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Effectiveness of diet and exercise program in the clinical features of Polycystic Ovarian Syndrome among adolescents

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Polycystic ovarian syndrome (PCOS) is one of the most common reproductive endocrinological disorders with a broad spectrum of clinical manifestations affecting about 5-10% of women of reproductive years. It can be very difficult to diagnose PCOS in teenage girls as they often experience irregular or absent menses and acne. The aim of the current study was of 2 folds to 1) raise awareness of the diagnosed adolescents regarding PCOS, and 2) evaluate the effectiveness of diet and exercise program in improving the clinical features of PCOS. Subjects and methods: A quasi-experimental design one group "pre/post-test" was utilized to achieve the aim of the current study. A total of 33 adolescent girls were recruited according to certain criteria, diagnosed by PCOS with age range 17-21 years from Cairo University colleges. Three tools were utilized to collect data; 1) Lifestyle Assessment Questionnaire, 2) Knowledge assessment questionnaire, and 3) Follow Up Sheet for Assessing PCOS Improvement. Findings revealed that The total mean of knowledge score was 17.61 ± 11.05 in the pretest as compared to 68.87 ± 10.55 in posttest, which indicated an improvement in knowledge level. In addition to, there was an improvement in the clinical features of PCOS among the adolescents with PCOS during six months of follow up visits after receiving the education program. It was concluded that diet and exercise educational program had a positive effect on their knowledge and in reducing clinical features of PCOS. It was recommended that early diagnosis and treatment of PCO in adolescents are essential to reduce the long-term health complications associated with PCOS.

Biography

Sahar Mansour Ibrahim, lecturer of maternal and newborn Health Nursing, Faculty of Nursing, Cairo University. Completed master thesis under the title of "screening of cervical cell changes (dysplasia) among hormonal contraceptive user at El-Manial University Hospital" and doctorate thesis under the title of "Screening Adolescents for Polycystic Ovarian Syndrome and Evaluating Effectiveness of Diet and Exercise Program in the clinical features". Acting as a member establishing an internal quality assurance system project in the Faculty of nursing at Cairo University. Participate in preparation of workshop, symposium, and conferences in the department and faculty.

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