

- ❖ Imagine you are a young person in hospital, and you start your first period, how do you feel?
- ❖ It is well known that having an operation can bring on a period.
- ❖ The hospital can't help you - there are no period products routinely stocked.
- ❖ You can't use your hands well because of your disability, so you can't manage your period

## These things happen in our hospitals regularly.

### PLASTIC WASTE

The average person who has periods will use **11,000** disposable period products in their lifetime.

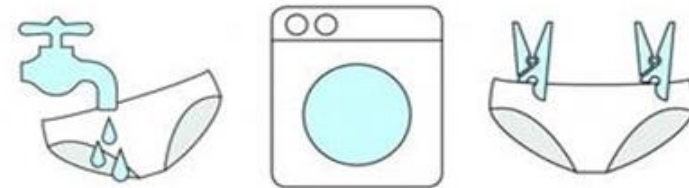


Many products are 90% plastic, wrapped in plastic and containing chemicals which are bad for health and environment. Plastic does not disappear when disposed of but breaks into microplastics and is a huge source of ocean pollution.



**GOSH Climate and Health  
Emergency declaration  
Protecting our planet  
for our patients**

Occupational therapists were issuing period pants to support independence as anyone who can put on pants, can then manage their period.



- Period pants are reusable, can be washed and worn again and last over 3 years, with huge financial savings over disposables.
- Period poverty is now affecting over 1 million people in the UK.
- Environmentally using reusables means a large reduction to plastic waste heading to our oceans



## Information is power!

**An information leaflet** was drawn up to support our patients and staff with up-to-date information that is inclusive of people with disabilities who cannot use traditional products to enable independence, and for individuals who may prefer period pants that come in the style of boxers. This is now on GOSH internet pages.

**Using the pre-admission checklist on EPIC**, children over 8 years old are asked about their periods, told about anaesthetics unexpectedly inducing periods and directed to the website for information about sustainable products.

**A questionnaire** was put together available via QR code for feedback from young people and carers after using the pants with some great feedback.

#### References

1. [Menstrual cup use, leakage, acceptability, safety and availability: a systematic review and meta-analysis](https://doi.org/10.1016/S2468-2667(19)30111-2) : The Lancet Vol 4, Issue 8 August 01, 2019 E376-E393 Anna Maria van Eijk, Garazi Zulaika, Madeline Lenchner, Linda Mason, Muthusamy Sivakami, Elizabeth Nyothach et al. Open Access: **THE LANCET, Public Health** DOI: [https://doi.org/10.1016/S2468-2667\(19\)30111-2](https://doi.org/10.1016/S2468-2667(19)30111-2)
2. <https://www.actionaid.org.uk/blog/2022/05/18/period-poverty-statistics-around-world>
3. <https://www.bloodygoodperiod.com/>

## Conclusion

It is essential that our care is inclusive to all; this is a great example of using the triple bottom line of sustainable quality improvement to ensure inclusive affordable and environmentally friendly options are available to all.

It's a complete game changer! She is independent now.

I feel so good not having to ask my Mum to help.

I thought they would be horrible but they are really comfortable!