

PMOS Program: Guideline, Resources, Publications & Global Impact

Our world-leading **PMOS program** brings together women with lived experience, health professionals, and researchers globally **to improve understanding, diagnosis, and care** of PMOS. The program translates **evidence into impact** through international **guidelines, research, education, clinical and digital tools**. We led the **landmark global consensus process** that resulted in the condition being renamed and have commenced work on the 2028 **International Evidence-based Guideline** for PMOS.




3+ Million

Views/Downloads of our Guidelines, Publications, Resources, App and Name Change


20+

Years of Research, Translation, Implementation and Collaboration


195

Countries reached

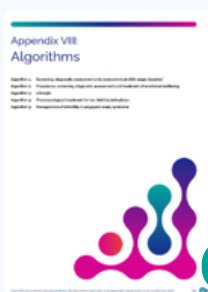
Guideline, App, Resources, Education and Publications



Evidence that drives change

Developed by 100+ multidisciplinary clinical and lived experience experts, reviewing ~6k pages of evidence from 71 countries.

[Read the Guideline](#)



GP Tools

Practical tools to support PMOS care in primary health settings.

[Explore GP Tools](#)



AskPMOS App

Trusted evidence-based information & support used worldwide and available anytime, anywhere.

GET IT ON
Google Play

Available on the
App Store

[Find out more](#)



PMOS Clinic

The PMOS Clinic at Monash Health is the only, state-wide service, and the first of its kind nationally.

It is staffed by our multi-disciplinary MCHRI team of experts who are committed to improving clinical care and patient experience.

PMOS Resources

We created a growing library of multilingual resources for patients and health professionals to disseminate the translated research.



[Explore all PMOS Resources](#)



PMOS webinars, podcasts & educational videos

Our team's regular webinars bring information straight to consumers and clinicians

[Find out more](#)

What women are saying after seeing our resources

I wish I had seen this when I was diagnosed

I liked how simple this was. It was really easy to understand.

I liked how simple this was. It was really easy to understand.

Everyone with PMOS should see this.

Short Course: An evidence-based approach to managing PMOS

[Register here](#)

A Monash University course designed for healthcare professionals, focuses on evidence-based approaches to assessing and managing PMOS, aligned with the 2023 International PMOS Guideline.



*Better care. Better equity.
Better health.*