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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 (FSS)

Perform

Student: Vanathuraj Bharath

Grade 3rd course Group 37

Specialty: General medicine

Check by: RODION_KUDRIN

5 (95 баллов)

Примерение в месте.

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Проф. Р.Кудрин
23.12.2019.



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Report content.

- Introduction
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- Results
- Summary
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INTRODUCTION

1.25 Fatigue is generally the tired feeling of the subject which may be sudden or any gradual onset acquired. Its quietly a normal phenomenon only if the prolonged mental and physical activity resolves completely with rest. Fatigue can be one of the symptom of many medical condition like prolonged, progressive diseases, harmfully severe or occurs without any provocations(Gandevia, S.C 1992)

We can derive fatigue into physical fatigue. This physical fatigue is generally the inability of the muscles to perform normal physical activity of body. Next is the mental fatigue . This mental fatigue is generally the decrease of the maximal cognitive performance due to any prolonged period of



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cognitive activity. This mental fatigue can be accompanied by the terms somnolence, lethargy, directed attention fatigue. Fatigue and the fatigue feelings are getting confused sometimes mainly. Unlike the weakness these fatigue can be usually alleviated by some periods of rest (Hagberg, M 1981).

The main usage for the fatigue severity scale FSS is to separate or differentiate the differences which are usually decreased in clinically. so to use this scale, all we need to do is simply to ask the questions to those students or colleague who is participating in the experiment for studies. That's all we can easily rate this place of the weakness level with the use of FSS (Berrios, G. E. 1990).

Now we are going to perform the experiment by asking the questionnaires for FSS to the student of my friends in the university. This experiment is conducted by asking questions like to read any articles like newspapers or any booklets or telling them to write numbers from 1 to 50 or draw something. Then we must note those subjects for less than one week to find how much they are suitable for those experiment.

If in case the subject have low value or points then the subject is not suitable and if the subject have high value then its more suitable for the experiment. (Marcora, Samuel M 2009).

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With the help of the FSS we can find the variety of fatigue in variety of disorders like fatigue syndrome. Chronic or acute fatigue or fatigue due to any stress related (Revicki D,K., 1998).

LITERATURE REVIEW

To find the score for FSS , first important is the consistency of the internal and test retesting reliability. So the experiment is conducted by the college student with the help of experienced person in the field . the main thing is that the FSS test should be conducted on the healthy students in order to find the accurate and proper score and so if we repeated the test we will get the similar scores again and again(Rossi D 2009)

This FSS is the 9 item scale which mainly measures the severity of fatigue and those effects on the persons daily lifestyle with variety of disorders . Its mainly devised for the people with the multiple sclerosis or systemic lupus erythematosus (Krupp LB, LaRocca NG 1989).

Further research would be required to understand the mechanism which hide behind this and in the mean time it is not possible to determine whether these items are suitable for the inclusion of the mapping algorithms. For the energy fatigue scale the main points are given by more other highly experienced researchers (Goodwin, hawton, A & Green 2019)

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The main form of getting fatigue are the people or students not getting enough energy source from the food which they intake. So the way to help them is to give clarified meetings for those students or peoples from the medical associations to give proper advices of energy sources to keep them active and to prevent this fatigue problems in upcoming future days (Mayou , Richard 1999).


From those reviews its clears how the FSS is important to give proper informations about the level of fatigue its severity and how to prevent these fatigue by intaking proper energy sources in day today daily life (Enoka Roger M 2008).

AIM OF STUDY:

To measure the severity of fatigue tendency of different people with simple and standard questions with the example of 15 medical students of Volgograd state medical university. To also measure the fatigue in multiple sclerosis and systemic lump erythrematosus.

TASK OF THE STUDY:

- a) Collect the informations about different peoples fatigue.
- b) Collecting the answers for those questionnaires of FSS.
- c) Analyzing the results of the questionnaires of FSS.

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- d) Calculating the standard deviation of the result .
- e) Comparing the result which we got before with the normal people.
- f) Providing the practical recommendations using chalder fatigue scale.

OBJECT OF THE STUDY:

Fatigue severity scale measuring.

SUBJECT OF THE STUDY:

Taking 15 medical student from VSMU of both sex(10 boys and 5 girls).

RELEVANCE OF THE STUDY:

Comprehensive assessment of disabling fatigue.

PRACTICAL SIGNIFICANCE:

Obtaining results and by using those results as a self diagnosing tool to measure the disabling fatigue.

MATERIALS AND METHODS

Participants and Designs:



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There are many quality of fatigue in our life and in those the one of the main important things is which triggers the tiredness in multiple sclerosis. To find the proper tiredness affect impact we are using the FSS, but in these we cant create the life value until getting the informations about the cost effective analysis and by limitation of those work we can get relations. In this case the objective study is helpful to creating blue print for stastical methods. Then those statiscal method is help to convert FSS score to the main state utility valued by the very base measures.

Now we are taking the five models called regressive models,

- All FSS measurement (Model 1);
- All FSS measurement and all FSS measurement squared (model 2)
- All FSS measurement , year and sex (model 3)
- All FSS measurement item(model 4)
- All FSS measurement item ,age and gender(model 5)

STATISTICAL METHOD:



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in those report scale we are mainly taking the 9 victim about the fatigue and by we are noting the severity and the affect of the activity. And we are arranging those points which we got from the answers of those questionnaires. Points arranged from 1 to 7.

- ONE means highly disagree.
- SEVEN means highly agree.

From this the clear information is the possible maximum score of those victims are 9 and the highest point is 63.

- More than 7 is severe fatigue
- More than seven is more affect on the patient actions.

The understanding of this method is very easy the average time taken by the victim to answer up to 7-8 minutes.



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Fatigue severity scale questionnaire

FOR ONE WEEK ON RESEARCH	Highly Disagree							Highly agree						
	1	2	3	4	5	6	7	1	2	3	4	5	6	7
1. I am easily fatigued	1	2	3	4	5	6	7	1	2	3	4	5	6	7
2. some muscles functions are prevented.	1	2	3	4	5	6	7	1	2	3	4	5	6	7
3. fatigue makes more problem For me.	1	2	3	4	5	6	7	1	2	3	4	5	6	7
4. fatigue cause my muscle week and dull.	1	2	3	4	5	6	7	1	2	3	4	5	6	7
5. fatigue is among my most disabling symptoms.	1	2	3	4	5	6	7	1	2	3	4	5	6	7
6. fatigue affects my work or social life.	1	2	3	4	5	6	7	1	2	3	4	5	6	7
7. complications are less	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8. can't do some exercises due to fatigue.	1	2	3	4	5	6	7	1	2	3	4	5	6	7
9. fatigue highly interferes my duties and responsibilities.	1	2	3	4	5	6	7	1	2	3	4	5	6	7



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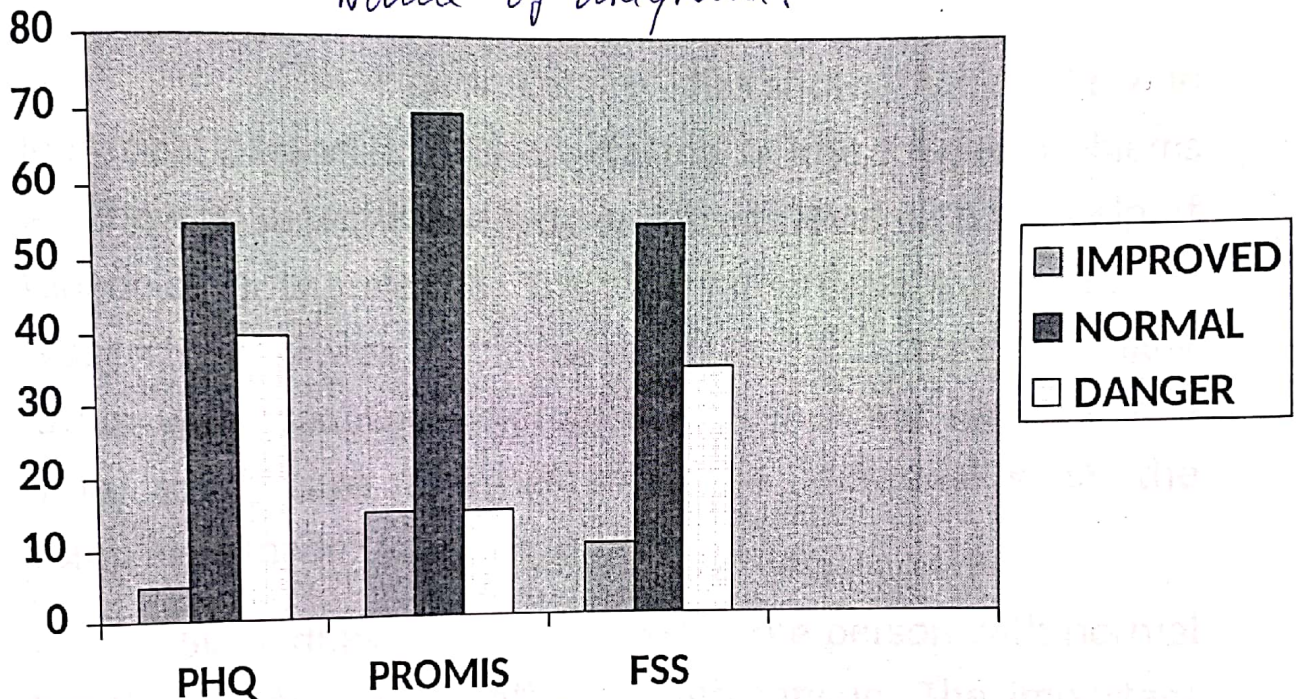
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RESULT:

Name of diagram?



PHQ = Patient health questionnaire

PROMIS = Out info system

FSS = Fatigue severity scale

The results which we got is a brief analysis on Eq-5d & the readings which we gained from the multiple sclerosis and fatigue assessment scale -8D for the best result we used a low acute specified deviation which we noted in the FSS with its total and result score .



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SUMMARY:

This experimental studies shows that the how an individual person or subject affected by the fatigue problems and how to detect those fatigue impacts level with the help of fatigue severity scale FSS . The observations made by me in this research study was highly based on the VAS score of fatigue group with troubling syndromes seen in some patients in a more percentage that underlies the individuality of the complaints made by the person.

Similarities are noted between the person with normal health and the patient affected with fatigue. The important difference between the them is the healthy person seems more active and the affected person seems less active and often tired than the normal person. These effects of fatigue may occur that to be on independent of remaining neurological syndromes . This study which conducted by us will be helpful for the learners on the basis of guidance for the future reference.

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