

General Commissioning Policy

Treatment	Primary Amenorrhoea
For the treatment of	Primary Amenorrhoea
Background	<p>NHS Scarborough and Ryedale CCG (SRCCG) commissions' healthcare on behalf of its local population across primary, secondary and tertiary care sectors. Commissioning policy including clinical referral pathways and thresholds have been developed and defined using appropriate NICE guidance and other peer reviewed evidence and are summarised here in order to guide and inform referrers.</p> <p>This commissioning policy is needed in order to clarify the criteria for primary amenorrhoea.</p>
Commissioning position	<p>Definition</p> <ul style="list-style-type: none"> • Absent menstrual periods by the age of 16 with normal secondary sexual characteristics • Absent menstrual periods by the age of 13 with no secondary sexual characteristics <p>Exclude Red Flag Symptoms</p> <ul style="list-style-type: none"> • Delayed puberty at 13 (amenorrhoea and no secondary sexual characteristics) should be referred to Paediatrics • Abnormal pain – investigate
Management	<ul style="list-style-type: none"> • Confirm breast and hair development • Examine abdomen
Indications for referral	Primary amenorrhoea – see definitions above – paediatric or Gynaecology referral
Investigations prior to referral	<ul style="list-style-type: none"> • Blood tests, FSH/LH, TSH, Prolactin, testosterone, SHBG, Pelvic ultrasound
Information to include in referral letter	<ul style="list-style-type: none"> • Confirm secondary sexual development • FH of delayed menarche • Relevant past medical / surgical history • Current regular medication • Height / weight / BMI growth chart • Smoking status <p>Desirable information</p> <ul style="list-style-type: none"> • Any FH of delayed menarche
Responsible GP – Dr Omnia Hefni, SRCCG	Approved: February 2017
Responsible Consultant – Ms Louise Hayes, YHFT	Date published: February 2017
Responsible Pharmacist – Ms Rachel Ainger, SRCCG Medicines Mngt	NHS Scarborough & Ryedale Clinical Commissioning Group

Patient information leaflet	Stages of normal puberty
Date reviewed	January 2017
Next Review Date	2019
Contact for this policy	CCG Service Improvement Team scrccg.rssifr@nhs.net

References:

1. CKS – Clinical Knowledge Summary
2. Amenorrhoea - NICE CKS

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