



ABNORMAL UTERINE BLEEDING : IT'S PREVALENCE AND AND ETIOLOGIES AS PER PALM-COEIN CLASSIFICATION.

Obstetric & Gynaecology

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ABSTRACT

Introduction: Abnormal uterine bleeding is a common problem among women of all age groups. The reported prevalence of AUB in India is 17.9%¹.

Chronic nongestational AUB in the reproductive years is defined as bleeding from the uterine corpus that is abnormal in duration, volume, frequency and regularity for the preceding 6 months.

Present study was conducted in a tertiary health care center in prayagraj, for a period of 3 months on 200 women, to study the prevalence of AUB in women of different age groups and to categorize women with AUB according to FIGO based PALM-COEIN classification.

Aims And Objective:

- 1.) To study prevalence of AUB in women of different age group (15-55 years).
- 2.) To categorize women with AUB according to FIGO based PALM-COEIN classification.

Study Procedure: A retrospective analytical study was conducted on a total of 200 women aged from 15 to 55 years with AUB for a period of 3 months from October 2020 to December 2020 in Dept of obstetrics & gynaecology. Swaroop Rani Nehru Hospital Prayagraj to study the prevalence and causes of AUB in women of different age groups, according to PALM COEIN classification.

KEYWORDS

INTRODUCTION:

Abnormal uterine bleeding is a common problem among women of all age groups. The reported prevalence of AUB in India is 17.9%¹.

Chronic nongestational AUB in the reproductive years is defined as bleeding from the uterine corpus that is abnormal in duration, volume, frequency and regularity for the preceding 6 months. Acute AUB on the other hand is defined as an episode of heavy bleeding of sufficient quantity requiring immediate intervention.

To standardise nomenclature of AUB, a new system known as acronym PALM-COEIN (Polyp, Adenomyosis, Leiomyoma, Malignancy, Coagulopathy, Ovulatory disorders, Endometrial factors, Iatrogenic and Not classified) was introduced by FIGO in 2011.

Present study was conducted on a total of 200 women aged from 15 to 55 years with AUB for a period of 3 months from October 2020 to December 2020 in Dept of obstetrics & gynaecology. Swaroop Rani Nehru Hospital Prayagraj to study the prevalence of causes of AUB in reproductive age women according to PALM COEIN classification.

MATERIAL AND METHOD

Type Of Study: Retrospective analytical study

Place Of Study: Swaroop Rani Nehru Hospital Prayagraj

Period Of Study: October 2020 to December 2020 (3 months)

Sampling Method : Random sampling.

Sample size: 200

Inclusion Criteria

- Women aged 15 to 55 years.
- Chronic AUB, including any of the following : menstrual cycle of <24 days; menstrual cycle of >38 days; irregularity of menses, (shortest to longest cycle variation of >10 days) ; duration of flow of >8 days ; volume of monthly blood loss >80 mL; volume of monthly blood loss <5 mL

Exclusion Criteria

- Acute AUB.
- Vaginal bleeding caused by pregnancy and pregnancy related.
- Vaginal bleeding caused by vaginitis.
- Bleeding before menarche.
- Vaginal bleeding after menopause.

Study Procedure

METHOD AND MATERIAL:

After informed consent and approval from the ethical committee

, questionnaire investigation including Patients information, such as age, height, weight, menstrual history, menarche age, and medical and surgical history, and the relevant imaging examination and laboratory test results, including routine blood test, sex hormone, vaginal ultrasound, liver function, renal function, and hysteroscopic examination, were obtained. A menstrual record paper was distributed to the patients to be kept as a menstrual diary for 3 months. The menstrual diary should record abnormal menstruation (e.g., menstrual period cycle and duration, volume of monthly blood loss).

Chronic AUB was defined as bleeding from uterine corpus that is abnormal in volume, regularity or timing that has been present for the majority of the last 6 months.

Diagnostic criteria and procedures for AUB was based on the 2011 FIGO guidelines. The diagnosis of "PALM," the cause of structural change, was confirmed by imaging techniques or histopathological methods. In addition, the diagnosis of uterine "COEIN," without disease of structural change, was confirmed by imaging technologies or histopathological methods on the basis of organic disease combined with sex hormone and blood coagulation laboratory tests. Meanwhile, for any one or more causes associated with AUB, only the first diagnosis or the most likely diagnosis of AUB is included.

These findings and diagnoses were recorded in an MS Excel spreadsheet and coded and analyzed using Stata statistical software SPSS 20.0. The count data are expressed as a percentage.

OBSERVATION AND RESULTS

Table 1. Age Based Distribution Of Study Population (N=200)

SN	AGE GROUP	No(%)
1	15-25 yrs	36 (18%)
2	26- 35 yrs	56(28%)
3	36-45 yrs	88(44%)
4	>45 yrs	20(10%)

In the present study maximum patients (44%) were in the age group 36 – 45 years

Table 2. Distribution Of Study Population On The Basis Of Cause As Per FIGO PALM-COEIN Classification

SN	FIGO CLASSIFICATION	No(%)
1	P (polyp)	16 (8%)
2	A (Adenomyosis)	20 (10%)
3	L (Leiomyoma)	43 (21.5%)

4	M (Malignancy)	12 (6%)
5	C (Coagulopathy)	0
6	O (Ovulatory disorders)	112 (56%)
7	E (Endometrial causes)	2(1%)
8	I (Iatrogenic)	1(0.5%)
9	N (Not Classified)	2(1%)

On classification of cause of bleeding among patients with chronic AUB as per palm coein classification most common cause of AUB was ovulatory disorders (56%) followed by leiomyoma (21.5%). No case of AUB due to coagulopathy was found in the study population.

Table 3. Distribution Of Study Population According To Abnormality In Bleeding Pattern

SN	Menstrual Cycles	No(%)
1.)	Infrequent (> 38 days) Normal (24 – 38 days) Frequent (<24 days)	96 (48%) 76 (38%) 28 (14%)
2.)	Regularly Normal Irregular (short and long)	68 (34%) 132 (66%)
3.)	Duration Normal (< 8 days) Prolonged (>8 days)	146 (73%) 54 (27%)
4.)	Flow volume Light Normal Heavy	2 (1%) 120 (60%) 78 (39%)

Out of total 200 women involved in the present study 48% had infrequent cycles . 38% of patients with AUB had regular menstrual cycles with frequent cycles in 14% of the cases.

66% had irregular cycles. Decrease menstrual flow was present only in 1% of the study population whereas 78 (39%) had heavy flow volume.

DISCUSSION

According to study conducted by Qureshi et al in 2013² most common cause of AUB was leiomyoma (25%) followed by ovulatory dysfunction (24%). In a study conducted by Gouri et al (2016)³ ovulatory disorders were leading cause (27%) and leiomyoma was found in (24.67%) of study population. In the present study most common cause of AUB was ovulatory (56%) followed by leiomyoma (21.7%).

In all of the studies discussed as above ovulatory disorders and leiomyoma accounts for the leading causes of AUB.

CONCLUSION

The FIGO PALM-COEIN classification is a practical and universally accepted system that classifies AUB into structural pathologies (PALM) diagnosed through imaging modalities and histopathological procedures and non structural pathologies including COEIN diagnosed on basis of clinical assessment and laboratory investigations.

It has helped in rectifying the inconsistent terminologies and variable classification system that were used in the past years for classifying causes of AUB in women of reproductive age group.

Apart from bringing uniformity in classifying etiologies of AUB it has also facilitated communication ,clinical care and research work among investigators. PALM-COEIN classification has helped in making early diagnosis and treatment accordingly in AUB patients.

REFERENCES

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