

Cycle ID: 1

Name of Cycle: Femstrual

Type of Learning: Scheduled

Reflection

• **What do I want to learn? (list specific learning needs)**

• **Why do I want to learn about this?**

- A new product 'Femstrual' has been launched which will be stocked in my pharmacy and I need to know more about the product

- Specifically I need to know:

- Indications and contraindications
- Dosage
- Side-effects
- When to refer

Planning

• **What activity/activities could I undertake to meet this learning need?**

I will complete the manufacturer's pharmacy training pack on Femstrual and speak to Dr Smyth a local GP with an interest in gynaecology

Action

• **What did I learn in relation to my learning needs? (Provide a short summary)**

I completed the Femstrual training pack and spoke to Dr Smyth
I learnt that:

- Femstrual contains 500mg tranexamic acid & is indicated for heavy menstrual bleeding over several cycles in women with regular 21-35 days cycles. It is contraindicated in eg renal insufficiency, thromboembolic disease, on anticoagulants, irregular menstrual bleeding

- Dosage is 1g tid for max 4 days, increased to max 8 tabs in 24hrs if bleeding heavy

- Side-effects are GI (discomfort, nausea, vomiting), allergic skin reactions, visual disturbances

- Refer if bleeding not reduced after 3 cycles, over 45yrs, obesity, diabetes, polycystic ovary syndrome or endometrial cancer

Evidence

Training pack

Tutor observation

Evaluation

- **Did I meet my learning need(s)? If not, why not?**
 - **How have I used/applied my learning? (Put an example of how have used your learning)**
 - **Have I identified any further/additional learning needs?**
- I met my learning needs
 - I appropriately recommended Femstrual to a patient who presented with heavy menstrual bleeding and counselled on dosage, side-effects and what to do if symptoms did not improve. I also referred a patient who was not suitable for Femstrual because of irregular cycles.
 - I would like to learn what the POM options are for treatment of heavy menstrual bleeding

Standards

Performance Standards Claimed (You should specify the MAIN performance standards highlighted by this activity which reflects the QUALITY of the evidence presented)

- A 5.1 Identify and prioritise your own learning and development needs
- A 5.3 Make full use of learning and development opportunities
- A 5.7 Apply learning to practice
- B 1.11 Provide information and advice appropriate to the needs of the recipients
- C 2.8 Provide appropriate information and advice on the management of minor and common ailments