



Overcome with Polycystic Ovarian Syndrome (PCOS): A Nurse-led Support

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Polycystic ovary syndrome (PCOS) is a hormone disorder defined by a group of signs and symptoms that affects the women of childbearing age. Globally it affects approximately 8–13% of women of childbearing age, and up to 70% of cases are undiagnosed. PCOS is the commonest cause of anovulation and one of the leading causes of infertility. PCOS is associated with a variety of long-term health conditions that affect physical and mental health. Although PCOS occurs within families, it is more common in some ethnic groups, and these groups tend to have more complications, especially those related to metabolic problems.

PCOS may lead to a variety of physical symptoms such as unpredictable or absent periods, acne or oily skin, excessive hair on the face or body, hair thinning, weight gain, especially around the belly. It may also cause anxiety, depression and a negative body image. Sometimes it may lead to social stigma due to infertility, obesity and unwanted hair growth. This can affect relationships, family, work and involvement in the community.

One of the most important aspects of managing PCOS is taking care of yourself. Eating a healthy diet, exercising regularly, reducing stress, and getting enough sleep help control your hormones, manage your insulin resistance and keep your weight in check. Regular self-tracking, such as tracking your period and symptoms, helps you understand your body better. Taking mindful self-care gives you the tools to make better decisions, improve your emotional health, and improve your quality of life as you navigate the ups and downs of PCOS.

It has been argued that health care providers should regularly assess the mental health of women with polycystic ovary syndrome and that nurses can help women adjust to the condition through education and support.

Nurse-Led support in PCOS

There is limited research conducted on the role of social support in the management of PCOS, however, its positive effects in other women's health conditions has been demonstrated to be beneficial. For instance, social support has been shown to facilitate pregnancy outcomes, as well as to be a factor in the coping and emotional distress experienced by those who are involuntarily childless. Social support has been positively associated with the long-term management of disease, particularly diabetes and dietary changes, and has been shown to improve the perception of self-control and self-empowerment when it comes to weight management. Social support can be derived from a variety of sources, such as friends, family, peer support, one-on-one support, or group support, whether led by healthcare professionals or not. Studies have shown that participation in group based social support has been associated with an increase in knowledge and psychological functioning for type 2 diabetes, as well as an increase in psychosocial well-being for those with cancer. It is likely that various types of support, including professional and peer-led support groups, as well as directive and patient-centered support, can provide different forms of social support.

A study suggests that nurses may be able to provide education and support to women with PCOS in order to facilitate their adjustment to the condition. Nurses may be well-equipped to offer psychosocial support to PCOS patients, either individually or in a group setting. The development of skills in facilitating support groups could be a useful part of nursing education for PCOS patients. According to research, healthcare professionals working with patients with PCOS should consider setting up peer support groups to reduce distress and to encourage self-management activities, such as lifestyle modifications. Groups should be tailored to meet the needs and expectations of the patients and should be evaluated on a regular basis.