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REPORT
ON MANUFACTURING PRACTICES
(RESEARCH WORK)

Topic: Bristol Rheumatoid Arthritis

Perform by

Student: THANGAVEL KAVIN

Grade _____ **3rd** _____ **Group** _____ **35** _____


Specialty: 31.05.01 General medicine

Check: RODION KUDRIN

«Хорошо» (84 б.)

Проф. Р.Д. Кудрин

26.11.2019.


	<p>Федеральное государственное бюджетное образовательное учреждение высшего образования государственный медицинский университет Министерства здоровья Российской Федерации</p> <p>Кафедра нормальной физиологии</p>	<p>Фонд оценочных средств ОТЧЕТ по производственной практике (научно- исследовательская работа)</p>	<p>-2-</p>
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Report content.

- **Introduction**
- **Literature review**
- **Materials and methods**
- **Results**
- **Summary**
- **List of references**

INTRODUCTION:

Many people in the world having rheumatoid arthritis must surely want to face many more problems. For that reason we are made a very big work as research and we held it successfully. In that research we find that many more people in the world facing a big problems with the muscular and physic weaken and conjugative fatigue. In the field we all are identifying a term for fatigue or weakness they are different for each and every peoples. What is the term are, like tired, without energy that means lack or loss. And the important thing the person having 0% stamina & 0% motivations. (Powel H.F.,2009)

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Due to weakness I mean fatigue definitely can't resolves correct rest, correct sleeping time and correct diet. It can affect the persons whole activities, work body and health. The etiological factors of BE may be by or due to muscle power and physical status of humans, main thing we want to note is lifestyle and first of all the most important thing is humans mental health or mental status. (Raina K.L.,2017)

Bristol rheumatoid arthritis fatigue measurement. The questions are asked in an different manners (more than one dimensions) on the beginning of the research the cannot be global but it may have many more dimensions. Persons still staying with weakness, muscles weaken, feeling weakness, congestive weakness. (Jadulal A.K.,2013)

LITERATURE REVIEW:

Experiment is conducted among medical and engineering students according to their study time table, physical activities and sleep assessment. This type of examination is used to find out the fatiguability among the students of different age, education , daily activities, studies and also to find out which aged students suffer much of from fatigue. (Watson L.L.,1999)

It's a type of experiment or researches which is made among the students from age 18 to 25 with secondary, higher secondry schools, universities, colleges and other higher education, who having different type of studies, timetable and different curricular

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activities and different life style in their busy schedule of education .(Mahendaran M.T.,2011)


Among these students there are some students who separates their time for some physical activites, having interest in sports, doing exercises, yoga and attending gym, and also some students who won't have such kind of curricular or physical activities due to their busy schedule or due to tough syllabous or may be due to not having interest in any other of extra activities.We tried to make an experiment or research between such type of students to find out the problem of health they face; as fatigue, some physical physical problems and some kind of serious problems which they can face during feature time due to lack of such activities or exercises. (Chakar D.D.,2010)

We also tried to find out that the students of which age experiences such type of fatigue and health problems and about its reason.We examined 20 students of which; 10 students from schools (secondry and higher secondry students; age from 12-18); 5 students from colleges and 5 from universities (age from 19-25)

<https://bristolrheumatoidart.com>.

Task of the study:

- Data collection

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- Statistical methods (questions asking)
- Different activity participation

OBJECTIVES:

Fatigue questionnaire by BRISTOL AR in multiple dimensional.


PRACTICAL SIGNIFICANCE:

Obtaining results and using the results as a self diagnosing tool to predict weakness disorders.

MATERIAL AND METHOD:

For the examination of fatigue among the students, following methods are used:

Examined 20 students of different age, different status, different standards with different timing of their classes. We examined the students as they feel fatigue and very tired during their whole day, can't able to feel fresh and gets tired easily during their class timings. We tried to find out the reason for getting the students so tired easily, at their young age especially the professionally studing students like; medical students, engineers, law students like that professional students. They

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are having very busy schedule as they begins their classes at morning 8:00 am and finish at different times as 3:00 – 7:30 pm, which make them very tired and sleepy whole day and due to their studies they cant be able to sleep early.

And we examined that the students those who stays away from home for their studies also feel very fatigue due to the above said causes and after that they have to prepare food, have to look after the stuffs of their staying rooms and so on.


Total of 20 students undertaken over that 8 boys and 12 Girls were presented there was predominance of female, students presented mostly with the age of 12 – 25 and with longer disease duration.

We surveyed the different types of students , by using the following methods; Data collection, Study design, Ethics, Analysis, Interviews, Questions undertaking, Study design:

A cross sectional study was performed across different states, about their life style, their culture, their jobs, their food, their working times, their potential of work, sleep, rest etc.....

Data Collection:

Demographic data comprise sex (male, female, adult, young, old.....), years (≤ 20 , ≥ 20 , 20-28,), on ill time (≥ 7 years, ≤ 7 years), medications and students globals. We are searching for ever entrance and exit of causes of symptoms of arthritis that irritating you.

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Four scales of physical fatigue (0-22), living with fatigue (0-21), cognitive fatigue (0-15) and emotional fatigue (0-12). The BRAF-NRS comprise three items measuring fatigue severity, effect, and coping

The RAID contains seven NRSs to capture the impact of RA on pain, functional disability, fatigue, sleep, physical and emotional wellbeing and coping. The SF36 comprises eight health domains

(Physical, emotional role, social function, pain, mental health, vitality, and general health).

STATISTICAL METHOD:

Questions undertakings:

- * Average level of fatigue during the past 7 days?
- * How many days did you experience fatigue during the last 7 days?
- * How long you will experience the level of fatigue (for a week, for 1 day, for an hour, for some minutes?)
- * Have you lacked physical energy because of fatigue?
- * Has fatigue made it difficult to bath or shower?
- * Did you feel difficulty to dress yourself due to fatigue?
- * Did you feel difficulty in your work or daily activities?
- * Did you avoid any plans of going out, or enjoying your days with your friends or any type of outdoor activities due to fatigue?
- * Has fatigue affected your social life?
- * Have you cancelled any type of functions, parties, or invitations?



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- * Have u lacked mental energy because of fatigue?
- * Have you forgotten things?
- * Do u feel difficulties in thinking or reminding anything?
- * Do u feel lack of attention or concentration on things and matter?
- * Have you made mistakes due to fatigue?
- * Did you felt less control in the areas of your life because of fatigue?
- * Have you felt embarrassed because of fatigue?
- * Did u got upset due to fatigue?
- * Have you felt down or depressed because of fatigue?
- * Have you felt your work as heavy load due to fatigue?
- * Had you took long leave from your work due to fatigue?
- * Had you consulted to doctors about the fatigue before?
- * Did you felt alone or lonely from others because of fatigue?

Name of Subject

Factor	Number of items	Boys%	Girls%	Total%
Physical	4	71%	64%	135%
Living	5	81%	81%	162%
Cognitive	3	75%	78%	153%
Emotional	3	75%	85%	160%



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College students	Beginning of Class timing	Finishing of class timing	Physical activities	Sleep timing
Medical students	8:00 am	3:00 – 7:30 pm	max.2hrs.	12:00am to 5:00am
Engineering students	8:00 am	2:00 – 4:00 pm	2-4hrs.	10:00pm to 6:30 am

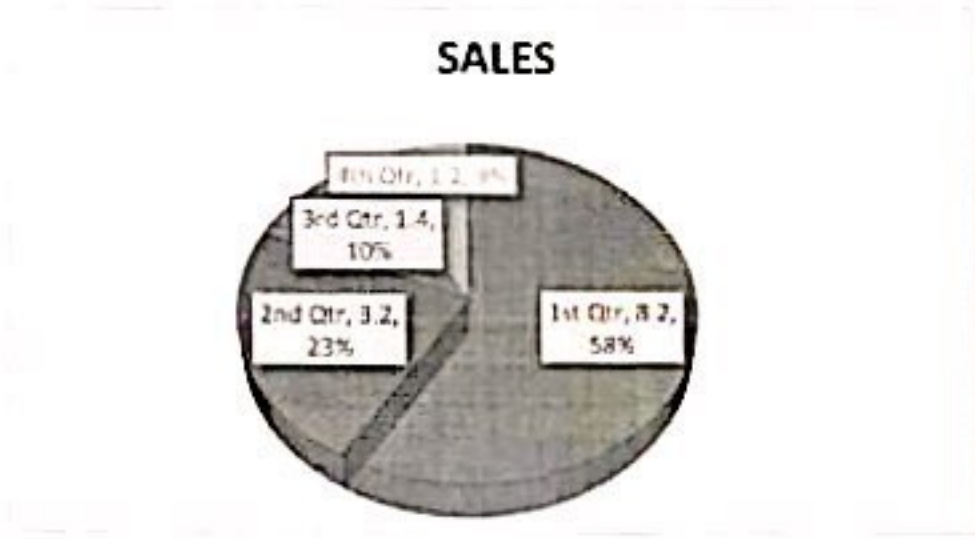
COLLECTED INFORMATION :

- COUNT : 15
- TOTAL :84
- MEAN ESS SCORE : 9.2
- STANDARD DEVIATION : +/- 3.45

RESULT:

Here are some datas in form of table according to the age, study timing, class timing, and their curricular activities of the students which we had collected from them due to various methods and materials.

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*Name
of
diagram*

1st quarter (58%): medical student with less physical activities and average sleep duration.

2nd quarter (23%): medical student with average physical activities and sleep duration.


3rd quarter (10%): engineering student with less physical activities and average sleep duration.

4th quarter (1.2,9%): engineering student with average physical activities and sleep duration.

Academic excellence:

Thus from the following results, we got the information about academic excellence that the students having following performances in their studies according to the following ages:

- 1st quarter students having very good performances in their studies.
- 2nd quarter students having good performances in their studies.

	<p style="text-align: center;">Федеральное государственное бюджетное образовательное учреждение высшего образования государственный медицинский университет Министерства здравоохранения Российской Федерации</p> <p style="text-align: center;">Кафедра нормальной физиологии</p>	<p style="text-align: center;">Фонд целевых средств ОТЧЕТ по производственной практике (научно- исследовательская работа)</p>	<p style="text-align: center;">-</p> <p style="text-align: center;">11-</p>
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- 3rd quarter students having average level of performances in their studies.


- 4th quarter students having moderate level of performances in their studies.

Thus from this results we conclude that the academic excellence and performances depend also upon the students fatiguability, their activeness and health.

This suggest fatigue has a similar construct between the students as in their daily activities and their day to day work. It has been mainly due to the day to day extra activities and day to day extra work in their studies. The graph below shows that the students, those are doing their higher education at the age of between 18 to 25, as they won't able to have time for physical activities and curricular activities as they focus most of their time in their studies and future settlement and aim as they won't get their time for further or other activities. As in other words, they can't be able to concentrate much for their physical and healthy activities.

CONCLUSION:

Thus, according to the information and data we collected from the students studing in colleges and schools. We found that the students who are studying in collages and staying away from home have suffered from fatigue much as compare with the other students who stays at their home and the school studying students, because of their studying timing, schedule of classes, less time for rest, less sleep.

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The result of that they won't feel fresh and active, they can't be able to involve themselves in their studies, activities properly. They feel themselves tired, unhealthy, fatigue, depressed.

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