

Internship Report

Submitted



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By

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Topic: Knowledge, Awareness, and Perception of Polycystic Ovary Syndrome (PCOS)

Introduction

Polycystic Ovary Syndrome (PCOS) is a common endocrine disorder affecting women of reproductive age. Characterized by irregular menstrual cycles, hyperandrogenism, and polycystic ovaries, PCOS has significant implications for women's health, including infertility, metabolic syndrome, and increased risk of type 2 diabetes and cardiovascular diseases. Despite its prevalence, awareness and understanding of PCOS remain limited among the general population and even among healthcare providers. This report aims to assess the current state of knowledge, awareness, and perception of PCOS based on my internship experience at [Company/Organization Name].

Methods

During my internship, I conducted a survey to evaluate the level of knowledge and awareness about PCOS among different groups, including patients, healthcare providers, and the general public. The survey included questions about the symptoms, causes, and treatment options for PCOS. Additionally, I reviewed relevant literature and clinical guidelines to provide a comprehensive overview of the condition.

Findings

1. Knowledge among Patients: Many patients diagnosed with PCOS had a basic understanding of the condition but lacked detailed knowledge about its long-term implications. Most were aware of the common symptoms such as irregular periods and weight gain, but fewer knew about the risks of diabetes and heart disease associated with PCOS.

2. Awareness in the General Public: The general public's awareness of PCOS was relatively low. Many respondents had heard of the condition but were unaware of its symptoms, causes, or treatment options. Misconceptions about PCOS were common, including the belief that it only affects overweight women.

3. Perception among Healthcare Providers: Healthcare providers had a good understanding of PCOS, but there were gaps in knowledge about the latest treatment guidelines and the importance of a multidisciplinary approach to management. Some providers primarily focused on treating the symptoms rather than addressing the underlying hormonal imbalances and associated health risks.

Discussion

The findings highlight a significant need for improved education and awareness about PCOS. Patients would benefit from more comprehensive information about the condition, including its long-term health implications and the importance of lifestyle modifications alongside medical treatments. Public health campaigns could help raise awareness and dispel myths about PCOS, leading to earlier diagnosis and better outcomes.

Healthcare providers should be encouraged to stay updated with the latest guidelines and adopt a holistic approach to managing PCOS, addressing both the symptoms and the underlying metabolic risks. Continuing medical education and interdisciplinary collaboration can enhance the quality of care for women with PCOS.

Recommendations

1. Educational Programs: Develop educational programs and resources for patients to improve their understanding of PCOS, its symptoms, and management strategies. These could include brochures, websites, and support groups.

2. Public Awareness Campaigns: Launch public awareness campaigns to educate the general public about PCOS. Use social media, workshops, and community events to disseminate information and correct misconceptions.

3. Professional Training: Offer training sessions and workshops for healthcare providers to update them on the latest PCOS research and treatment protocols. Encourage a multidisciplinary approach to patient care, involving endocrinologists, gynecologists, dietitians, and mental health professionals.

Conclusion

Polycystic Ovary Syndrome is a complex condition with significant health implications. Improving knowledge, awareness, and perception of PCOS among patients, the general public, and healthcare providers is crucial for early diagnosis and effective management. Through targeted education and awareness initiatives, we can empower women with PCOS to manage their condition better and improve their overall health and well-being.