**PAPER NUMBER #75**

**Development of a multidisciplinary lifestyle clinic for women with polycystic ovary syndrome**

**Presenting Author**

Siew Lim

**Affiliation**

Monash Centre for Health Research and Implementation, Monash University, Clayton, Victoria 3168

**Country of residence**

Australia

**Objectives/aims**

Polycystic ovary syndrome (PCOS) is a common endocrine disorder affecting 4 to 18 % women of reproductive age. PCOS is associated with reproductive (menstrual irregularity, infertility and pregnancy complications), metabolic (metabolic syndrome, type 2 diabetes and cardiovascular disease) and psychological (anxiety and depression) co-morbidities. Its heterogeneity of presentation requires multi-disciplinary team in its management. Due to the impact of obesity and insulin resistance on its symptoms, lifestyle and weight management play a central role in its management. This paper describes the protocol for the development and evaluation of a multidisciplinary lifestyle clinic for this population.

**Methods**

The development of the clinic follows the Monash Centre for Health Research and Implementation Knowledge to Action cycle. It starts with evidence synthesis based on studies conducted in women with PCOS polycystic ovary syndrome or women of reproductive age. This was followed by consultations with clinicians and service managers who will be running the clinic to determine the feasibility and logistical issues on the implementation of the service. Interviews will be conducted with general practitioners to describe issues surrounding their engagement and referral to this service. Surveys and focus groups will be conducted with the consumers (women with polycystic ovary syndrome) to evaluate the service.

**Main findings**

Evidence synthesis revealed that lifestyle intervention could result in significant weight loss in women with PCOS, with a wide range of effectiveness and attrition (weight loss: 0-14%; attrition: 0-76%). One implementation study was conducted. Consultation and co-design with the clinicians and service managers resulted in a model that consists of one group session on general management of PCOS, 2 group sessions on lifestyle management, endocrinologist sessions, and further referral to additional services including laser therapy and community dietetic consultations as necessary. Evaluation for this service is underway.