

Best Care for Heavy Menstrual Bleeding

Expression of Interest information pack

OFFICIAL

Safer Care Victoria (SCV) is excited to invite health services to participate in the 'Best Care for Heavy Menstrual Bleeding' initiative. This initiative is a part of the 100,000 Lives program which aims to reduce harm and improve health outcomes for at least 100,000 Victorians over five years.

Background

Heavy menstrual bleeding (HMB) is a common health condition affecting 1 in 4 people who menstruate. It is defined as excessive menstrual blood loss which interferes with a person's physical, emotional, social and material quality of life and can occur alone or in combination with other symptoms such as severe pain.¹ While many treatments are available, previous reports highlight the potential inequity of access to timely and evidence-based information and treatment as well as variation in management across the country. HMB is also a condition that continues to be stigmatised, under-recognised, and sometimes left untreated.

What will the initiative accomplish?

The 'Best Care for Heavy Menstrual Bleeding' initiative will take a collaborative, cross-sector approach in partnership with local Victorian teams (hubs) with the aim that by October 2023, Victorians^{*} with HMB attending participating health services, will receive timely, patient centred care in alignment with the [Heavy Menstrual Bleeding Clinical Care Standard](#).

This initiative aims to partner with consumers and professionals across primary, tertiary and community health services with experience and expertise in management of heavy menstrual bleeding to:

- Improve understanding about the management of heavy menstrual bleeding in Victoria from consumer and health provider perspectives.
- Strengthen networks and partnerships to improve systems that support timely transitions between primary, acute and community settings, share knowledge and optimise utility of existing resources and services.
- Build improvement capability within the healthcare sector.

What does participation involve?

The initiative is designed for health services that are committed and ready to accelerate improvements in the management of heavy menstrual bleeding. Participating services across primary, tertiary and community services will be encouraged to form a regional team (hub) and nominate design team members to work closely with Safer Care Victoria to develop a customised quality improvement package for their local area. This will include actionable changes developed for the local area which can then be tested, refined and measured in alignment with the overarching initiative goals. Quality improvement capability will be supported by customised workshops, webinars, coaching and education sessions facilitated by SCV.

¹ Between March-August 2022 SCV conducted initial consultations with GPs, gynaecologist-obstetricians, consumers, community health services and peak bodies. This included public forums and a lived experience survey of >110 respondents.

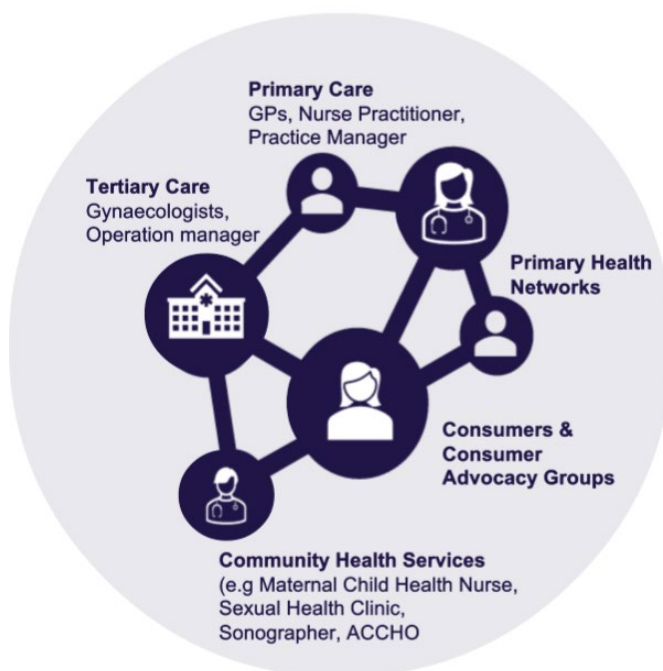
Design Team Involvement:

- Attend key meetings (1:1 monthly check-in's, midway check-point meetings and drop ins)
- Actively participate in workshops and attend capability building webinars
- Support staff and oversee rapid, multiple Plan-Do-Study-Act (PDSA) cycles at their 'hub' to test change ideas identified during workshops or coaching calls and use of improvement science
- Oversee workstream data collection, submission, and reporting
- Identify and lead cross-sector partnerships

Participation is free but requires the support of an executive sponsor and commitment from a multidisciplinary team.

How can my service participate?

Participation in the 'Best Care for Heavy Menstrual Bleeding' initiative provides a unique opportunity for consumers and clinicians from community groups and primary and tertiary health services to learn from and collaborate with health services and people in your local community who provide and receive care for heavy menstrual bleeding in Victoria. Working together across the patient journey is how we can make the greatest impact and share resources and knowledge. Opportunities exist for 2023 CPD points.



Why join the Heavy Menstrual Bleeding Initiative?

- Learn and utilise improvement science to improve patient outcomes
- Improve treatment and care aligning with Heavy Menstrual Bleeding Clinical Care Standards
- Receive individualised and tailored support from the SCV project team to help you build your design team and identify appropriate changes to test at your health service
- Participate in regular individual coaching to help your design team progress and improve patient outcomes
- Participate in interactive workshops and sharing of knowledge across the healthcare sector
- Learn from consumers/clinicians who have personal and/or professional expertise regarding management of heavy menstrual bleeding
- Grow and develop your professional network within the healthcare sector to optimise transitions of care within the patient journey.

What will we expect from you?

Participating organisations are expected to:

- Designate a senior leader as a senior sponsor (i.e. applicable to larger organisations not individual practices) who will:
 - Connect the goals of the initiative to a strategic priority in the organisation
 - Support the team to attend meetings and workshops
- Form your local team
 - SCV understands that resourcing at sites will vary and will work with you to develop what works for your setting
- In our experience, optimal results are achieved when teams can devote at least 2-3 hours per week to the project to:
 - Set and agree goals and activities for the project team
 - Hold regular team meetings (weekly or fortnightly)
 - Commit to test changes using rapid Plan-Do-Study-Act cycles
 - Collect data and review results over time
 - Contribute to webinars, online or in-person workshops, coaching calls, momentum labs, meetings and site visits.

What is the anticipated project timeline?

- The project will run from **November 2022 to October 2023**.
- An online project kickstart session (Action Lab) will be held 8th and 15th November (approx. 5 hours total) to introduce teams to the initiative and prepare them for testing (see Project Charter for details).
- Between November 2022 and October 2023, we will host several group workshops and individual coaching calls to help your team progress. We will work with you to tailor these sessions to your site.

For additional information about project activities, please view the Project Charter or contact a member of the team below.

How can I express my interest in participating?

Please complete the [online form](#) to register your interest. A member of our team will get back to you with more information.

Applications close Monday 10 October 2022.

More information

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