most equitable and effective use of investment.

¹ Institute of Obstetricians and Gynaecologists: Royal College of Physicians of Ireland and the Clinical Strategy and Programmes Division, Health Service Executive (2018); Investigations and management of menorrhagia.