Dear Doctor/Nurse/Health Professional

I have completed the PIPPA (Period Impact and Pain Assessment) screening tool for menstrual disturbance1 and answered ‘yes’ to \_\_\_\_\_ questions, giving me a score of \_\_\_\_\_\_\_ out of 5.

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

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

Scoring for PIPPA is as follows:1

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| --- | --- |
| 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-care 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 | 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. 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.  You should start the self-care suggestions on this website, track your symptoms and report to your doctor what you have tried and what works for you. |

The Primary Health Care pathway for period and pelvic pain is available in the ‘resources’ section of the PIPPA web page (as per below).

Any questions or feedback about the screening can be directed to [Melissa](mailto:Melissa) Parker at the Canberra Endometriosis Centre. Email: [melissa.parker@act.gov.au](mailto:melissa.parker@act.gov.au)

The PIPPA testing and information web page: https://canberrahealthservices/PIPPA

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. Published:June 22, 021DOI:<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.