Evaluating the implementation of a pilot polycystic ovary syndrome clinic in the Torres Strait
Grace Hollands¹ Sarah Beck² Gaynor Hampel² Marissa Arnot² Deena Case² Louise Browne³ Jacqueline Boyle¹
1 Monash University 2 Thursday Island Primary Health Centre 3 Jean Hailes for Women’s Health

Background
- Polycystic ovary syndrome (PCOS) is very common among Aboriginal and Torres Strait Islander women
- Aboriginal and Torres Strait Islander women are already at higher risk of chronic disease
- A Thursday Island pilot clinic was developed which aimed to provide a comprehensive evidence-based service for women with PCOS throughout the Torres Strait

Objectives and Methods
Conduct a 12 month process evaluation of the program and assess the ability to provide care according to evidence based guidelines
Mixed methods
- Audit of clinic medical records (11 clinics, n=36 women)
- Semi-structured interviews with clinic staff (n=8 clinicians)
- Focus groups with women attending the clinic (n=8 women)

Results
75% of the women identified as Torres Strait Islander
14% of the women identified as Aboriginal and Torres Strait Islander
A high base-line rate of cardiometabolic risk factors was found with 97% of women overweight or obese.

Guideline | %
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Diagnosis | 89
Cardiometabolic screening | 89
Cardiometabolic screening incl. OGTT | 55
Emotional screening | 100
Lifestyle management | 89
Infertility management | 100

Table 1 Fidelity to evidence based guideline

33% of women have an outstanding Oral Glucose Tolerance Test (OGTT)
47% of women had abnormal emotional screening. 6 of these women were likely to have a moderate – severe mental disorder based on k10 assessment. However, only 1 woman received a referral to mental health services.

Conclusion
The pilot clinic maintained a high degree of fidelity to the evidence based guideline
There appears to be huge unmet mental health needs of the women
The long term impact of the program is yet to be determined in terms of long term health outcome change

References
4. Evidence-based guideline for the assessment and management of polycystic ovary syndrome. Jean Hailes Foundation for Women’s Health on behalf of the PCOS Australia Alliance; Melbourne, 2011.