



## Scotland PBSG Learning Programme



## The Foundation for Medical Practice Education

### Practice Based Small Group Learning (PBSG) International

McMaster University

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## BNORMAL UTERINE BLEEDING: INVESTIGATING AND MANAGING

Abnormal uterine bleeding (AUB) is a relatively common, complex issue in primary care. Differing guidelines, unclear terminology, lack of information about common underlying causes by age group and menopausal status hamper the use of an evidence-based approach.

This module will enable clinicians to:

- identify the cause of abnormal uterine bleeding in premenopausal and postmenopausal women.
- identify 'red flags' and determine appropriate investigations.
- select effective treatment options.

### CASES

#### Case 1: Catherine, age 17

Catherine has been experiencing very heavy periods with bad cramps for the past four months. She tried ibuprofen with her last two periods, but she does not think it has helped. Her periods started at age 12, and they are regular, every 28–29 days. With her most recent period, bleeding on the first day was so heavy that she soaked through both a tampon and a pad almost every hour. During her previous period, Catherine bled through her clothing during a volleyball game, and she is very concerned about this happening again. She wants to know if there is any way to prevent this. She has a steady boyfriend, and he uses condoms as their method of contraception.

***What additional information from her history would be helpful for identifying the underlying cause for her heavy bleeding?***

***What physical examination would be indicated?***