

18th International Conference on
Gynecology, Obstetrics and Womens Health
& 14th International Conference on Womens Health and Cancer Cure

June 13-14, 2024 | Webinar

How do women with PCOS and endometriosis experience healthcare professional's advice about exercise compared to controls? A mixed methods analysis

Kiara Roscio

Flinders University, South Australia

Women with Polycystic Ovarian Syndrome (PCOS) and Endometriosis experience various and challenging psychological and physical health outcomes. These may include depression, anxiety, insulin resistance, infertility, pain, dysmenorrhea, dyspareunia, fatigue, abnormal bleeding, and chronic pelvic pain. Women with PCOS and Endometriosis commonly receive care from a range of medical professionals to manage symptoms, including general practitioners, endocrinologists, obstetricians, and gynaecologists. Currently, there are International Guidelines for the Management of PCOS (2023), but none for Endometriosis.

The available guidelines for PCOS include very low-quality evidence for exercise interventions. For Endometriosis, even less guidance in published literature is available.

Although exercise is potentially beneficial in both conditions, women with PCOS and Endometriosis report receiving limited advice about the specifics of exercise for their condition (Teede et al. 2023, NICE 2024). Available evidence encourages multidisciplinary care to address all facets of each condition, considering the wide range of associated symptoms which need to be accounted when prescribing exercise. With delayed diagnosis and poor satisfaction with inconsistent

care, multi-disciplinary care is increasingly required to achieve improvements in health-related outcomes (Teede et al 2023 p.88), and further research to include appropriate pain-specific parameters (Ensari et al 2022).

To evaluate the experiences women with PCOS and Endometriosis have had with healthcare professionals and the impact on treatment and symptom outcome, this research is comprised of two parts. Part A: online survey, and Part B: semi-structured interview. From the results, it may be possible to design an intervention to improve the experiences and health outcomes for women with PCOS, Endometriosis, and women in general.

Biography

Kiara has over six years of clinical expertise as an Accredited Exercise Physiologist working in women's health. Kiara is a lecturer at Flinders University and has participated as the co-investigator and clinician in a Q1 study published in 2022. Most recently, Kiara has pursued her Master of Health and Clinical Research with the intention to upgrade to PhD. Her research is focused on improving the clinical care and outcomes for women with PCOS and Endometriosis. The focus of her research is driven by the impact of the gender data gap and the difficulty for clinicians to effectively work with and provide evidence-based treatment and recommendations to women with PCOS and Endometriosis.