

Treatment of abnormal uterine bleeding (AUB)

A clinical guidance for treatment of idiopathic bleeding in premenopausal women in the Belgian healthcare system

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OBJECTIVE

To provide a practical guideline concerning an EBM treatment of AUB in premenopausal women without identified pathology.

METHODOLOGY

- Analysis of current national guidelines.
- Literature study for international guidelines.
- NICE, NVOG, RCOG and ACOG guidelines were selected. The NICE and NVOG guideline were included based on extent, study design and reliability.
- Evaluation of the guidelines with ADAPTE and AGREE-tools: both guidelines are reliable and applicable to our healthcare system.
- Development of GRADE evidence tables.
- Panel discussion.
- Development of recommendations.

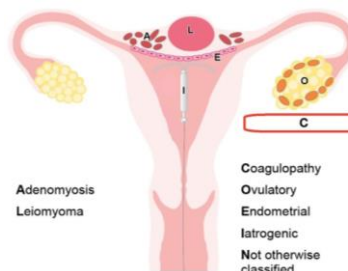
PICO

Patient: premenopausal women with idiopathic AUB:

- Non-structural causes of PALM-COEIN
- Myoma <30 mm
- Adenomyosis

Intervention vs. comparison:

1. Tranexamic acid vs. progestogen
2. Tranexamic acid vs. LNG IUD
3. LNG IUD vs. COC
4. LNG IUD vs. progestogen
5. LNG IUD vs. ablation
6. LNG IUD vs. hysterectomy
7. 1st vs. 2nd generation ablation
8. Ablation vs. hysterectomy
9. Embolisation vs. hysterectomy



Outcomes:

- Health related quality of life
- Patient satisfaction
- Adverse effects

PICO	Recommendation	Quality of evidence
Tranexamic acid vs. progesteron	Weak recommendation for either	⊕⊕○○
Tranexamic acid vs. LNG IUD	Weak recommendation for LNG IUD	⊕○○○
LNG IUD vs. COC	Weak recommendation for LNG IUD	⊕⊕○○
LNG IUD vs. progesteron	Weak recommendation for either	⊕○○○
LNG IUD vs. ablation	Strong recommendation for LNG IUD	⊕⊕○○
LNG IUD vs. hysterectomy	Strong recommendation for LNG IUD	⊕⊕○○
1st vs 2nd generation ablation	Weak recommendation for 2nd generation ablation	⊕⊕○○
1st gen ablation vs. hysterectomy	Weak recommendation for 1st generation ablation	⊕⊕○○
Embolisation vs. hysterectomy	Weak recommendation for embolisation	⊕⊕○○

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REFERENCES

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