

Introduction

- Obstetrics and Gynaecology trainees are integral to the adolescent polycystic ovarian syndrome (PCOS) care team.
- The ESHRE 2018 PCOS guideline¹ outlines clear diagnostic criteria and management for the condition.
- Lack of knowledge of this guideline amongst clinicians may lead to inaccurate diagnosis and patients failing to benefit from early optimisation of the condition’s metabolic, reproductive and psychological sequelae.
- This survey assessed knowledge and application of the guideline amongst obstetrics and gynaecology trainees in a UK NHS deanery.

Methods

The ESHRE 2018 PCOS guideline¹ was used to produce an anonymous qualitative and quantitative survey subsequently completed by 25 Obstetrics and Gynaecology trainees in the East of England deanery.

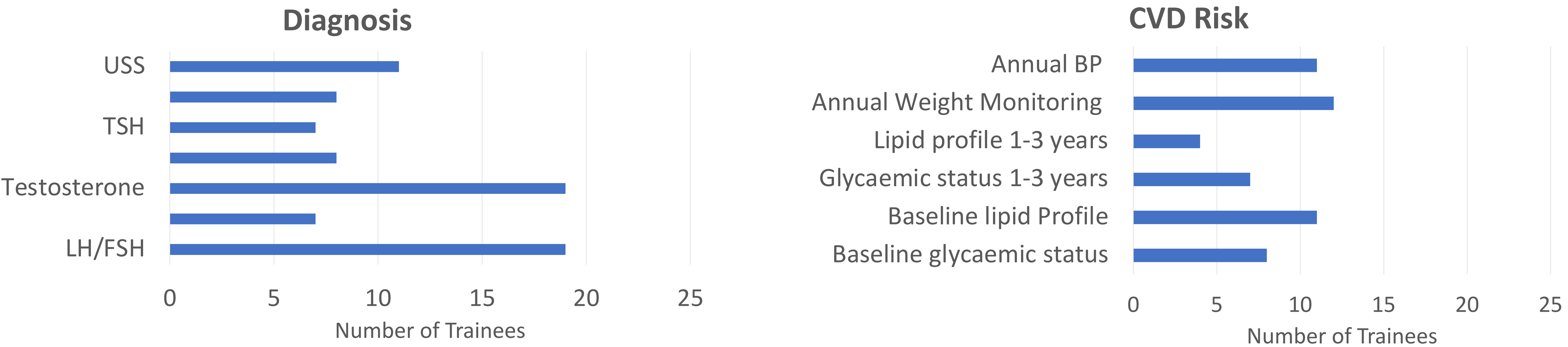
Results

- 68% of trainees aware of guideline
- 52% of trainees aware of the ESHRE PCOS diagnostic criteria
- 100% of trainees felt they would benefit from a teaching session on adolescent PCOS

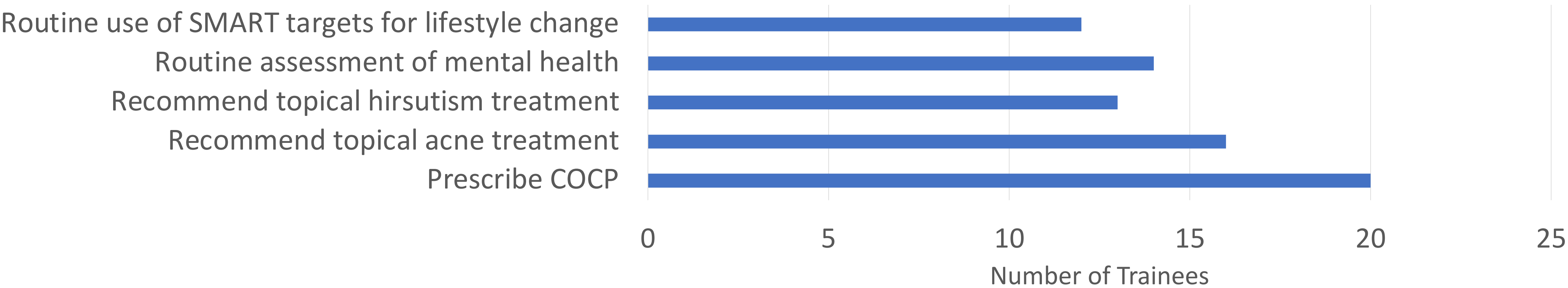
Trainees able to correctly to identify:

Irregular menstrual cycles according to menarche	56%
‘At risk of PCOS’ definition	4%
Age of Reproductive Maturity	12%

Investigations Trainees would Request to Assess:



Trainees confident to conduct:



Conclusion and Recommendations

Knowledge of the ESHRE guideline amongst trainees could be improved. Required areas of focus highlighted include:

- Training on diagnostic criteria for: irregular cycles, at risk of PCOS, PCOS
- Training and proformas to standardise investigations requested for diagnosis and assessment of cardiovascular risk
- Support and training to increase trainee confidence in implementing management plans in adolescents with PCOS

We will run deanery-wide teaching, comparing knowledge before and after the session. If successful in improving knowledge on adolescent PCOS, similar teaching could be encouraged nationwide.

REFERENCES
1) Teede, H., Misso, M., Costello, M., Dokras, A., Laven, J., Moran, L., Piltonen, T. and Norman, R.J., 2018. International evidence-based guideline for the assessment and management of polycystic ovary syndrome, 2018. Available at: monash.edu/medicine/sphpm/mchri/pcos.