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Examination of life experiences of women who have polycystic ovary syndrome diagnosis

Objectives: The objective of the present study is to determine what kind of problems do women with polycystic ovary syndrome (PCOS) encounter and how their lives get affected by this situation.

Methods: This study is a qualitative study that is carried out by using phenomenological research design. Experimental group were from Söke Health School of Aydın Adnan Menderes University, Söke Vocational Health High School, consisting of 26 single women with the PCOS diagnosis, who studies in Söke Vocational School, who meets the study criteria and have accepted for interview; and 12 married women who have applied to Gynecology and Obstetrics Clinic of Söke State Hospital of Fehime Faik Kocagöz, diagnosed with PCOS and meet the study criteria and have accepted for interview. Interviews were conducted for women lasting for minimum seven minutes 53 seconds and maximum 83 minutes by using face to face interview method, in the guidance of interview form consisting of six open ended questions and introductory information form. Qualitative content analysis of the obtained data has been carried out. MAXQDA 2018 program has been used in the processing of interview data.

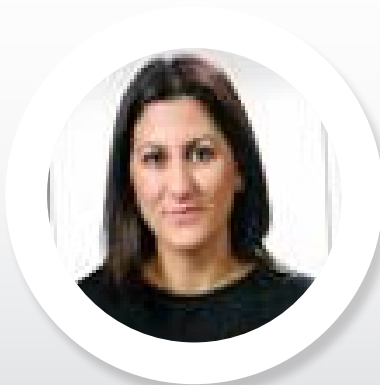
Findings: It has been concluded that PCOS affects social, emotional, cognitive, physical and role functions of women at various levels and directs them to different coping behaviors.

Result: PCOS is a health problem that affects every aspect of life of women and it is a disorder requiring social support. It is recommended to provide health education and counseling with a cultural-based approach to those who receive this diagnosis. Thus, both symptomatic relief and improvement of life quality can be ensured.

Biography

Gulfer Dogan Pekince is an Instructor and Deputy Director of Aydın Adnan Menderes University Söke Health Services Vocational School. She was graduated in Women's Health and Diseases Nursing program from Ege University. She is interested in issues like nursing of women's health and diseases, gynecological oncology nursing, nursing education, nursing care, evidence-based nursing practices, contraception methods, polycystic ovary syndrome, gender equality, sexual health and reproductive health. She has done scientific studies in the subjects of contraception methods, polycystic ovary syndrome, gender equality, evidence-based nursing practices in nursing of women's health and diseases, nursing students, nursing profession, nursing care development, stress, sexual health and reproductive health. The lessons she learned are Nursing of Women's Health and Diseases, Children's Health and Diseases, Contraception Methods, Polycystic Ovary Syndrome, Gender Equality, Sexual Health and Reproductive Health and Emergency Patient Care.

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