

Monitoring Chart: Menstrual Cycle

Patient Name

First	Last
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Date of Birth

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WHEN TO USE THIS CHART:

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

1. She is exhibiting distressing behaviors, and you wonder if they are related to her period.
2. Her period is causing difficulty for her or her family/support persons (e.g., 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 health care clinician for review.

Example April 2019	1	2	3	4	5	6	7	8	9
	XL BP	XL BP	XL BP	XL BP	XL BP				

INSTRUCTIONS:

Place an **X** on days of menstruation/vaginal bleeding (include ‘spotting’ in between periods)

1. Record flow.
2. Record (**B**) if distressing behaviors are occurring.
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 behavior:

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

Year	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	
Month																																

Year	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
Month																															

Year	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
Month																															

Year	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
Month																															

To capture in-depth information about distressing behaviors, consider using an ABC (antecedent-behavior-consequence) chart. This can also be shown to the clinician or reviewed with a behavior 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 BEHAVIOR ISSUES (B)?

Mark a **B** on days when you've observed distressing behaviors or target behaviors 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 Assessment tool on the Pain tool page. Other 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 the individual 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 doctors 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.

This document complements "Primary care of adults with intellectual and developmental disabilities: 2018 Canadian consensus guidelines", published in *Canadian Family Physician*, Volume 64(4): April 2018, p254-279.

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