

# Preoperative advice and counselling on hormone replacement therapy among women undergoing surgical menopause in Hospital Seberang Jaya: A clinical audit

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## ABSTRACT

**Introduction:** Symptoms of surgical menopause are abrupt, and more severe compared to natural menopause. Younger women are at higher risk of cardiovascular disease, cognitive decline, and osteoporosis. This audit aims to assess and improve our practice by measuring the percentage of women undergoing surgical menopause who received pre-operative counselling regarding HRT. **Methods:** Retrospective cross-sectional study involving pre-menopausal women below 50 years old who underwent elective bilateral salpingo-oophorectomy between 1st January-31st December 2022. Data on documentation of pre-operative counselling and post-operative prescription of HRT were collected. The audit was set against the standard of the Malaysian Clinical Practice Guideline on Management of Menopause: all women undergoing surgical menopause should be counselled on hormonal consequences and HRT preoperatively (100%). **Results:** 26 women met the inclusion criteria. Indications for surgery were abnormal uterine bleeding (73%), endometriosis (11.5%), ovarian cyst (11.5%), and fibroid (4%). These women were aged between 35 to 49 years old, with median age 47. Six patients were aged 45 and below. Only 38.5% of women received pre-operative counselling. Out of the women who were counselled, 40% were prescribed HRT post-operatively. **Conclusions:** A low counselling rate was attributed to inadequate awareness and a gap in knowledge of HRT, based on questionnaires done among doctors. Changes were implemented such as CME, counselling checklist, and pamphlets. A re-audit is planned to start in June 2023, with the aim of achieving an improvement towards the set target.

PP-100

# A systematic review: Is surgical technique the best option in patients with vaginal agenesis?

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## ABSTRACT

**Introduction:** Vaginal agenesis is the rudimentary or complete absence of vagina. The treatment of vaginal agenesis consists of various surgical and non-surgical techniques. This systematic review aims to describe the differences between surgical and non-surgical techniques of vaginal agenesis treatment in terms of vaginal length and sexual function. **Methods:** Electronic databases such as PubMed, Science Direct, and SCOPUS were searched for articles published between 2018-2023. Literature restricted for women with vaginal agenesis who underwent surgical or non-surgical techniques was reviewed. Cross-sectional studies, observational studies, cohort studies, and retrospective studies were included in this study. Out of 190 articles, 8 articles were analyzed. All studies that reported total vaginal length and sexual function after treatment were conducted. **Results:** The mean total vaginal length in the non-surgical technique was 7.23 cm and 8.88 cm in the surgical technique. Meanwhile, the level of sexual function, as measured using the Female Sexual Function Index (FSFI) score, showed a result of 24.40 in non-surgical techniques and 25.23 in surgical techniques. There is also one article with surgical techniques that assesses the level of sexual function objectively, resulting in sexual function within normal limits. **Conclusions:** Total vaginal length in both techniques was normal but not on the FSFI scores. However, surgical techniques showed a slightly higher outcome. Even so, non-surgical techniques are also a good treatment option considering the outcome are not much different compared to surgical techniques.