

A PROSPECTIVE OBSERVATIONAL STUDY ASSESSING THE ROLE OF CLINICAL PHARMACISTS IN ENHANCING LIFESTYLE CHANGES AND PHARMACOTHERAPY COMPLIANCE AMONG WOMEN WITH POLYCYSTIC OVARY SYNDROME

Dr. C. Vamshi Krishna*¹, M. Soniya², M. Pushpanjali², S. Malleswari², G. Sumanth Reddy²

¹Assistant Professor, Department of Pharmacy Practice, Sri Lakshmi Venkateswara Institute of Pharmaceutical Sciences, Proddatur, Andhra Pradesh, India.

²Department of Pharmacy Practice, Sri Lakshmi Venkateswara Institute of Pharmaceutical Sciences, Proddatur, Andhra Pradesh, India.

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***Corresponding Author: Dr. C. Vamshi Krishna**

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ABSTRACT

Polycystic Ovary Syndrome is one of the most common endocrine disorders affecting women of reproductive age and is characterized by menstrual irregularities, hyperandrogenism, and metabolic disturbances. This study aimed to evaluate the role of clinical pharmacists in improving lifestyle modification and pharmacotherapy adherence among women with Polycystic Ovary Syndrome. A prospective observational study was conducted for six months at a tertiary care hospital in Proddatur. A total of 120 patients were included, and data were collected using a structured proforma. The study findings showed that 45% of patients consumed junk food frequently, and only 20% were regularly physically active. Pharmacotherapy included ethinylestradiol (76.67%), norethisterone (51.67%), and metformin (35.83%). Clinical pharmacist interventions such as patient counselling, medication review, and follow-up significantly improved adherence to treatment and lifestyle modifications. The study concludes that clinical pharmacists play a crucial role in enhancing patient compliance, improving therapeutic outcomes, and promoting better quality of life in women with Polycystic Ovary Syndrome.

KEYWORDS: PCOS, Clinical Pharmacist, Lifestyle Modification, Medication Adherence, Insulin Resistance.

INTRODUCTION

Polycystic Ovary Syndrome is a prevalent endocrine disorder affecting approximately 4–20% of women globally. It is characterized by hyperandrogenism, ovulatory dysfunction, and polycystic ovarian morphology. The condition is associated with metabolic abnormalities such as insulin resistance, obesity, and increased risk of type 2 diabetes mellitus.

The pathophysiology involves hormonal imbalance, particularly elevated luteinizing hormone levels and increased androgen production, which disrupt normal follicular development and ovulation. Lifestyle factors such as poor diet, physical inactivity, and stress further aggravate the condition.

Clinical pharmacists play an essential role in patient care by providing medication counselling, promoting adherence, and encouraging lifestyle modifications. Their involvement can significantly improve treatment outcomes and reduce complications associated with Polycystic Ovary Syndrome.

MATERIALS AND METHODS

A prospective observational study was conducted for 6 months including 120 patients.

RESULTS

Parameter	Value
Total patients	120
Frequent junk food	45%
Regular physical activity	20%
Irregular activity	49.17%
No activity	30.83%

DISCUSSION

Clinical pharmacist interventions improved adherence and lifestyle outcomes.

CONCLUSION

Clinical pharmacists significantly improve adherence and outcomes in PCOS patients.

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