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Кафедра нормальной физиологии

Фонд оценочных средств
ОТЧЕТ по производственной
практике (научно-
исследовательская работа)

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REPORT

ON MANUFACTURING PRACTICES

(RESEARCH WORK)

Topic: **FATIGUE SEVERITY SCALE**

Performed by

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Grade III Group 35

Specialty: General medicine

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гор. (848.)

Замечание в тексте

Проф. Р.А. Кудрин

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INTRODUCTION:

Fatigue severity scale is used to measure how much the student is affected with fatigue due to their hard working on studies to perform in the academic. There is a confusion between fatigue and sleepiness and this will be revealed in our research work that will confirm you that the symptoms are independent in disturbances of sleep. To support our research we use Fatigue severity scale(FSS) for the investigation of disorder in sleep or its because of fatigue problems.

Fatigue is a non-specific syndrome which accompanies with varieties of diseases such as cancer. By this disorders the person who is affected they also get poor life quality. For this the physician was thinking how we can calculate the fatigue and at last he found that FATIGUE SEVERITY SCALE (FSS). This scale is an multidimensional so that it is known as MFI (Multidimensional Fatigue Inventory).(Dr.Krupp.,1974).

This symptom is considered as a largest subjected and also it is the most often syndrome that will be noticed in the stage of primary caring. And this non specific disorder (fatigue) accompanied by lot disorders of sleep there is an unrevealed side for the medical cause for fatigue. And this is about the prevalence of 59%-64% of adults.(Ericsson.A.,1982)

The major need for the people is sleeping but when the peoples don't get enough amount of sleep so that they feel fatigue during their work and the med-school learners are affected as much as they work to get better performance in the academic side. For that we use Fatigue severity scale with 9 questions to the person whom we are going to check their level of fatigue and we calculate the profile and recommend how to get rid of with this disorders.(BOMBARDIER.C.,1996).

This scale is frequently used to find the fatigue score and to provide them a good recommendation to get rid of these disorders but it doesn't generate the state of health which is valuable that are very cost efficient and applicable to every person's. It's based on the measurable the EQ-5D-3L,SF-6D and this was also measured in Multiple Sclerosis impact Scale -8D.The objective of this research to make statistical methods and graphical representation (FORBES.R.S.,2002).

We are doing our project work from the guidance of professors work on the department of normal physiology in VOLGOGRAD STATE MEDICAL UNIVERSITY. This was made successfully and we had a good results based on the Fatigue severity scale.



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LITERATURE REVIEW:

The main burden of the med-school learners is that they carry more loads of academic which may affect potential contribution of their sleep. They usually get poor sleep during the night time and often they get REM which is abbreviated as rapid eye movement which everyone experience in these upcoming fashion world. There is a literature review of med-school learners on the experience about sleep mean while it attempts a chance of risk is more, higher for the students of the other profession other than medicine and also for the general peoples. There are several risk factors like attitude of students who study medicine, should be given proper learnings about the importance of sleep, the demand of performance in the side of academic risk causing agents, which is potential are not understandable and it is incomplete.(**BRAZIER.J.D.,2010**).

We should make a good capacity of understandable on the basic knowledge of sleep diseases in their trainings due to the course they study in medicine, more essential for the students of medical college. This is provided to increase personal knowing of learners. While they study about the sleep disorders in med-school. Which may also help for their own health condition and they will take care of the student performance in the academic performance the Fatigue Sleepiness Scale(**POWELL.R.K.,1984**)

They will be getting self-awareness on the disorders of sleep and general studies gain them a knowledge that which appear and factors are more for the sleep disorders, so improving the education style may be helpful in beneficial contribution & invention in the world. Hereby we should give them a sample evidence for condition of the problem, there we should start a detailed study in the criteria to explain & expand ideas to the innovation to educate more peoples for the education based on the sleep for the students those who are still in med-school, and to identify those who undergo of this risk, and teach them with some awareness program on sleep to bring the life quality better. Now we understand the important to know how much we need sleep. If we are not sleeping properly we should know the future problems we will get lack of rest.(**TREMMAS.I.G.,2018**).

The expansion of disorders of sleep and also the distances that occur during sleep has an bad reflection on the academic side. This is the main goal to go through the work on the literature according to sleepiness disorders, work due to that the problems of sleep may occur, the college should give awareness of sleep, This is about UG



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medical school students sleep disorders. This are recorded and mentioned on sleep disorder awareness, it is accompanied for the medical student sleep which is poor and make impact in the problem which arises due to sleep & accompany & brings the performance on the study, state of ability to perform physiological functions normally. These makes the trainers in the med-school to make a literature and professor awake to make necessary procedure to bring up the student's life in a better way. Identify the factors that influence the learners in the med-school(ERNSTSSON.O.P.,2017).

The needed thing in the life is sleep. The learner and the trainer need to improve outcome among the peoples they treat. This factors are classified as two such as environmental and inner body factors. The bio-resources (metabolic) like hyper arousal in the ANS and anterior gland of pituitary hypothalamus & axis of adrenal gland over activation factor for predisposing; the events which leads to increase stress level due to problems in the relations, due to tests of semester may provide sleep abnormalities for precipitating, worries of future may lead to abnormalities of sleep which may lead to increase of psychological & tension & pressure.(HAWTON.A.J.,1995).

The problems lead to sleeping abnormalities like REM (rapid eye movement), blabbering during sleep (this is due to thinking of some problems before sleeping), sleepwalking (this is due to thinking of some work before sleeping). Pre-sleep cognition such as rapid thinking, planning, being stressed worrying and analyzing about worries at the time offset may lead to the disorder named Insomnia.To avoid kind of complaints there should be classes for med-students and trainers in medical colleges should be given awareness in the topic of disorders that may occur due to lack of rest.(SIDOVAR.M.B.,2013).

This review is documented for the future reference of med-students studying in foreign (bcz foreign learners faces more negativities than the students of the same origin of the country, because of staying away from home) they undergo more stress and heavy work load on them. So, we use FATIGUE ASSESSMENT SCALE/Fatigue Assessment Scale to determine the med-learners capacity of sleep & to provide lectures based on the disorders of sleep lack of rest.FSS total scores and this will be considered on the norms of the FSS TO determine the stage of fatigue they belongs to and this was a correlation of the coefficient that leads to the difference between the values resulted from spearman correlation which is the

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coefficient that assessed to determine the stage of fatigue on the med-school learners(VAN KESSEL.R.K.,2008).

MATERIALS AND METHODS:

The fatigue having many quality to our life the one of the important thing which triggers the tiredness is multiple sclerosis. To determine the correct accurate value of victim tiredness affect impact we are using the F S S, but there is one problem we can't create the life value until we are getting the information about cost-effective analysis, and by limitation of the work we can get the relation. This objective study is helpful to creating blue print for statistical methods. Statistical method is help to convert F S S score to the state utility valued by the base measure.

The measure of source and target is related by measuring the statistical convention that are reported in the blue print. Here we are taking five models by the regressive selection called regressive models.

Below are a number of questions about possible complaints.The following ten statements refer to how you usually feel.Per statement you can choose one out of five answer categories, varying from Never to Always. Please give an answer to each question, even if you do not have any complaints at the moment.

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

- I am bothered by fatigue.
- I get tired very quickly
- I don't do much during the day.
- I have enough energy for everyday life.
- Physically, I feel exhausted.
- I have problems to start things
- I have problems to think clearly.
- I feel no desire to do anything.
- Mentally, I feel exhausted.
- When I am doing something.

I can concentrate quite well



1. I can't think or boost up me during fatigue	3	2	5	1	4	2	1	5
2. Daily workouts while fatigue	4	2	1	5	3	4	2	1
3. No complication	3	5	2	1	4	3	2	5
4. Due to fatigue my muscles are weak and dull	4	2	1	5	4	2	3	1
5. Due to fatigue I'm having more problems	2	4	5	3	1	2	3	1
6. Due to fatigue I want to do some personal work	3	4	1	2	5	2	3	1
7. Some muscle functions are prevented	5	2	4	1	3	2	1	4
8. There are three symptoms of fatigue	4	4	2	1	5	3	1	2
9. All are in fatigue	3	4	5	1	3	2	2	3

RESULTS:

The results were found by making the measurement based on Fatigue Severity Scale.

Total student's: **8**



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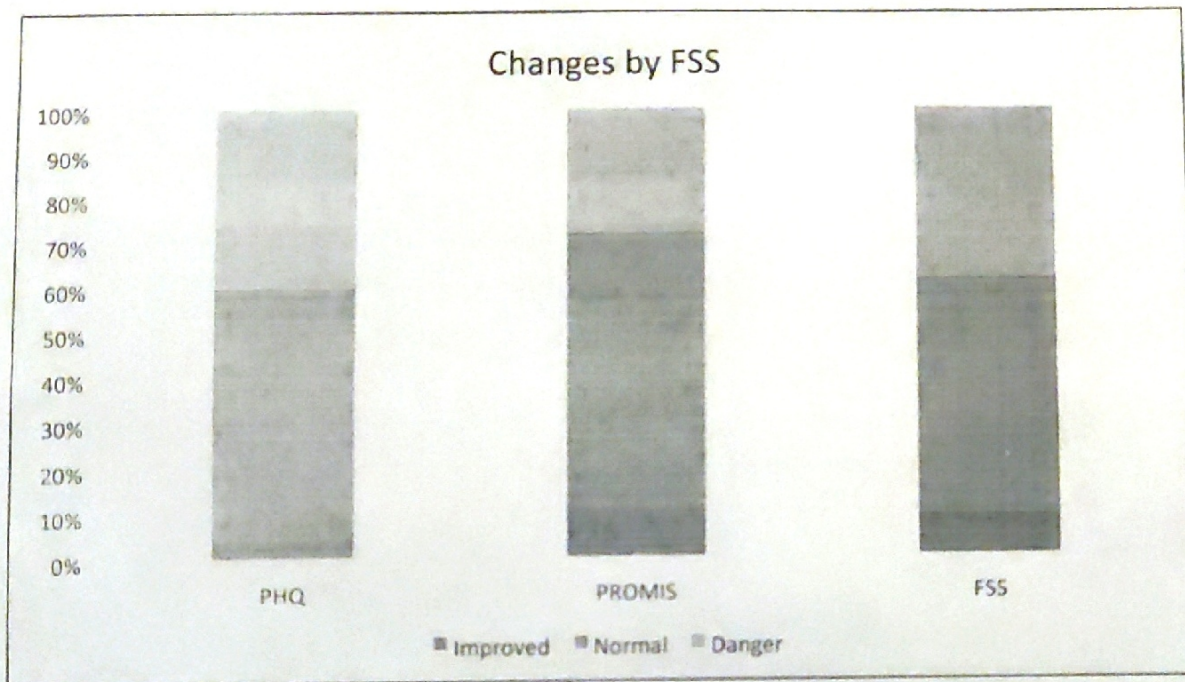
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standard deviation: 1.4

Mean: 3.8

GRAPHICAL REPRESENTATION:



SUMMARY:

Medical practice and medical education requires students to acquire an enormous amount of information in short periods and most students tend to sacrifice their time of sleeping to fulfill requirements in profession. The high level ESS scores denoting that the subject had disturbance in cycle of circadian that can lead to fatigue & impairment the functions. Preventive measures must be implemented for the proper cycle of resting period and to get away from negative results of low sleeping period. Following a proper timetable for management of work may give hand in the daily life of students studying in medical university. However, it was conducted at a VOLGOGRAD STATE MEDICAL UNIVERSITY. We aim to promote mental and physical health for students by regulating their sleep, while they achieve high grades and lead an active, healthier life. 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,



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environmental, educational, health issues or a combination of them. therefore, concluded score cannot be generalized to every health sciences students.

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