

SERIES: “Understanding and managing period pain: comprehensive self-care strategies and support”

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PURPOSE: To equip pharmacists with knowledge and skills required to effectively manage period pain in young women.

KEY POINTS/HIGHLIGHTS

EPISODE 1: UNDERSTANDING MENSTRUATION

- Understanding the phases and hormonal changes of the menstrual cycle is essential for providing effective support and guidance to young women.
- Pharmacists play a critical role in assessing menstrual health by asking appropriate questions and identifying red flags such as severe pain, abnormal bleeding, and significant cycle irregularities.

EPISODE 2: SUPPORT AND ADVICE TO ADOLESCENTS EXPERIENCING PERIODS

- Pharmacists must ensure a safe and respectful environment, maintaining confidentiality in all client interactions, especially adolescents.
- Pharmacists should provide individualised, evidence-based advice tailored to each client’s need.
- Multidisciplinary collaboration will ensure comprehensive care.

EPISODE 3: PHARMACOLOGICAL AND NON-PHARMACOLOGICAL TREATMENT OF PERIOD

- NSAIDs like ibuprofen are first-line treatments for period pain, while acetaminophen is a suitable alternative. Oral contraceptives and progestin-only options are effective in managing severe period pain.
- Non-pharmacological approaches, such as heat therapy, exercise, and a diet rich in Omega-3 and magnesium, can help reduce the severity of symptoms.

IMPLICATIONS/RECOMMENDATIONS/CALL TO ACTION

- Pharmacists should provide a safe environment that ensures privacy and confidentiality in all patient interactions.
- Information provided should be age-appropriate and evidence-based tailored to individual need.
- Tailor treatment recommendations, considering cultural beliefs and practices, to enhance patient compliance and outcomes.
- Empower patients with effective self-care practices and guide patients on how to seek support when needed.
- Ensure timely referrals for abnormal menstrual symptoms and work closely with other healthcare providers for early interventions and comprehensive care.
- Participate in public health initiatives that educate communities about menstrual health to reduce stigma and improve access to care.

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>

You can access all videos here: <https://provision.fip.org/fip-cpd-bites/understanding-and-managing-period-pain-comprehensive-self-care-strategies-and-support/>



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