

5 February 2018

Mr Abel MacDonald  
Program Director, Clinical Care Standards  
Australian Commission on Safety and Quality in Health Care  
t: (02) 9126 3600  
e: [ccs@safetyandquality.gov.au](mailto:ccs@safetyandquality.gov.au)

Dear Mr MacDonald,

**Re: *Heavy menstrual bleeding: The case for improvement* – Feedback request**

Thank you for giving The Royal Australian College of General Practitioners (RACGP) the opportunity to provide feedback on *Heavy menstrual bleeding: The case for improvement*. We make the following suggestions and comments.

The evidence presented in 'Chapter 2. Areas for action' is sufficient; however, further evidence could be provided around:

- Younger adolescents (aged <15 years) – Prevalence of heavy menstrual bleeding (HMB) and treatment modifications for this age group; and the cultural and/or intergenerational barriers in accessing hormonal treatments.
- Malignancy – Comment on pipelle biopsy and the possibility this can be done opportunistically by the GP at the time of Mirena insertion.
- Ulipristal acetate – Comment on the place of ulipristal acetate in treating fibroids and reducing the need for hysterectomy.
- Iron deficiency anaemia.

In regards to the case studies provided, we believe they clearly illustrate the need for more patient and clinician education around what is 'normal' in menses.

Overall, this is a useful document as a supplement to Heavy menstrual bleeding clinical care standard. However, we emphasise the overall need for raising awareness of management options, particularly pharmaceutical agents, and providing opportunities for general practitioner (GP) education and skills development. Part of the Commission's work needs to address the availability of quality services (ie timely, high quality and cost efficient) for patients from lower socioeconomic backgrounds, non-English speaking backgrounds and more remote geographical areas. GPs can undertake additional training in a range of gynaecological procedures (eg ultrasound), especially in rural and remote regions with a shortage of specialist and investigative services.

For your information, the RACGP's *Curriculum for Australian general practice 2016* includes:

- [Women's health contextual unit](#)



# RACGP

Royal Australian College of General Practitioners

Healthy Profession.  
Healthy Australia.

- [Sexual and reproductive health contextual unit](#)

Thank you once again for giving the RACGP the opportunity to provide feedback on *Heavy menstrual bleeding: The case for improvement*. I hope this feedback is useful.

Yours sincerely,

Dr Bastian Seidel  
President