

Pictorial Blood Assessment Chart (PBAC) consta intr-o serie de diagrame ce reprezinta gradul de „incarcare” al tamponanelor.

Fiecare coloana reprezinta ziua lunii. Se numara tampoanele interne sau externe utilizate in fiecare zi, se calculeaza scorul la sfarsitul fiecărei zi si apoi pe fiecare luna.


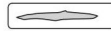




Se va marca fiecare tampon intern sau extern schimbat precum si cheagurile de sange daca sunt prezente.

Sangerarile intermenstruale care necesita protectie se vor marca in functie de metoda folosita.


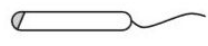
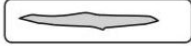



Daca este nevoie de dubla protectie se vor marca ambele metode folosite (atat la tampon intern cat si la tampon extern) daca au fost patate.

Sangerare abundenta care pateaza lenjeria intima/hainele se va marca in coloana corespunzatoare.

Luna:

| Data | Tampon extern | | | Tampon intern | | | Cheaguri | | Patare | Scor |
|------|---|--|---|---|---|---|-----------------|-----------------|--------|------|
| |  1 punct |  5 puncte |  20 puncte |  1 pct |  5 pct |  20 pct | 10 bani 1pct | 50 bani 5pct | | |
| 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 | | | | | | | | | | |
| | | | | | | | | | Total | |

Punctaj

| Tampon extern | Tampon intern | Puncte |
|---|---|--------|
|  |  | 1 |
|  |  | 5 |
|  |  | 20 |
| Cheaguri/Sangerare abundenta | Cheag cat o moneda de 10 bani – 1 punct Cheag cat o moneda de 50 bani – 5 puncte | |
| Patare | 5 punct pentru fiecare episod | |