

NATIONAL INSTITUTE FOR HEALTH AND CLINICAL EXCELLENCE

Centre for Clinical Practice

Review of Clinical Guideline (CG44) – Heavy menstrual bleeding

Background information

Guideline issue date: 2007

3 year review: 2010 (Update not required after review of evidence)

5 year review: 2012

National Collaborating Centre: Women's and Children's Health

Review recommendation

- The guideline review should revert back to its three year cycle with the review commencing January 2013.

Factors influencing the decision

Literature search

1. The first review of the guideline was carried out at the routine three-year time point in 2010. From the first review, based on consultation with the original Guideline Development Group and other experts in the field, the Clinical Practice recommendation was that there was insufficient new evidence to justify an update of the 2007 Heavy menstrual bleeding guideline at that time. Therefore, the Clinical Practice recommendation presented in the 2010 Report for Guidance Executive was that the guideline should not be considered for update at present and should be reviewed again in 2013. However, through the first review of the guideline some research projects were identified which were considered likely to inform a future update of the guideline

as well as NICE Technology appraisal (TA) guidance 78: fluid filled thermal balloon and microwave endometrial ablation for menstrual bleeding (recommendations from which are incorporated into CG44).

The research projects include:

- An NIHR Health Technology Assessment project in progress on the Effectiveness and cost effectiveness of hysterectomy, microwave endometrial ablation and thermal balloon ablation for the treatment of menorrhagia
- A second NIHR Health Technology Assessment aiming to evaluate the effectiveness and cost-effectiveness of Levonorgestrel containing Intrauterine system in Primary care against Standard Treatment - The ECLIPSE Trial.

2. Therefore, Guidance Executive recommended that in view of the increasing body of evidence and in light of proposals for review of TA78: fluid filled thermal balloon and microwave endometrial ablation for menstrual bleeding, the guideline should be reviewed in 18 months rather than 3 years hence this current review.
3. In February 2012 a review paper for TA78 was prepared for Guidance Executive as the first of two NIHR technology assessments of treatments for heavy menstrual bleeding was due to be published in 2011. This is a systematic review (Bhattacharya and Middleton, 2011) that assesses the clinical and cost effectiveness of hysterectomy, first- and second-generation endometrial ablation techniques and LNG-IUS in the treatment of heavy menstrual bleeding. The authors concluded that their review of the available literature adds to the existing evidence that women with heavy menstrual bleeding should be offered LNG-IUS before invasive procedures. As such, the February 2012 TA78 review proposal paper has proposed that TA78 be added to the 'static guidance list' as there is no forthcoming evidence expected to publish that would necessitate a change to the current recommendations. Technology Appraisals will inform stakeholders of this accordingly.

Conclusion

4. Based on the above information it is proposed that the CG44: Heavy menstrual bleeding guideline review revert back to its three year cycle with the review commencing January 2013.

Relationship to quality standards

5. This topic is not currently being considered for inclusion in the scope of a quality standard.
6. This topic is currently being considered as a proposed core library topic.

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March 2012