

PERIOD IMPACT SCREENING RESULTS

NOTE FOR YOUR DOCTOR



Dear Doctor/Nurse/Health Professional:

I have completed the PIPPA (Period ImPact and Pain Assessment) screening tool for menstrual disturbance(1).

PIPPA score: _____ (out of 5)

These five questions have been identified as indicators for pain and interference related menstrual disturbance(1,2). Testing in over 1,000 young women showed that only 11% scored 4 or 5 out of 5, and there was a correlation between high PIPPA scores, severe period pain, school absence and secondary dysmenorrhea.

Because of this, the screening tool (PIPPA) suggests I speak with medical professional about my symptoms and discuss further investigations or management options appropriate.

Over the last 6 months, have you:

No Yes

Had regular severe period pain?	<input type="checkbox"/>	<input type="checkbox"/>
Had significant interference to your usual daily activities because of your period?	<input type="checkbox"/>	<input type="checkbox"/>
Experienced bowel or bladder pain?	<input type="checkbox"/>	<input type="checkbox"/>
Regularly missed school or work because of your period pain?	<input type="checkbox"/>	<input type="checkbox"/>
Felt sure there is something wrong with your periods?	<input type="checkbox"/>	<input type="checkbox"/>
Total 'Yes' responses:		<input type="checkbox"/>

PIPPA Score Meaning

Your Score	Description
0	You don't really have any bothersome symptoms with your period. You can still try the self-care suggestions on the website if you are having occasional minor symptoms.
1 or 2	Your symptoms are probably annoying but most likely 'normal'. You should be able to manage any symptoms through the self-care suggestions provided on this website.
3	The self-management strategies suggested on this website will likely help reduce the impact of your symptoms but if they persist or worsen it is recommended you have a discussion with your doctor.
4 or 5	<p>This means your period pain (and other symptoms) have a pretty big impact on your life. Periods should not be this problematic and it is best not to ignore this level of pain.</p> <p>We suggest you make an appointment to speak to your doctor soon. They will be able to investigate further into your pain and symptoms and explore options with you.</p> <p>You should start the self-management suggestions on this website, track your symptoms and report to your doctor what you have tried and what works for you.</p> <p>Steps to take:</p> <ul style="list-style-type: none">● Make an appointment with your doctor● Screenshot your PIPPA score to take to the appointment● Print or download the 'Period impact screening results' to take to your appointment● Print or download the 'Managing period pain and symptoms with your doctor' resource to prepare for and take to your appointment.

You know your health and your body best. **If you are concerned about your periods or pelvic pain, regardless of your PIPPA score, you should see your doctor to discuss your concerns.**

See the information sheet called **Managing period pain and symptoms with your doctor** for ideas on what to discuss with your doctor or health professional.

References

1. Parker MA, Kent AL, Sneddon A, Wang J, Shadbolt B. The menstrual disorder of teenagers (MDOT) study No 2: Period ImPact and Pain Assessment (PIPPA) tool validation in a large population based cross-sectional study of Australian teenagers. JPAG 2022; DOI:<https://doi.org/10.1016/j.jpag.2021.06.003>
2. Parker M, Sneddon A, Arbon P. The menstrual disorder of teenagers (MDOT) study: determining typical menstrual patterns and menstrual disturbance in a large population-based study of Australian teenagers. BJOG 2009; DOI: 10.1111/j.1471-0528.2009.02407.x.