



The development of a structured education programme to improve cardiovascular risk in women with Polycystic Ovary Syndrome; the **SUCCESS** study (NCT01462864)

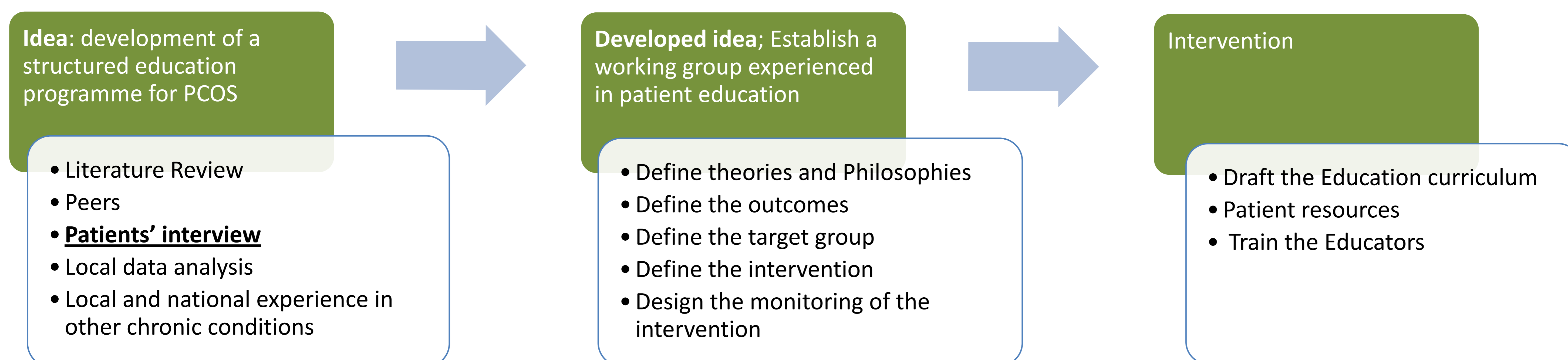
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Background

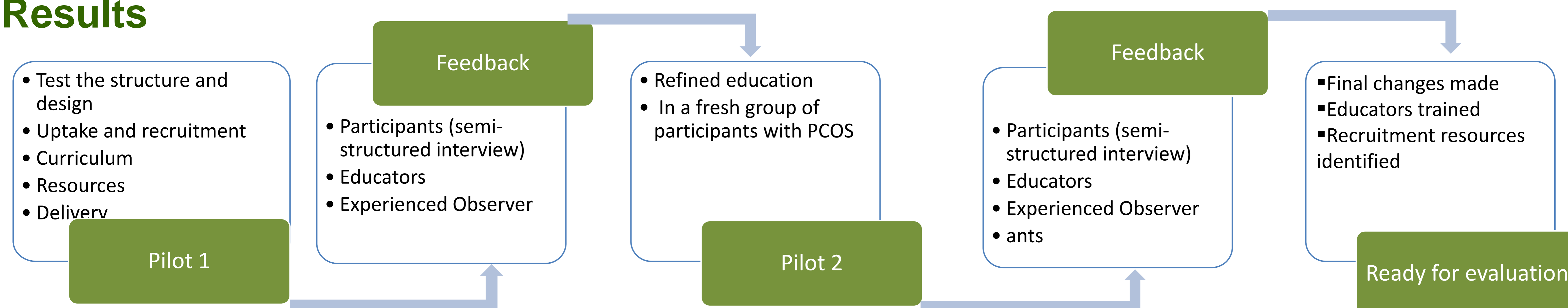
- PCOS which is the most common endocrine problem in reproductive age women potentially increases the risk of type 2 diabetes, cardiovascular diseases, and mental health issues. Lifestyle intervention is the first line of treatment for women with PCOS, however evidence for structured patient education in PCOS is lacking.
- There is evidence that structured education programmes improve illness perception, quality of life and the metabolic profile in other chronic conditions.
- We aimed to use an iterative cycle of research to develop a pragmatic educational intervention tailored for the needs of women with PCOS in line with the Medical Research Council's framework for developing and evaluating complex interventions (Craig 2008)

Methods



Patients' interview A semi-structured topic guide was used to assess their need and views on the education programme and its design and content

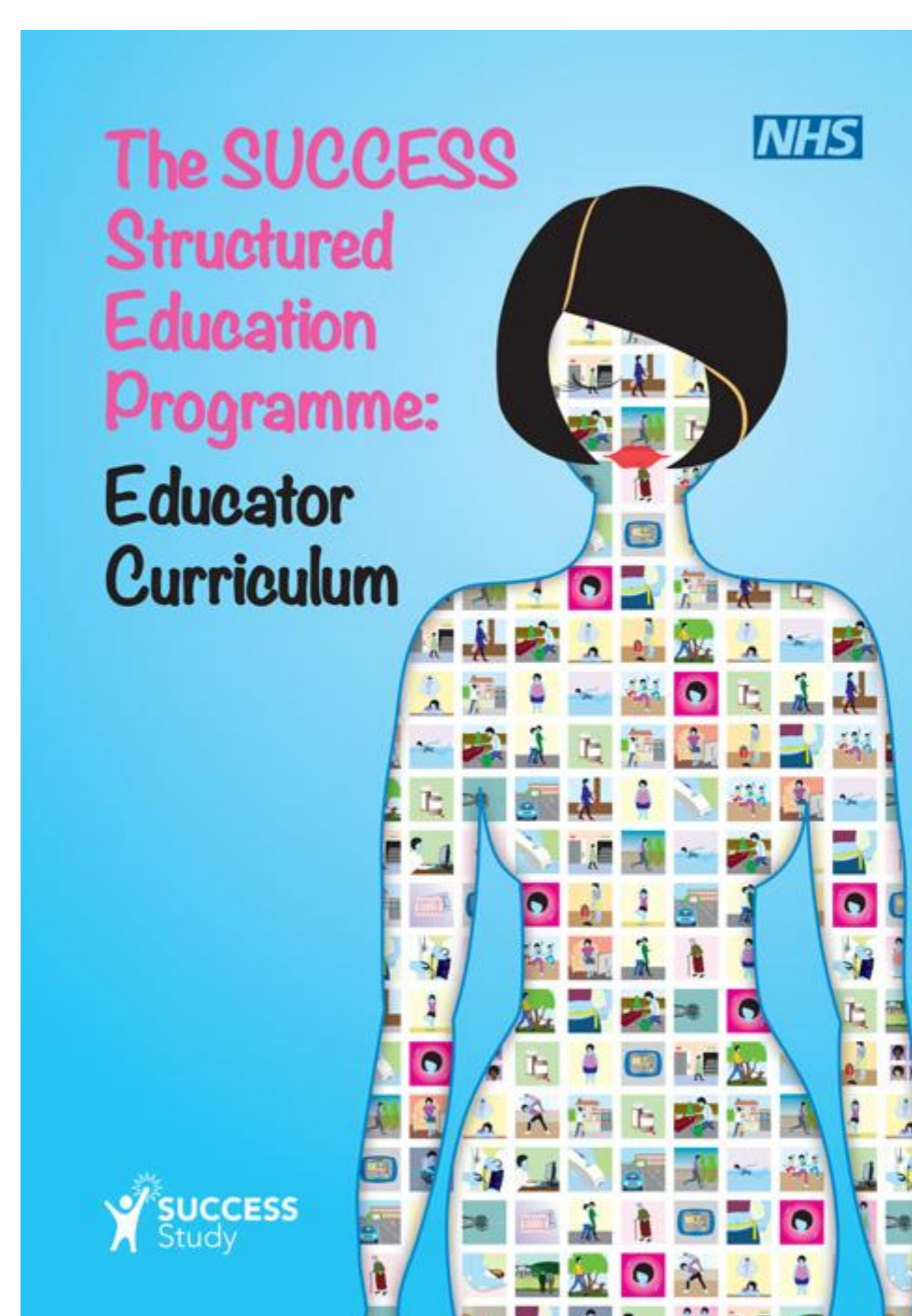
Results



This pilot work has resulted in a randomised Controlled trial to test its feasibility and efficacy; "*Structured education programme to improve cardiovascular risk in women with polycystic ovary syndrome; SUCCESS study* (NCT01462864)"

Conclusion

Women with PCOS are at increased risk of diabetes, cardiovascular and mental health issues and need an early lifestyle intervention. A successful outcome of our research programme will be a milestone in treatment of this condition and improving patient care especially in primary care.



The topics and timings of the SUCCESS education programme

F1 Format: To be delivered over one day

Part:	Duration	Total
Part 1:		
A: Introduction and Housekeeping	10 mins	10 mins
B: Your PCOS Story	20 mins	30 mins
C: PCOS Story 1: Understanding PCOS	45 mins	1hr 15 mins
Break	15 mins	1hr 30 mins
D: Physical Activity	45 mins	2 hr 15 mins
E: Reflections so Far	05 mins	2 hr 20 mins
Lunch	30 mins	2 hr 50 mins
Part 2:		
F: Reflections 2 (Optional in F1)	5 mins	2 hr 55 mins
G: PCOS Story 2: Long Term Health Risks of PCOS and Treatment Options	45 mins	3 hr 40 mins
H: Weight Management	40 mins	4 hr 20 mins
Break	10 mins	4 hr 30 mins
J: PCOS Self management Plan	30 mins	5 hr
K: Burning Questions	5 mins	5 hr 05 mins
Break	10 mins	5 hr 15 mins
Part 3: Balancing Life and PCOS?		
L: Introduction to Part 3: Balancing Life and PCOS	5 mins	5 hr 20 mins
M: Your thoughts and Feelings about PCOS	20 mins	5 hr 40 mins
N: Other stresses and Pressures in our Lives	20 mins	6 hr
Break	10 mins	6 hr 10 mins
O: Your relationship with PCOS	25 mins	6 hr 35 mins
P: Developing Strategies for Living with PCOS	20 mins	6 hr 55 mins
Q: Next steps for self managing your PCOS	10 mins	7 hr 05 mins