

Audit of hormonal replacement therapy for patients with premature ovarian insufficiency after radical pelvic radiotherapy for cervical cancer



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Objective: Premature ovarian insufficiency results in not only climacteric symptoms, but also detrimental effects on cardiovascular, psychosexual and bone health.¹ We audited the provision of hormonal replacement therapy (HRT) counselling to patients with cervical cancer aged below 40 who underwent radical pelvic radiotherapy (RT).

Methods: Data were retrieved from the electronic RT treatment records of Tuen Mun Hospital (TMH) to capture all patients receiving radical RT for cervical cancer in 2019-2023. Clinical notes of patients aged under 40 were reviewed to record their care pathways and whether they were offered counselling for HRT.

Results: A total of 10 patients were included. Only 5 patients (50%) were offered counselling for HRT. Figure 1 shows their pathways of care. Time from completion of treatment to referral ranges from 0 to 12 months. Clinical notes suggested that the delayed referrals were triggered by amenorrhoea and climacteric symptoms.

Conclusion: Only half of patients aged under 40 with cervical cancer undergoing radical RT in TMH received counselling for HRT. The inconsistent practice of clinicians highlighted the need for raised awareness among oncologists and a standardised referral pathway. The high default rate pointed to the importance of patient education regarding HRT. Remedial actions followed by re-audit will be arranged.

Reference: [1] Podfigurna-Stopa A, Czyzyk A, Grymowicz M et al. Premature ovarian insufficiency: the context of long-term effects. *J Endocrinol Invest* 2016;39:983-990.

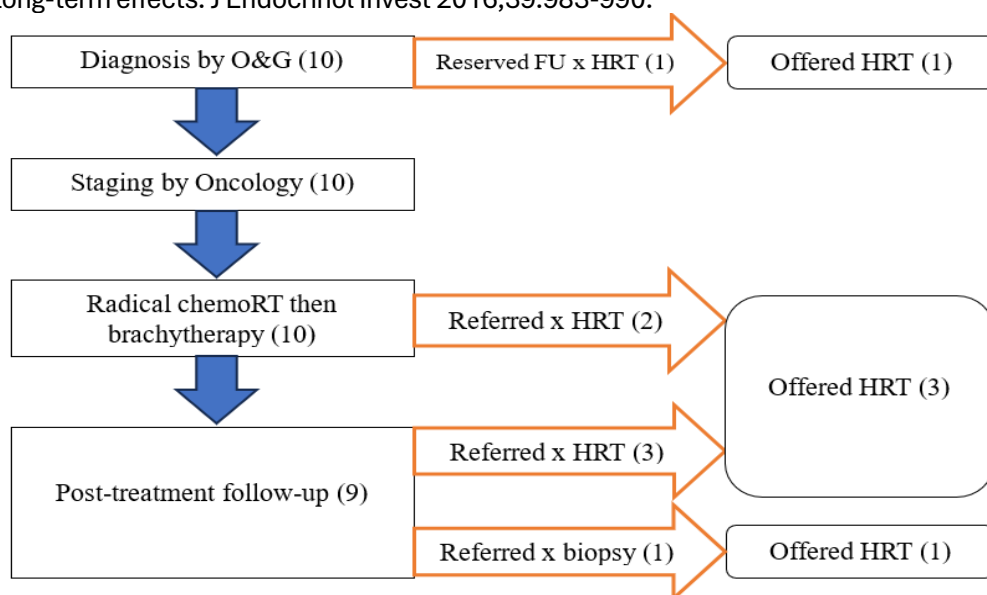


Figure 1. Care pathways of patients under the age of 40. O&G: Department of Obstetrics and Gynaecology. FU: follow-up. ChemoRT: chemoradiation.