

18th World Congress on Clinical Nursing & Practice

September 21-22, 2018 | Prague, Czech Republic

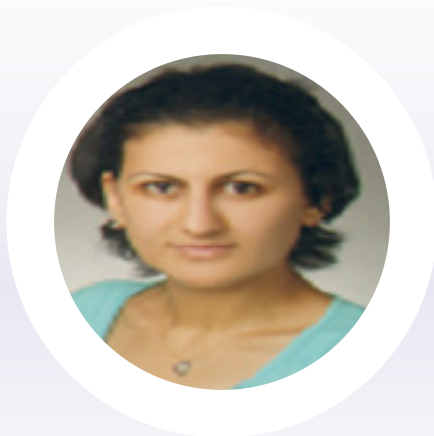
Evidence-based approach to polycystic ovary syndrome

Polycystic ovary syndrome (PCOS) is the most common endocrine disorder in women of reproductive age. Prevalence of the syndrome is reported as about 6-8%. PCOS is usually beginning from the peripubertal menstrual irregularities (Oligo-amenorrhea, dysfunctional uterine bleeding), hyperandrogenism findings (hirsutism, acne, skin lubrication and androgenic alopecia) and infertility is encountered with long-term health risks like diabetes, dyslipidemia, cardiovascular disease, and endometrial carcinoma. The incidence of obesity in the PCOS is reported as 40-60% women with PCOS are not only threatened with clinical aspects of the disease and long-term medical complications, but also women are also injured. The shame, the lack of competence, the embarrassment of physical drive, and the embarrassment of a possible deviation from true femininity make them feel abnormal about giving birth to them. In women with PCOS, changes in physical and aesthetic standards (hirsutism, obesity, acne, baldness) and imbalance of sexual hormones often affect their sexual life negatively by affecting their self-confidence and their feminine identity. The purpose of the PCOS is to provide a holistic care service that covers the physical, psychological, social, emotional, spiritual and sexual needs of nurses and health professionals. In order to provide this service, nurses should have knowledge about the clinical features of women with PCOS and the health problems caused by the disease, to improve the quality of life of women, to control the risk factors, to perform counseling, trainer and case manager roles in maintaining health. In fulfilling these roles of nurses, having knowledge about the feelings of women with PCOS, the problems they face in their daily lives and how the problems affect their lives will help them manage the case better and provide a more comprehensive counseling service. The aim of this study was to describe evidence-based guidelines for the management of the disease in women with polycystic ovarian syndrome.

Biography

Gulfer Dogan Pekince is an Instructor at Adnan Menderes University with experience of 12 years. She is a PhD student in Women's Health and Disease Nursing at Ege University, since 2013. Her interested issues include: nursing of women's health and diseases, gynecological oncology nursing, nursing education, nursing care, evidence-based nursing practices, contraception methods, polycystic ovary syndrome, and gender equality.

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