

# 6<sup>th</sup> Annual Congress on **POLYCYSTIC OVARIAN SYNDROME AND FERTILITY**

February 21, 2023 | Webinar

## Polycystic ovary syndrome - PCOS

**Zuzanna Kozielska**  
Germany

PCOS is one of the causes of infertility referred to as 'inability to get pregnant' or 'inability to have a baby'. The fundamental problem is the lack of ovulation, which is associated with a number of coexisting abnormalities. Diagnosis is directed at detecting the causes of PCOS: endocrine disorders and their causative factors, for example prolactinoma, disorders occurring on the pituitary-hypothalamic-ovarian axis, disorders of the carbohydrate metabolism; imaging (ultrasonography, X-ray of the Turkish saddle), a general examination and anthropometric measurements; taking a medical history and performing a gynaecological examination.

In the ultrasonographic picture of PCOS, the ovaries are clearly marked, with characteristically peripherally arranged follicles; examination of the insulin-glucose relationship shows a tendency towards insulin resistance; the endocrine picture may be dominated by an abnormal relation of folliculotropin and lutropin, high levels of prolactin, and abnormal secretion of androstendione.

From the history and medical examination, the most common findings are menstrual disorders (amenorrhea, hypomenorrhoea, oligomenorrhoea), non-ovulatory cycles, hirsutism, the presence of skin acne, and mood swings.

### Project.

The role of the midwife in working with the PCOS patient.

1. familiarise themselves with the patient's medical history and take a nursing history.
2. liaising with the patient and, with the patient's consent, with her family.

Location: home, patient's home; clinic or midwife's office.

Funding: from public subsidy or private consultation.

Time: meetings held at the initial stage 1x a week for 3 consecutive months, then as indicated. Meetings tailored to the patient's needs. Consultation of 1 hour.

Working tools: scale, centimetre, nutritional tables, computer, menstrual cycle charts, Beck depression scale, mattress, exercise ball.

Methods of working with a patient conversation,

chat (expectations of the patient?); general examination; measuring the patient's weight, girth, height; recording of patient's examination results with analysis: analysis of laboratory tests

monitoring ovulation: Natural family planning + symptoms; ovulation test; ultrasonography; gymnastics.

### Biography

Zuzanna Kozielska is a registered nurse and a licensed midwife and have been working in the midwifery profession for over seventeen years. She is looking for new career prospects in the medical field consistent with her qualifications.

[zuz.kozielska@gmail.com](mailto:zuz.kozielska@gmail.com)