

# MULTIDISCIPLINARY CARE FOR PCOS: INSIGHTS FROM A PATIENT SATISFACTION SURVEY

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## PURPOSE & OBJECTIVES

- Evaluate patient satisfaction in a multidisciplinary PCOS care program integrating OB/GYN, nutrition, and behavioral health sciences
- Assess the effectiveness of the program in delivering patient-centered care and providing tools for PCOS management
- Identify areas for improvement in the multidisciplinary approach to enhance PCOS care

## MATERIAL & METHODS

- IRB-approved survey conducted with patients attending a multidisciplinary PCOS program between November 2023 and April 2024.
- Participants invited to complete REDCap survey, which included 12 Likert-style questions adapted from the Client Satisfaction Questionnaire
- Survey covered types of providers seen, number of visits, and satisfaction with care; a small monetary incentive was provided for completion.
- Descriptive analysis performed on survey responses from 49 participants, including both new and returning patients

## RESULTS

- 49 patients participated, with 27 new and 22 return patients; 98% saw an OB-GYN attending, 71.4% a registered dietitian, and 32.6% a health psychologist.
- 91.8% were satisfied with the help received, 93.9% felt the program provided high-value, patient-centered care, and 83.7% reported more effective PCOS management.
- 95.9% intended to return for follow-up care, and 95.5% would recommend the program, though 33.3% responded neutrally or negatively on appearance-related care concerns.

## CONCLUSIONS

- The PCOS Multidisciplinary Program demonstrated high levels of patient satisfaction and effectiveness in managing PCOS.
- Participants valued the integrated care approach, with strong intentions to return for follow-up and to recommend the program to others.
- Appearance-related care concerns emerged, warranting further exploration, alongside continued assessment of patient-reported and biometric outcomes.

## REFERENCES



## ACKNOWLEDGEMENTS

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## CONTACT INFO



## RESULTS

"A refreshing experience after eighteen years of anxiety-invoking PCOS visits. The team was supportive of my goals and kept the experience positive."

"I walked out with answers I've been seeking and a great treatment plan."

"For the first time, I was being attended to as an individual."

