

Synopsis for Dissertation Submitted



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By

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SYNOPSIS

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Introduction: Polycystic ovary syndrome (PCOS) is a serious genetic, hormonal, metabolic and reproductive disorder that affects women. It is the leading cause of female infertility. PCOS can lead to lifelong complications and other serious conditions including severe anxiety and depression, obesity, endometrial cancer, type 2 diabetes, liver disease and cardiovascular disease.

PCOS Symptoms:

- Insulin Resistance
- High Testosterone levels
- Irregular periods
- Ovarian Cysts

Causes of PCOS

The exact cause of PCOS remains unknown. However, several factors are believed to contribute to its development, including:

- **Genetics:** Having a family history of PCOS increases the risk.
- **Insulin-resistant state:** The body's poor use of insulin can play a role.
- **Inflammation:** Low-grade inflammation in the body may be a contributing factor.

Diagnosing PCOS

There's no single test for PCOS. Diagnosis often involves a combination of:

- Reviewing your medical history and symptoms
- Pelvic exam
- Blood tests to assess hormone levels and rule out other conditions

- Ultrasound imaging of the ovaries to check for cysts

Key Insights:

1. **Understanding PCOS:** Research highlights significant variability in PCOS awareness and knowledge among different demographic groups. While some individuals possess a basic understanding of PCOS symptoms and diagnostic criteria, others exhibit limited awareness, contributing to delayed diagnosis and management challenges.
2. **Awareness Disparities:** Awareness of PCOS varies geographically and culturally, influenced by access to healthcare resources, education levels, and societal attitudes towards women's health issues. Efforts to improve awareness are critical to promoting early detection and effective treatment strategies.
3. **Perception Challenges:** Perceptions of PCOS often include misconceptions about its causes and implications. Cultural factors and societal stigma may impact how PCOS is perceived and managed, affecting healthcare-seeking behaviors and adherence to treatment plans.
4. **Adherence to Management Strategies:** Adherence to PCOS management strategies varies widely. While some individuals engage in proactive lifestyle modifications and seek medical interventions, others may rely on alternative therapies or struggle with inconsistent adherence, highlighting the need for personalized care approaches.

Recommendations for Action:

- **Education and Awareness Campaigns:** Implement targeted educational initiatives to enhance PCOS literacy among healthcare providers, patients, and the general public.
- **Cultural Sensitivity Training:** Incorporate cultural competency into PCOS healthcare delivery to address diverse perceptions and practices.
- **Supportive Healthcare Environments:** Foster supportive environments through patient advocacy, peer support groups, and accessible healthcare services tailored to PCOS management.

Conclusion: Enhancing knowledge, raising awareness, and addressing societal perceptions are pivotal in advancing PCOS management and improving outcomes for affected individuals. By prioritizing education, cultural sensitivity, and holistic healthcare approaches, stakeholders can better support those living with PCOS and reduce the burden of this prevalent condition.

Objectives

- **Strategic Recommendations for Market Success:**
- **Identifying Market Entry Points:**
- **Consumer Awareness Analysis**
- **Market Intelligence on PCOS Knowledge**

Comparative Analysis

1. **Speed of Recovery:**
 - FCM offers a faster recovery in terms of hemoglobin levels and iron stores, making it suitable for situations requiring rapid correction.
 - IS requires multiple infusions, leading to a slower recovery process.
2. **Number of Infusions:**
 - FCM requires fewer infusions, increasing patient convenience and adherence.
 - IS requires more frequent infusions, which can be a logistical challenge for some patients.
3. **Side Effect Profile:**
 - Both treatments have a good safety profile, but FCM is often preferred due to its fewer administration sessions.
 - IS may have a higher incidence of mild side effects due to the need for repeated administrations.
4. **Cost and Resource Utilization:**
 - Fewer infusions with FCM can lead to reduced overall healthcare costs and resource utilization.
 - The multiple infusions required for IS can increase healthcare visits and associated costs.

Important Elements

Population • Risk Factors and Causes:

- Discuss known risk factors for PCOS, including genetic predisposition, insulin resistance, and environmental influences. Address the multifactorial nature of the condition and current research on its underlying causes.

• Impact on Health and Quality of Life:

- Explore the physical and psychological impacts of PCOS on women's health, including fertility challenges, increased risk of cardiovascular disease, metabolic syndrome, and psychological disorders like anxiety and depression.

• Awareness and Knowledge Gaps:

- Evaluate the level of awareness and understanding of PCOS among the general population and healthcare providers. Identify common misconceptions and knowledge gaps that may hinder early detection and effective management.

• Perceptions and Sociocultural Influences:

- Analyze societal perceptions of PCOS, including stigma, myths, and cultural beliefs that affect diagnosis, treatment-seeking behaviors, and patient experiences.

Problem Statement:

Polycystic Ovary Syndrome (PCOS) is a prevalent yet often misunderstood condition affecting women worldwide. Despite its significant impact on reproductive health and metabolic well-being, there exists widespread variability in knowledge, awareness, and societal perceptions surrounding PCOS. This knowledge gap contributes to delays in diagnosis, suboptimal management strategies, and a lack of tailored healthcare interventions. Addressing these challenges is crucial to improving early detection, promoting informed decision-making, and enhancing the quality of life for individuals affected by PCOS. Therefore, there is a critical need for comprehensive research and targeted initiatives aimed at bridging these gaps and empowering both healthcare providers and patients in the effective management of PCOS.

Research Questions

1. Knowledge and Awareness:

- What are the levels of knowledge among women of reproductive age regarding the symptoms, causes, and diagnostic criteria of Polycystic Ovary Syndrome (PCOS)?
- How aware are individuals about the potential long-term health implications associated with untreated PCOS?
- What are the prevailing misconceptions and gaps in understanding PCOS among different demographic groups?

2. Perceptions and Attitudes:

- How do cultural beliefs and societal perceptions influence the perception of PCOS and its management?
- What are the attitudes towards seeking medical advice and adherence to recommended treatment plans among individuals with PCOS?
- How do perceptions of PCOS differ between healthcare providers and patients, and how does this impact diagnosis and treatment outcomes?

3. Management and Healthcare Practices:

- What are the current practices and preferences in managing PCOS symptoms, including lifestyle modifications, alternative therapies, and pharmaceutical interventions?
- How consistent are individuals with PCOS in adhering to prescribed treatments, and what factors influence adherence levels?
- What are the barriers and facilitators to accessing healthcare services and receiving timely diagnoses for PCOS?

4. Impact and Quality of Life:

- How does PCOS impact women's quality of life, including fertility, mental health, and metabolic well-being?
- What are the socioeconomic implications of PCOS, including healthcare costs and productivity losses?
- How effective are existing support systems and resources in addressing the holistic needs of individuals living with PCOS?

Recommendations for Specific Groups

- **Postmenopausal Women:** FCM is preferred due to its convenience and rapid efficacy, particularly for those with mobility issues or multiple comorbidities.
- **Perimenopausal Women:** Both FCM and IS can be used, but FCM is often more convenient due to fewer required visits.
- **Pregnant Women:** The choice between FCM and IS should be made based on the severity of anemia, the need for rapid correction, and the patient's overall health.

Hypothesis

1. **Knowledge and Awareness:**
 - **Hypothesis 1:** Women of reproductive age with higher education levels will demonstrate greater knowledge of PCOS symptoms, diagnostic criteria, and long-term health implications compared to those with lower education levels.
 - **Hypothesis 2:** Increased exposure to educational campaigns and healthcare information will correlate positively with higher levels of PCOS awareness among the general population.
2. **Perceptions and Attitudes:**
 - **Hypothesis 3:** Cultural beliefs and societal stigma surrounding women's health issues will influence perceptions of PCOS, impacting healthcare-seeking behaviors and adherence to treatment recommendations.
 - **Hypothesis 4:** There will be a discrepancy between healthcare providers' perceptions of PCOS management effectiveness and patients' satisfaction with their treatment outcomes.
3. **Management and Healthcare Practices:**
 - **Hypothesis 5:** Individuals with PCOS who engage in regular exercise and adhere to recommended dietary guidelines will report better symptom management and overall quality of life.
 - **Hypothesis 6:** Access to specialized healthcare services and personalized treatment plans will improve adherence to PCOS management strategies compared to generic healthcare approaches.
4. **Impact and Quality of Life:**
 - **Hypothesis 7:** PCOS significantly impairs fertility and mental health outcomes, contributing to reduced overall quality of life compared to women without the condition.
 - **Hypothesis 8:** Effective management of PCOS symptoms, including comprehensive healthcare support and psychological counseling, will mitigate the socioeconomic burden associated with the condition.

Conclusion

The study on Polycystic Ovary Syndrome (PCOS) has revealed critical insights into knowledge gaps, perceptions, and management practices among women. While some participants showed good awareness of PCOS symptoms and treatments, significant gaps remain, particularly regarding long-term health implications and effective management strategies. Addressing these gaps through targeted education and awareness initiatives is crucial to improving early detection and empowering individuals with accurate information.

Perceptions surrounding PCOS, influenced by cultural beliefs and societal stigma, impact healthcare-seeking behaviors and adherence to treatment plans. To enhance outcomes, it is imperative to combat misinformation and foster supportive healthcare environments that address the holistic needs of PCOS patients.

Effective management of PCOS requires personalized healthcare approaches, encompassing lifestyle modifications, specialized medical interventions, and psychological support. Enhancing access to comprehensive care and promoting patient engagement are essential steps toward mitigating the physical, emotional, and socioeconomic burdens associated with PCOS.

In conclusion, addressing the multifaceted challenges of PCOS demands a concerted effort from healthcare providers, policymakers, and communities. By improving awareness, enhancing healthcare practices, and supporting affected individuals, we can significantly improve the quality of life and outcomes for women living with PCOS. Continued research and advocacy are vital to advancing care and reducing the global impact of this complex condition.