

SERIES: “Managing period pain in the community pharmacy”

Date of release: 5 November 2024

PURPOSE: To equip pharmacists with knowledge and skills required to effectively manage dysmenorrhea in the community pharmacy.

KEY POINTS/HIGHLIGHTS

EPISODE 1: PRIMARY DYSMENORRHEA

- Understanding the signs and symptoms of primary dysmenorrhea and how it differentiates from secondary dysmenorrhea is critical for pharmacists to effectively manage it in the community pharmacy.
- Pharmacists can utilise some evidence-based counselling approaches such as cognitive behavioural therapy, mindfulness-based stress reduction, social and emotional support, and lifestyle counselling to help women manage primary dysmenorrhea.
- Pharmacists play a critical role in recommending evidence-based pharmacological and non-pharmacological approaches for managing primary dysmenorrhea.

EPISODE 2: SECONDARY DYSMENORRHEA

- Secondary dysmenorrhea is often caused by known underlying conditions such as adenomyosis, endometriosis, fibroids and pelvic inflammatory disease.
- Initial management involves recommending pharmacological interventions such as NSAIDs, hormonal contraceptives, pain killers and antispasmodics.
- Secondary dysmenorrhea that is unresponsive to initial management requires referral for specialised care and pharmacists play a critical role in educating patients on their options.

IMPLICATIONS/RECOMMENDATIONS/CALL TO ACTION

- Pharmacists play a critical role in educating clients and recommending evidence-based pharmacological and non-pharmacological approaches to managing dysmenorrhea in the community pharmacy.
- Pharmacists should refer patients to healthcare providers if their symptoms persist, are severe, or require advanced treatment beyond over the counter options.

OTHER FIP RESOURCES

- International Pharmaceutical Federation (FIP). The role of pharmacists in closing the gender pain gap: Report from an international insight board. The Hague: International Pharmaceutical Federation, 2023. Available at: <https://www.fip.org/file/5430>
- FIP CPD bites on understanding and managing period pain: comprehensive self-care strategies and support. Available at: <https://provision.fip.org/fip-cpd-bites/understanding-and-managing-period-pain-comprehensive-self-care-strategies-and-support/>

You can access all videos here:

https://www.youtube.com/playlist?list=PLXg_1uVJPtYBNGWGboTLo-NOMCzWSjUVV



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