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Assessment of practice on prescription of postoperative HRT among post graduate trainees in obstetrics and gynaecology

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Key words

hormone replacement therapy (HRT), postgraduate trainees

Objectives

Hormone replacement therapy (HRT) is the best treatment modality for women with female sex hormone deprivation following natural, premature, and surgical menopause. Unless not intervene, menopausal state negatively affects the quality of life of women, increase the risk of cardiovascular diseases and osteoporosis. Main objective was to assess on HRT prescription practice of postgraduate (PG) trainees for women undergoing surgical menopause.

Method

Audit was conducted among obstetrics and gynaecology PG trainees (Registrars) over a period of one week (from 14th September 2020 to 21st of September 2020). An interviewer administered questionnaire was used to collect the data.

Results

25 Trainees were participated in the study (15 were on 3rd year and 10 were 2nd on year training). All of participants were involved in pre-surgical assessment and obtaining informed written consenting for total abdominal hysterectomy with or without bilateral salpingo-oophorectomy (TAH+/-BSO) for benign conditions. All of participants offered HRT during pre-surgical assessment for patients who were undergoing bilateral salpingo-oophorectomy prior to natural age of menopause, unless ovaries were not conserved due to surgical reasons. 68% of them preferred to offer HRT until natural age of menopause (mean age of 51 year) while 32% preferred to continue beyond (up to 60 years). Among participants, 20% offer HRT prior to discharge, 60% offer HRT after histology report review and 20% offer HRT once patients complain of menopausal symptoms.

Conclusions

All trainees are aware of importance of ovarian preservation, if not starting on HRT for patients who are undergoing for surgical gonadectomy. Still wide variation exists on practice of HRT prescription, and this is to be addressed with educational sessions.