Defense Health Agency (DHA) Clinical Community Speaker Series

Resource List-January 2020

Advances in Women's Health

PALM-COEIN Classification System for Abnormal Uterine Bleeding: Implications on Clinical Practice

Abnormal uterine bleeding (AUB) is a common and debilitating condition with high direct and indirect costs. The study, Abnormal Uterine Bleeding reports that increased availability of medical options has expanded the choice for women and many will no longer need to recourse to potentially complicated surgery. It further reports a need for the development of novel tools to help diagnose, monitor and quantify the severity of the disorder.

The study, Critical Evaluation of the PALM-COEIN Classification System Among Women with Abnormal Uterine Bleeding in Low-resource Settings concludes the PALM-COEIN (Palm, Adenomyosis, Leiomyoma, Malignancy, Coagulopathy, Ovulatory Dysfunction, Endometrial, Iatrogenic and Not yet Classified) classification system helps in deciding the best treatment modality for women with AUB on a case-by-case basis. The incorporation of suggested modifications will further strengthen its utility as a pretreatment classification system in low-resource settings.

The study, A Clinicopathological Correlation of International Federation of Gynecology and Obstetrics's PALM-COEIN Classification of Abnormal Uterine Bleeding: Indian Scenario concludes that a good clinicopathological correlation was seen in the cases when classified according to PALM-COEIN classification. The authors further promote the system provides consideration of multiple etiologies contributing toward AUB both clinically and histopathologically.

The study by Whitaker and Critchley, Abnormal Uterine Bleeding, reports that using the PALM-COEIN classification system will facilitate accurate diagnosis and inform treatment options. It also states that the management of the patient with AUB requires a step-by-step approach, where treatment is customized to the individual's needs. Treatment must remain individualized and encompass the impact of pressure systems, desire for retention of fertility and contraceptive needs, as well as address the management of AUB in order to achieve improved quality of life.

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