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REPORT
ON MANUFACTURING PRACTICES
(RESEARCH WORK)

Topic: STUDY OF DAYTIME SLEEPINESS

Perform

Student Aditya Amol Kashid

Grade 3

Group 37

Specialty: 31.05.01 General medicine

Check: Rodion Kudrin

4 (85 баллов)

Замерание в
месте

Проф. Р.А. Кудрин

21.11.2019.



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Report content.

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Introduction

Day time sleepiness in student of medical is the condition which risk efficient work and timely work. All the laboratory and survey studies shows the factors like academic and social needs or demands affects the curriculam of day time sleepiness of all healthy medical students (Schaefer, 2007).

Stuffs include study and work pattern impact on day time sleepiness.

This study was done to examine the medical students performance with acedemics .All questions were general and was piloted which involve Ep worth sleepiness scale and demographics (Guilleminault C., 2001).

We observed that the declenation of sleep may lead to pysical disturbance and decrease in academic score of medical students who were under obs.Objectives like FAS and Ep worth sleepiness scale (EPS).

Literature review

As we know that medical students has a huge amount of mental load and academic load which further leds to poor sleep quality and this is experienced by modern society also (Osman R., 2019).

In the whole world review the medical student poor sleep is not the only problem .There are many other problem fased by the in general population. Man y factor among the medical related students include attitude. Acedemic demands, knowledge of sleep etc are identified as causative groups. So if medical students are fasing problems we should create a general awareness on how to improve the quality of sleep among medical students so to increase the performance of student in academic performace (Valentino R.M., 2007).



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Materials and Methods

A broad spectrum survey was conducted at our Volgograd State Medical University. This survey was held during September 2019. In this survey medical students from second to sixth year were invited to conduct the given survey.

A total 18 students were invited to take part in this survey. As they all agreed we proceeded to .We took permission from ethical community and followed the survey. All the groups leaders where informed for collective analysis at all levels.

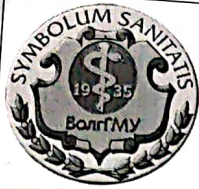
The question regarding the day time sleepiness was generated .It was conducted in three parts which consist of 1st part-GPA Score, academic performance, sleep, coffee intake, smoking practice and extra curriculum activities.

2nd part-validated scales which include Epworth sleep scale ESS to find day time sleepiness. Scale depend in 8 various situation (0 = never doze, 1 = slight chance of dozing, 2 = moderate chance of dozing, 3 = high chance of dozing).

Main study include

EP worth Sleepiness Scale questionnaire

1. Studying
2. Visulising TV
3. Sitting in active in crowded place
4. Passenger in vehicle for longer time
5. Lying down in evening
6. Sitting and talking to people
7. Sitting quietly after meal



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8. Stuck in traffic for few minutes while driving

Scores of Epworth Sleepiness Scale

0 = would never doze or sleep.

1 = slight chance of dozing or sleeping.

2 = moderate chance of dozing or sleeping. 3 = high
chance of dozing or sleeping.

EP worth Sleepiness Scale

Situation	Changes of dozing or sleeping
1. Studying	(5/18) 1-(6/18) 2-(5/18) 3-(2/18)
2. Visulising Tv	0-(4/18) 1-(7/18) 2-(5/18) 3-(2/18)
3. Sitting in active in crowded place	0-(2/18) 1-(4/18) 2-(4/18) 3-(8/18)
4. Passenger in vehicle for longer time	0-(1/18) 1-(3/18) 2-(5/18) 3-(9/18)
5. Lying down in evening	0-(3/18) 1-(3/18) 2-(5/18) 3-(7/18)
6. Sitting and talking to people	0-(6/18) 1-(5/18) 2-(5/18) 3-(2/18)
7. Sitting quietly after meal	0-(3/18) 1-(4/18) 2-(6/18) 3-(5/18)
8. Stuck in traffic for few minutes while driving	0-(8/18) 1-(6/18) 2-(3/18)



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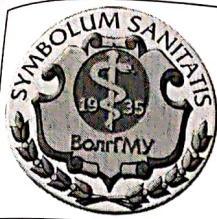
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FATIGUE ASSESMENT SCALE

1 = Never, 2 = Sometimes; 3 = Regularly; 4 = Often & 5 = Always.

1. I am bothered by fatigue 1-1 2-3 3-4 4-6 5-4
2. I get tired very quickly 1-2 2-5 3-3 4-4 5-4
3. I don't do much during the day 1-3 2-3 3-4 4-5 5-3
4. I have enough energy 1-2 2-4 3-4 4-6 5-2
for everyday life
5. Physically, I feel exhausted 1-3 2-5 3-3 4-4 5-3
6. I have problems to start things 1-2 2-4 3-6 4-3 5-3
7. I have problems to think clearly 1-6 2-5 3-4 4-2 5-1
8. I feel no desire to do anything 1-8 2-5 3-4 4-1 5-0
9. Mentally, I feel exhausted 1-2 2-3 3-3 4-4 5-6
10. When I am doing something, 1-0 2-1 3-3 4-6 5-8
I can concentrate quite well

Diagram ?



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Results of Research

The normal Epworth sleepiness results are:

In 18 medical students, 10 students have the range of =10 which have higher normal daytime sleepiness and 3 students have moderate excessive daytime sleepiness and 3 students have severe excessive daytime sleepiness and 2 students have lower normal daytime sleepiness.

0-5 Lower Normal Daytime Sleepiness

6-10 Higher Normal Daytime Sleepiness

11-12 Mild Excessive Daytime Sleepiness

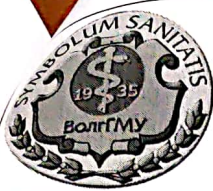
13-15 Moderate Excessive Daytime Sleepiness

16-24 Severe Excessive Daytime Sleepiness

Summary

Medical practice and medical education requires students to acquire an enormous amount of information in short periods of time and most students tend to sacrifice their sleep to fulfill the requirements of this profession. An increase in ESS scores indicates that the subject has disturbance in circadian rhythm that can lead to fatigue and impairment of other functions. Preventive measures must be implemented to regulate sleep habits to avoid the negative effects of sleep deprivation. Time management workshops for medical students may help to overcome this issue.

As the survey was conducted at Volgograd State Medical University The result could not match the international survey. Stress is a major cause of sleep disorders. People are exposed to variety of stressful factors in their daily life; where a stressor can be social, financial, environmental, educational, health issues or a combination of them.



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