

PCOS Guideline Implementation, Translation and Dissemination plan

A comprehensive implementation, translation, and dissemination program has been developed to amplify the impact of the 2023 International Evidence-based Guideline for the Assessment and Management of Polycystic Ovary Syndrome (PCOS), building on the extensive plan from 2018.

The program is grounded in three guiding principles:

- All components of the plan are informed by the needs and preferences of end-users
- All materials co-created with, and assessable to, end-users
- Implementation and dissemination strategies will be evidence-based, multi-faceted, multi-modal, and co-delivered by to end-users.

The aims of this extensive, international translation program are:

- Guide the implementation of the recommendations
- Equitable distribution of resources to diverse groups
- Build the capability of health professionals to deliver high-quality, evidence-based, assessment and management of PCOS
- Augment the health literacy to enhance self-directed care by those with PCOS
- Promote evidence-based, best-practice PCOS models of care
- Orientate international health policy towards an evidence-based, best practice approach

Key outcomes:

- Prevention of overdiagnosis
- Avoidance of missed diagnosis
- Avoidance of expensive, excessive, ineffective, and inaccessible diagnostic testing
- Increased awareness of lifestyle and emotional wellbeing as first-line treatment options
- Increased use of cheaper and safer fertility management
- Embed evidence-based models of care that promotes self-directed care.

Equity focus

A key priority of this plan is to work in partnership and codevelopment to meet the needs of culturally and linguistically diverse groups internationally. Given Australian government funding and priority populations including Indigenous and Torres Strait Islander groups, the Australian adaptation and translation resources, we will work with a range of Indigenous and Torres Strait Islander groups using an approach aligned to the National Aboriginal and Torres Strait Islander Health Plan.

The successful dissemination of this guideline is heavily reliant on the active involvement of the 4 partners, 36 collaborating societies, health professional peak bodies, and consumer organisations (see guideline Appendix III). The guideline recommendations provide practical guidance for clinical implementation, including information on dosage, frequency, monitoring criteria, and more. In addition, the guideline provides links to a variety of implementation tools such as the AskPCOS app, Primary Care Tool (a practical resource to guide clinicians in the implementation of evidence-based practice), algorithms (brief summaries of the recommendations designed for use within a clinical setting), the Berlin Sleep Apnea Tool, emotional well-being tools, and the Ferriman Gallwey hirsutism tool.

The guideline implementation, translation, and dissemination plan directly address implementation barriers identified during the evidence synthesis process, including clinician knowledge gaps and condition-specific health literacy among women with PCOS. Resource implications were extensively considered during

the development process of the guideline and are expected to result in a reduction in the use of resources due to less use of diagnostic ultrasound, less expensive treatment options such as metformin, simpler diagnostic criteria, less intensive metabolic screening, and a reduction in expensive IVF treatments.

Recommendations that are most likely to lead to improvements in health outcomes will be highlighted for consideration in implementation. This plan addresses the full spectrum of evidence-based, end-user interventions including; information and education, strategies to build capacity to actively engage in treatment, management and self-directed care, effective behaviour change support, skill development to optimise self-management, and self-care, strategies to involve consumers in decision-making about healthcare, and a voice to inform policy and shape healthcare systems.

This plan is supported by a robust evaluation plan, which includes big data capture and analysis from the Australian Women’s longitudinal Study, Pharmaceutical Benefits Scheme, Medicare Benefits Schedule, analysing appropriate diagnosis, care, testing, and medications. Also, benchmarking and feedback will guide further alignment with evidence-based care, with government and NHMRC funding this initiative. In addition, altmetrics will monitor downloads of the guideline and guideline resources. Finally, focus groups and surveys will measure knowledge and awareness in consumers and health professionals, with results compared to large-scale data collected prior to guideline release.

	Implementation strategy	Deliverable/s	Collaborator/s	Dissemination	Outcomes	Evaluation measures
Consumers	Aim: Promote self-directed care for those with PCOS					
	Free accessible tools: Enhance the highly successful PCOS app (askPCOS) currently used by 35,000 users across 184 countries and available in 4 languages (English, Spanish, Arabic, and Simplified Chinese).	PCOS APP (AskPCOS)	-Monash University -PCOS-CRE -MHCRI -PCOS consumers International consumer groups including PCOS Vitality, PCOS Challenge Inc: The National Polycystic Ovary Syndrome Association, Verity (PCOS UK), VARTA, POSSA. And a range of other consumer groups.	-Apple iTunes -Android play store -MCHRI website -Partner websites	Enhance evaluation metrics (Hotjar) Increase language groups from 5 to 10 Embed consumer version of the 2023 PCOS guidelines using an engaging and interactive interface	Evaluation metrics Almetrics Consumer feedback Uptake
	Indigenous Australian Translation Stream: Working in partnership and codevelopment to meet the needs of Indigenous and Torres Strait Islander groups.	A range of codeveloped resources to meet the needs of Indigenous and Torres Strait Islander groups	National, state and local Indigenous and Torres Strait Islander bodies and groups.	-through Indigenous and Torres Strait Islander communication channels	Accessible PCOS resources for the Indigenous and Torres Strait Islander groups.	Evaluation data captured in partnership with Indigenous and Torres Strait Islander groups.
	CALD groups: Working in partnership and codevelopment to meet the needs of culturally and	A range of codeveloped resources to meet the needs of	A range of partners for culturally and linguistically diverse	-through culturally and linguistically diverse groups communication	Accessible PCOS resources for the culturally and	Evaluation data captured in partnership with culturally and

	linguistically diverse groups.	culturally and linguistically diverse groups.	groups.	channels, translated into 14 languages.	linguistically diverse groups	linguistically diverse groups
	Reducing access barriers: Address barriers to accessibility for diverse users in the AskPCOS app.	An accessible app for diverse groups	First Nations People Culturally and linguistically diverse groups	-Apple iTunes -Android play store -MCHRI website -Partner websites	Co-designed content developed with First Nations Peoples, and linguistically diverse groups. Dissemination methods to reach diverse audiences	Google analytics Sub-group data capture
	Multilingual and culturally appropriate resources; Provision of translated, e-health, evidence-informed PCOS information, informed by consumer needs and preferences.	e-health PCOS information accessible to consumers	-Jean Hailes for Women's Health, Verity, PCOS Challenge -Victorian Assisted Reproductive Treatment Authority (VARTA) -Women's Health Victoria -Polycystic Ovary Syndrome Association of Australia (POSSA)	-PCOS Centre for Research Excellence website -Jean Hailes for Women's Health website -VARTA website -Women's Health Victoria website	Accessible, translated PCOS e-health information informed by the highest quality evidence and consumer needs and preferences	Breadth of resources (app, online education programs, resources etc), Dissemination into different languages, Professional Society and consumer engagement, endorsement and dissemination Google analytics. Uptake of consumer and health professional online education programs
	Lifestyle Education Program codeveloped and delivered for women with PCOS	PCOS Lifestyle Education Program	-Monash Health -Victorian Government	-Monash Health PCOS clinic	-Provision of an evidence-based, tailored lifestyle education program	Uptake of programs
	Education courses: Codevelop and deliver an accessible, interactive, and internationally available online PCOS course for consumers.	Consumer learning module Health professional learning module	-Monash University -PCOS-CRE -MHCRI	-Monash University	-Accessible, online, interactive, internationally available PCOS courses	Uptake of course Level of engagement Evaluation feedback

	PCOS Model of Care codeveloped and underpinned by a sustainable, psychosocial multidisciplinary approach and incorporating a comprehensive PCOS dissemination platform.	PCOS Clinical Model of Care	-Monash Health -Victorian Government	-Monash Health PCOS clinic	A sustainable, evidence-based, psychosocial-multidisciplinary PCOS clinic and comprehensive PCOS dissemination platform	Uptake of model of care
	Written and online free materials: Range of translated accessible PCOS written materials tailored to the needs of consumers.	A range of PCOS written materials: fact sheets, booklets for different consumer groups, language translated health materials.	-Jean Hailes for Women's Health -Victorian Assisted Reproductive Treatment Authority (VARTA) -Women's Health Victoria -Polycystic Ovary Syndrome Association of Australia (POSSA) -CaLD and Aboriginal and Torres Strait Islander organisations	-Monash PCOS clinic -Jean Hailes for Women's Health -Victorian Assisted Reproductive Treatment Authority (VARTA)	A range of translated, accessible PCOS written materials tailored to the needs of consumers. -online fact sheets, booklets for different consumer groups, language translated health materials	Breadth of resources (app, online education programs, resources etc) Dissemination into 14 different languages Professional Society and consumer group engagement, endorsement and dissemination Website Altmetrics for guideline and resources Uptake of consumer and health professional online education programs
	Consumer led interactive, learning opportunities.	Consumer led seminars	-Polycystic Ovary Syndrome Association of Australia (POSSA) -Verity, PCOS Challenge	-Polycystic Ovary Syndrome Association of Australia (POSSA) -Verity, PCOS Challenge	Consumer led seminars delivered within Australia and internationally.	Consumer group engagement, endorsement and dissemination Uptake of consumer programs Feedback
Health professionals	Implementation strategy	Deliverable/s	Collaborator/s	Dissemination	Outcomes	Evaluation
	Aim: Increase the uptake of PCOS Virtual clinical interface to be used in collaboration with those with PCOS.	A virtual clinical interface	GPs RACGP Health professionals	-Apple iTunes -Android play store -MCHRI website -Partner websites	An interactive, virtual, app-based, clinical interface used in collaboration with those with	End-user testing of each iteration during the development phase Evaluation measures Uptake/Feedback

					PCOS.	
	PCOS evidence-based guideline	To disseminate the PCOS guideline	Collaborating societies and international PCOS network	Collaborating societies and international PCOS network.	International dissemination of the PCOS evidence-based guideline.	<ol style="list-style-type: none"> 1. Guideline and resource reach - Breadth of resources (app, resources) <ul style="list-style-type: none"> - Different languages - Professional Society and consumer group engagement, endorsement and dissemination - Website Altmetrics - Publication citations - International and national presentations 2. Survey follow-up nationally/internationally on change in knowledge and practice (compared to >3500 surveyed pre-guideline) 3. App/ resource download, use, feedback 4. Access and evaluation of EB models of care 5. Uptake of consumer and health professional online education programs
	Extensive publication plan targeting international journals, discipline specific publications and in the general medical media domain.	Minimum of 20 publications published in high impact journals and discipline specific publications	Experts from the 37 international collaborating organisations of the PCOS guideline	-High impact international journals -Discipline specific publications -General medical media	Minimum of 20 publications published in high impact journals and discipline specific publications	Number of journal publications Altmetrics A range of general media outputs such as interviews, and publications in high

						quality publications for a general audience.
	Coordinated, international expert speaker program at international conferences, annual meetings and invited speaker events in the US, Aust, Africa, India and Europe, covering of the topics of; fertility, reproduction, chronic disease prevention and lifestyle.	Up to 35 workshops, symposiums, key note speaker and panel speaker events delivered internationally	Experts from the international collaborating organisations of the PCOS guideline	Multiple conferences, annual meeting and events across US, Aust, Africa, India and Europe	35 workshops, symposiums, key note speaker and panel speaker events delivered internationally	Uptake of workshops and symposiums. End-user feedback
	Range of PCOS health professional educational resources with high utility with health professionals.	Webinars Face-to-face events Flexible learning opportunities	-Jean Hailes for Women's Health -RACGP -Peak bodies	Peak body learning portals Jean Hailes for Women's Health CPD program	A range of PCOS educational resources with high utility with health professionals	Uptake of educational resources End-user feedback
	Health Professional course in PCOS: Accessible, interactive, accredited, internationally available online PCOS course for health professionals.	PCOS accredited CPD for-fee online course	-Monash University -PCOS-CRE -MHCRI	-Monash University -Futurelearn FOOC (For-fee online course)	-Accessible, accredited, online, interactive, for-fee, internationally available PCOS course for health professionals	Uptake of course End-user engagement and feedback
	Health Professional education: Cocreate and deliver a range of health professional continuous learning development (CPD) opportunities	-Check program for general practitioners -Accredited CPD modules for doctors, specialists, nurses and allied health professionals. - Interactive webinars with expert panel	-Jean Hailes for Women's Health -Monash University -Futurelearn UK -Peak medical bodies -Healthinfontet	-Jean Hailes for Women's Health -Monash University -Futurelearn UK -Peak medical bodies -Healthinfontet	A range of accredited and non-accredited continuous learning opportunities for health professionals	Uptake of CPD opportunities End-user engagement and feedback.

Government	<p>International/national health policy influence, leveraging high level health professional expertise and informed by the highest quality evidence and consumer needs and preferences.</p>	<p>Create PCOS policy position statement</p>	<p>International and national Governments, health organisations. Health professional experts PCOS health consumers</p>	<p>Multi-faceted dissemination strategy</p>	<p>PCOS position statement disseminated via health departments and policy channels.</p>	<p>Engagement opportunities with policy makers. Policy outcomes.</p>
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