



**ESHRE, ASRM, CRE WHiRL and  
IMS Guideline Group on POI**

## **Evidence-based Guideline: Premature ovarian insufficiency**

### **Dissemination and implementation plan**

**October 2024**





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## Dissemination and implementation plan

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Within the Guideline we use best practice principles of research translation, dissemination, and implementation that optimise the process of turning research findings into tangible outcomes and actions. Effective communication plays a crucial role, ensuring that research results are conveyed in a clear, concise, and accessible manner to various stakeholders, including policymakers, practitioners, and the general public. In addition, collaboration and engagement with end-users and key stakeholders throughout the research process foster a sense of ownership, relevance, and applicability.

This involvement allows for a better understanding of the target audience's needs, preferences, and constraints, ultimately increasing the likelihood of successful implementation. Additionally, establishing partnerships between researchers and knowledge users facilitates the co-creation of knowledge, enabling research to be directly embedded into policy and practice. Furthermore, the use of rigorous evaluation methods and continuous monitoring allows for the assessment of impact, effectiveness, and scalability of research translation efforts, providing valuable feedback to refine and improve future implementation strategies. Ultimately, embracing a culture of learning, adaptability, and responsiveness to feedback is essential for effective research translation, dissemination, and implementation, ensuring that evidence-based interventions and practices are integrated into real-world settings to achieve meaningful and sustainable outcomes.

In this context, a comprehensive implementation, translation, and dissemination program has been developed to amplify the impact of the 2024 ESHRE POI guideline, building on the extensive plan for the 2024 ESHRE Unexplained Infertility guideline (<https://www.eshre.eu/Guidelines-and-Legal/Guidelines/Unexplained-infertility>) and the 2023 International Evidence-based Guideline for the Assessment and Management of Polycystic Ovary Syndrome (PCOS) (<https://www.monash.edu/medicine/mchri/pcos/guideline>)

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 accessible 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 in high-quality, evidence-based, assessment and management
- Augment the health literacy to enhance self-directed care by those with POI
- Promote evidence-based, best-practice POI models of care



- Orientate international health policy towards an evidence-based, best practice approach

#### Key outcomes:

- Increased awareness of POI and the impacts of POI
- Prevention of delayed diagnosis
- Avoidance of missed diagnosis
- Avoidance of expensive, excessive, ineffective, and inaccessible diagnostic testing
- Increased awareness of need for prompt institution and adherence to hormone therapy as a key component of management
- Increased awareness of lifestyle and attention to emotional wellbeing as important treatment options
- Increased awareness of POI risk factors and fertility preservation options
- Embed evidence-based models of care that promotes self-directed care.

#### Barriers and facilitators to dissemination and implementation

These have been considered in each question and recommendation in the GRADE template of the technical report. Issues such as the need for awareness and education, targeting all stakeholders including those affected, their support networks diverse healthcare providers and policy makers, are targeted. Issues such as language, accessibility, reach, cross discipline and setting approaches and consumer empowerment were all considered and integrated here.

#### Equity focus

A key priority of this plan is to work in partnership and co-development to meet the needs of culturally and linguistically diverse groups internationally.

The successful dissemination of this guideline is heavily reliant on the active involvement of the four partners, 11 collaborating societies, health professional peak bodies, and consumer organisations (see guideline [Annex 1](#)). 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 AskEarly menopause 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), and emotional well-being tools.

Funding has been granted in 2023 by the Australian Government through the Medical Research Future Fund to support the development of the resources and tools including the Ask Early Menopause app. This funding will facilitate advanced efforts aimed at enhancing personalisation, interactivity, self-management, and analysis of individual data to aid in shared decisions making and improved information and models of care and support. A virtual clinical interface will be established, enabling health professionals and individuals with POI to connect and utilise personalise data to inform clinical care. To our understanding, this will be the first evidence-based, cost-free healthcare support application in POI to achieve such outcomes,



making a significant contribution towards enhancing POI literacy, self-management, and clinical outcomes.

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 POI. Resource implications were 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 testing and simpler diagnostic criteria. Promotion of hormone therapy use will assist with chronic disease prevention and associated economic burdens.

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 including altimetrics to monitor downloads of the guideline and guideline resources. Focus groups and surveys will measure knowledge and awareness in consumers and health professionals, with results compared to data collected prior to guideline release.



**Table 1:** Dissemination and implementation stakeholders and strategies

	Implementation strategy	Deliverable/s	Collaborator/s	Dissemination	Outcomes	Evaluation measures
Consumers	<b>Aim: Promote self-directed care for those with POI</b>					
	<b>Free accessible tools:</b> Enhance the highly successful Ask Early Menopause App currently used by 7400 users across 115 countries (July 2024). This will be upgraded to at least four languages including the plain English summary and resources. The app will be extended to support shared decision making and optimise interaction with health professionals.	POI APP (Ask Early menopause)	Partners <ul style="list-style-type: none"> <li>Guideline development group members</li> <li>CRE WHIRL Chief and Associate Investigators</li> <li>European Society for Human Reproduction and Embryology (ESHRE)</li> <li>International menopause Society (IMS)</li> <li>American Society for Reproductive Medicine (ASRM)</li> </ul> Collaborators: <ul style="list-style-type: none"> <li>CAMS</li> <li>The American College of Obstetricians and Gynecologists (ACOG)</li> <li>Australasian Menopause Society (AMS)</li> <li>British Menopause Society (BMS)</li> <li>Daisy Network</li> <li>European Menopause and Andropause Society (EMAS)</li> <li>Endocrine Society (ES)</li> <li>International Society of Endocrinology (ISE)</li> <li>International Society of</li> </ul>	<ul style="list-style-type: none"> <li>- Apple iTunes</li> <li>- Android play store</li> <li>- MCHRI website</li> <li>- Partner websites</li> <li>- Consumer groups</li> <li>- Social media</li> </ul>	<ul style="list-style-type: none"> <li>- Enhance evaluation metrics (Hotjar)</li> <li>- Increase language groups to at least four languages other than English.</li> <li>- Develop a consumer version of the 2024 POI guideline using an engaging and interactive interface and embed</li> </ul>	Evaluation metrics Altimetric Consumer feedback (Integrated into the App for continuous improvement) Uptake Knowledge gain Integration into care



			<p>Gynecological Endocrinology (ISGE)</p> <ul style="list-style-type: none"> <li>• The Menopause Society (NAMS)</li> <li>• The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG)</li> <li>• Royal College of Obstetricians and Gynaecologists (RCOG)</li> <li>• Other relevant consumer groups</li> </ul>			
	<p><b>First Nations Peoples and CALD groups:</b> Working in partnership and codevelopment to meet the needs of culturally and linguistically diverse groups.</p>	<p>A range of codeveloped resources to meet the needs of First Nations Peoples and CaLD groups.</p>	<p>A range of partners for First Nations Peoples and culturally and linguistically diverse groups.</p>	<ul style="list-style-type: none"> <li>- Through First Nations Peoples communication channels</li> <li>- Through culturally and linguistically diverse groups communication channels, translated into multiple languages.</li> </ul>	<p>Accessible POI resources for First Nations Peoples and culturally and linguistically diverse groups</p>	<p>Evaluation data captured in partnership with First Nations Peoples and culturally and linguistically diverse groups</p>
	<p><b>Reducing access barriers:</b> Address barriers to accessibility for diverse users in the Ask Early Menopause App.</p>	<p>An accessible App for diverse groups</p>	<p>First Nations Peoples Culturally and linguistically diverse groups</p>	<ul style="list-style-type: none"> <li>-Apple iTunes</li> <li>-Android play store</li> <li>-MCHRI website</li> <li>-Partner websites</li> </ul>	<p>Co-designed content developed with First Nations Peoples, and linguistically diverse groups.</p> <p>Dissemination methods to reach diverse audiences</p>	<p>Google analytics</p> <p>Reach, maintenance</p> <p>Sub-group data capture</p> <p>In app surveys and feedback</p>



	<b>Multilingual and culturally appropriate resources:</b> Provision of translated, e-health, evidence-informed POI information, informed by consumer needs and preferences.	e-health POI information accessible to consumers	Partners CAMS	-Partner websites -CAMS website - Collaborator websites	Accessible, translated POI 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, reach  Uptake of consumer online education programs
	<b>Education courses:</b> Codevelop and deliver an accessible, interactive, and internationally available online POI course for consumers.	Consumer learning module	-Partners -Consumer collaborators	-Partners	-Accessible, online, interactive, internationally available POI courses	Uptake of course  Level of engagement  Evaluation feedback
	<b>Written and online free materials:</b> Range of translated accessible POI written materials tailored to the needs of consumers.	A range of POI written materials: fact sheets, booklets for different consumer groups, language translated health materials, summary of guideline recommendations.	Partners and collaborators	Multimedia channels	A range of translated, accessible POI 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 different languages  Professional Society and consumer group engagement, endorsement and dissemination  Website Altimetrics for guideline and resources  Uptake of consumer online education programs



	<b>Consumer led interactive, learning opportunities.</b>	Consumer led seminars	-Consumer partners	Multimedia platforms	Consumer led seminars delivered within Australia and internationally.	Consumer group engagement, endorsement and dissemination Uptake of consumer programs Feedback
	<b>POI Model of Care</b> codeveloped and underpinned by a sustainable, psychosocial multidisciplinary approach and incorporating a comprehensive POI dissemination platform.	POI Clinical Model of Care	-Monash Health -Victorian Government	-Monash Health Menopause clinic	A sustainable, evidence-based, psychosocial-multidisciplinary POI clinic and comprehensive POI dissemination platform	Uptake of model of care Evaluation of outcomes with audit and feedback tools
Health Professionals	<b>Implementation strategy</b>	<b>Deliverable/s</b>	<b>Collaborator/s</b>	<b>Dissemination</b>	<b>Outcomes</b>	<b>Evaluation</b>
	<b>Aim: Increase the uptake of POI evidence-based practice among health professionals internationally.</b>					
	<b>POI evidence-based guideline</b>	To disseminate the POI guideline	Partners <ul style="list-style-type: none"> <li>Guideline development group members</li> <li>CRE WHiRL Chief and Associate Investigators</li> <li>European Society for Human Reproduction and Embryology (ESHRE)</li> <li>International menopause Society (IMS)</li> <li>American Society for Reproductive Medicine (ASRM)</li> </ul> Collaborators: <ul style="list-style-type: none"> <li>CAMS</li> </ul>	Partners Collaborating societies	International dissemination of the POI evidence-based guideline.	1. Guideline and resource reach – Breadth of resources (app, resources) - Different languages - Professional Society and consumer group engagement, endorsement and dissemination - Website Altimetrics - Publication citations - International and national presentations





			<ul style="list-style-type: none"> <li>• The American College of Obstetricians and Gynecologists (ACOG)</li> <li>• Australasian Menopause Society (AMS)</li> <li>• British Menopause Society (BMS)</li> <li>• Daisy Network</li> <li>• European Menopause and Andropause Society (EMAS)</li> <li>• Endocrine Society (ES)</li> <li>• International Society of Endocrinology (ISE)</li> <li>• International Society of Gynecological Endocrinology (ISGE)</li> <li>• The Menopause Society (NAMS)</li> <li>• The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG)</li> <li>• Royal College of Obstetricians and Gynaecologists (RCOG)</li> <li>• Other relevant HP groups</li> </ul>			<p>2. Survey internationally on change in knowledge and practice</p> <p>3. App/ resource download, use, feedback</p> <p>4. Access and evaluation of EB models of care</p> <p>5. Uptake of consumer and health professional online education programs</p>
	<b>Extensive publication plan</b> targeting international journals, discipline specific publications and in the general medical media domain.	Minimum of 4 publications published in high impact journals and discipline specific publications	Partners and collaborators	-High impact international journals -Discipline specific publications -General medical media	Minimum of 4 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.
	<b>Coordinated, international expert speaker program</b> at international and national conferences, annual meetings and invited speaker events covering of the topics of; diagnosis, treatment, chronic disease prevention and lifestyle.	Workshops, symposiums, key note speaker panel speaker events and webinars delivered internationally	Experts from the international partners and collaborating organisations of the POI guideline	Multiple conferences, annual meeting and events	Minimum of 3 workshops, symposiums, key note speaker and panel speaker events delivered internationally	Uptake of workshops and symposiums. End-user feedback
	<b>Range of POI health professional educational resources</b> with high utility with health professionals.	Webinars Face-to-face events Flexible learning opportunities	Partners and collaborating organisations	Range of multimedia platforms	A range of POI educational resources with high utility with health professionals	Uptake of educational resources End-user feedback
	<b>Health Professional course in POI:</b> Accessible, interactive, accredited, internationally available online POI course for health professionals.	POI accredited CPD online course	-Monash University -IMS	-Monash University Futurelearn FFOC (For-fee online course) -IMS IMPART program	-Accessible, accredited, online, interactive, internationally available POI courses for health professionals	Uptake of course End-user engagement and feedback
	<b>Health Professional education:</b> Co-create and deliver a range of health professional continuous learning development (CPD) opportunities	-CHECK program for GPs -Accredited CPD modules – nurses, Drs, allied health professionals. - Expert interactive webinars	-Partners and collaborating organisations	- Partners and collaborating organisations	A range of accredited and non-accredited continuous learning opportunities for health professionals	Uptake of CPD opportunities End-user engagement and feedback. Change in Australian practice by monitoring MBS and PBS uptake of recommendations through an established partnership with linked data and the Aust longitudinal



		-Audit guide				women's health study and other international data repositories.
	<b>Virtual clinical interface</b> to be used in collaboration with those with POI. Integrated into ASK Early Menopause App.	A virtual clinical interface	Health professionals	-Apple iTunes -Android play store -MCHRI website -Partner websites	An interactive, virtual, app-based, clinical interface used in collaboration with those with POI.	End-user testing of each iteration during the development phase Evaluation measures built into the app Uptake/Feedback
Government	<b>International/national health policy influence,</b> leveraging high level health professional expertise and informed by the highest quality evidence and consumer needs and preferences.	Create POI policy position statement	International and national Governments, health organisations. Health professional experts POI health consumers	Multi-faceted dissemination strategy	POI position statement disseminated via health departments and policy channels.	Engagement opportunities with policy makers. Policy outcomes.