Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice with an emphasis as a Family Nurse Practitioner

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Evaluation of Lifestyle Modification Program for Polycystic Ovary Syndrome in Infertile Women

Date: November 19, 2021
Time: 11:30am
Location: Remote

Abstract

Problem: Polycystic Ovary Syndrome (PCOS) affects a large proportion of the female population worldwide. PCOS can have a wide variety of health implications for the woman including difficulty achieving pregnancy.

Methods: A retrospective chart review of 368 patient records were assessed for inclusion criteria yielding 163 patients with PCOS suffering from infertility. Demographic and health data were gathered for each patient to provide a baseline comparison between the first two quarters of 2019 and the first two quarters of 2020.

Results: The results of the study were mixed. Patients who lost weight did have a higher positive pregnancy rate. However, as a byproduct of the study it was found that the Health and Wellness program is being underutilized and is using only a single modality for treatment. The clinic is losing patients due to a lack of follow-up and there are communications disconnect between the Health and Wellness program and the clinic.

Implications for Practice: The study has shown that weight loss does help improve positive pregnancy rates. The study also identified some areas of improvement that needs to be addressed in the Health and Wellness program. Implementing a more well-rounded and holistic program by adding components to address physical activity, stress reduction, and mental and physical health oversight would transform the Health and Wellness program into a true lifestyle modification program.

Defense of Dissertation Committee
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