

3<sup>rd</sup> World Congress on

# POLYCYSTIC OVARIAN SYNDROME

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## Implementation of multidisciplinary model of care for PCOS in government health system in India: NIRRH initiative

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Polycystic ovary syndrome (PCOS) is an emerging national concern in India. In our community based study, prevalence of PCOS among adolescent girls was 22.5%. If untreated, these women are at increased risk for infertility, diabetes, hypertension, and endometrial cancer. There is lack of knowledge of long term implications of PCOS. Since PCOS starts with puberty and ends with menopause, it needs life course multidisciplinary management. National Institute for Research in Reproductive Health (NIRRH) is a premier research Institute of Indian Council of Medical Research (ICMR) with a multidisciplinary team conducting research in clinical, epidemiological, basic and genetic aspects of PCOS. 60% of women referred at our infertility clinic have PCOS. Approximately 300 women with PCOS (adolescent and infertile) are treated annually. 55% are obese requiring lifestyle management, 70% have waist hip ratio more than 0.8, 12% have biochemical hyperandrogenemia and 6% impaired glucose tolerance. Recognizing that PCOS needs a holistic care for lifestyle management, cosmetic and psychological issues, NIRRH has developed this model of Multidisciplinary PCOS Clinic, first of its kind in India in a government health research institute. A multidisciplinary team of Counsellor, Infertility Specialist, Dermatologist, Psychiatrist, Nutritionist and Yoga expert provide holistic management. Ultrasound, biochemical, hormonal and clinical data is maintained, and different cohorts followed. Women also participate in various research projects. Community awareness activities are undertaken in schools and colleges. Implementation process of this model will be discussed in detail. NIRRH has 31 field units in leading medical colleges across India where this model will be replicated.

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