



Evidence-based nursing in weight control in patients with polycystic ovary syndrome

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Abstract

Introduction: Polycystic ovary syndrome is the most common endocrine disorder among reproductive-age women with anovulation, hirsutism, hyperandrogenism, impaired glucose tolerance, insulin resistance and obesity of its features. Weight management as the first line treatment for these patients is discussed.

Methods: We searched the site including: PUBMED, COCHRANE LIBRARY, AMED, Iranmedex, Google Scholar, Magiran by keyword PCO and the weight of evidence obtained:

Results: According to a study by Thompson et al (2009) weight loss by improving ovulation and endocrine parameters, increase productivity and confidence, as well. In this study, weight loss in obese women infertile as the first treatment suggested. The results Palvmba and colleagues (2010) showed that in obese patients with polycystic ovary syndrome resistant to clomiphene citrate, diet restriction with exercise leads to an increase in drug response and recovery is ovulating. Results of the studies showed a reduction of 5 to 10% of body weight with dietary restrictions can be insulin resistance, hyperandrogenism, menstrual disorders and improve fertility.

Conclusion: The optimal treatment strategy is for lifestyle overweight or obese patients with polycystic ovary syndrome. Gold standard of evidence-based nursing guidelines to provide the best of care, clinical experience, expertise, community standards, and values are valid research evidence and the views of patients. Therefore, weight loss, reducing the effects of the syndrome, according to the principles of evidence-based positive effects.

Key words: polycystic ovary syndrome, weight loss, obesity