

Monitoring Chart: Menstrual Cycle

Patient Name	
First	Last

Date of Birth

WHEN TO USE THIS CHART:

To track a woman's period (menstrual cycle) if:

- 1) she is exhibiting behaviours that challenge, and you wonder if it is related to her period.
- 2) her period is causing difficulty for her or her caregivers (eg, it is unpredictable and hard to plan for, very heavy flow, painful, etc.)

WHAT SHOULD YOU DO WITH INFORMATION IN THIS CHART?

Bring it to the family physician for review.

Example	1	2	3	4	5	6	7	8	9
<i>April</i>	<i>XL</i>	<i>XL</i>	<i>XL</i>	<i>XL</i>	<i>XL</i>				
<i>2019</i>	<i>BP</i>	<i>BP</i>	<i>BP</i>	<i>BP</i>	<i>BP</i>				

INSTRUCTIONS:

Place an **X** on days of menstruation/vaginal bleeding (include 'spotting' in between period)

- 1) Record flow.
- 2) Record (**B**) if behaviour.
- 3) Record (**P**) if pain observed or expressed.
- 4) Record (*****) if medications given for pain or discomfort.

Record flow:

- L** = Light flow;
- N** = Normal flow;
- H** = Heavy flow

Record behaviour:

- B** = Behaviours noted
- P** = Pain observed or expressed;
- *** = Medication given for pain or discomfort

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Year																															
Month																															

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Year																															
Month																															

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Year																															
Month																															

To capture in-depth information about the behaviour, consider using an ABC (antecedent-behaviour-consequence) chart. This can also be shown to the family physician or reviewed with a Behaviour Therapist.

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HOW DO WE KNOW ABOUT FLOW LEVELS?

The following is a visual guide of what might be visible on a brief or pad, or in a tampon to help give an idea.

L = Light Flow



N = Normal Flow



H = Heavy Flow



Adapted from: *Period Blood Loss Chart* by Cole, H. at patient.info.
Available at: <https://patient.info/news-and-features/period-blood-loss-chart>

WHAT INFORMATION SHOULD BE TRACKED FOR BEHAVIOURS (B)?

- Mark a **B** on days when you've observed behaviours that challenge or target behaviours you are monitoring.

ASSESSING MENSTRUAL PAIN:

Ask about pain, but also look for signs that the person is in pain (**P**) or discomfort.

- See the Pain tool page on the Surrey Place Developmental Disabilities Primary Care Program website for more information. Suggested pain tools are:
 - Chronic Pain Scale for Nonverbal Adults With Intellectual Disabilities (CPS-NAID), available from the Centre for Pediatric Pain Research, Dalhousie University, Nova Scotia, Canada
 - Disability Distress Assessment Tool (DisDAT), by Northumberland Tyne & Wear NHS Trust and St. Oswald's Hospice, United Kingdom
- If you think a woman is experiencing pain, mark a **P** on the chart.

WHAT INFORMATION SHOULD BE TRACKED FOR MEDICATION?

- You may already record medication on a MAR (Medication Administration Record). If that is the case, bring the MAR sheet to any doctor's appointments, so it can be compared with this monitoring chart.
- If you don't use a MAR to track when medication is given for pain or discomfort, or you would like to track here, mark with a ***** when medication is given 'as needed' or "PRN" for menstrual pain.
- You can give more details in the notes section. For example, if medication seemed helpful or not.