	<p>Федеральное государственное бюджетное образовательное учреждение высшего образования «Волгоградский государственный медицинский университет» Министерства здравоохранения Российской Федерации</p> <p>Кафедра нормальной физиологии</p>	<p>Фонд оценочных средств ОТЧЕТ по производственной практике (научно-исследовательская работа)</p>	<p>- 1 -</p>
---	--	--	--------------

REPORT

ON MANUFACTURING PRACTICES (RESEARCH WORK)

Topic: FATIGUE SEVERITY SCALE

Performed by

Student: _____ Ovisylia Mascarenhas _____

Course 3

Group 37

Specialty: General medicine

Checked by : RODION KUDRIN

4 (84 балла)

Завершено в течение.

Проф.

*Р.А. Кудрин
28.12.2019*



Федеральное государственное бюджетное
образовательное учреждение
высшего образования
«Волгоградский государственный медицинский
университет» Министерства здравоохранения
Российской Федерации

Кафедра нормальной физиологии

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

- 2 -

INTRODUCTION:

Fatigue usually describes how a person feels tiredness instantly or feels to do nothings means the person feels lack of energy and a feeling of drowsiness and sleepy. if the person is going through some stress or problems it can be ue to that the person is feeling but the Fatigue scale we can measure it according to how severe it can be from mild to severe.

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).

It ca also be due to the persons lifestyle may be we can consider if he/she is not active in Physical activity. Or the person is suffering from Physical appearance may be if the person is obese or being overweight it can also be the cause of fatigue.

Also diet plays a very important role in the lifestyle of the person. If the person is not eating a nutritional foo he can always feel weakness and sometimes can fall asleep due to lazyness and just feeling of not doing anything.

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 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 disorder.



Федеральное государственное бюджетное
образовательное учреждение
высшего образования
«Волгоградский государственный медицинский
университет» Министерства здравоохранения
Российской Федерации
Кафедра нормальной физиологии

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

- 3 -

LITERATURE REVIEW:

Chronic Fatigue syndrome can be clinically evaluated or unexplained. Also there are some symptoms that can show that the person is suffering from the Fatigue is when a person feels tiredness all the day, feeling like his sick, don't want to work or do anything, feeling uncomfortable and also feeling sick after doing Physical work

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. (TREMMA S. I. G., 2018).

Energy Fatigue scale is also one of the division of fatigue and many types of this Scale is built by the researchers to score the rating of fatigue. For the energy Fatigue Scale main points are given by experienced researchers (friedberg W. F., 1878)

This is an under graduated Medical school students about the Tiredness. These marks are trainers in the med school to make the literature and professor aware to make the necessary procedure to bring up the students life in a better way The events which lead to increase stress level due to problem of relation due to hard work and may also due lack of food. To avoid kind of complaints there should be trainers in collages.



Федеральное государственное бюджетное
образовательное учреждение
высшего образования
«Волгоградский государственный медицинский
университет» Министерства здравоохранения
Российской Федерации
Кафедра нормальной физиологии

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

- 4 -

MATERIALS AND METHODS:

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.

- Mentally, I feel exhausted.
- When I am doing something.
- Feel exhausted
- Tiredness even after doing Physical activity
- Feeling like sick
- Not feeling like working or doing something

These Fatigue Assessment Scale measured from 10 students. This cross sectional survey made on learners in VOLGOGRAD STATE MEDICAL UNIVERSITY.

FATIGUE SEVERITY SCALE:

The Fatigue Severity Scale helps us to know in what cases the person feels tiredness and what are the reasons for this cases. The Fatigue Severity Scale helps us to improve the quality of life the person is going through. May be his unable to understand what the person is going through in this FSS we can help the person to improve his quality of life and to understand.

AIM OF STUDY

To measure the disabling Fatigue tendency of different people with simple and



Федеральное государственное бюджетное
образовательное учреждение
высшего образования
«Волгоградский государственный медицинский
университет» Министерства здравоохранения
Российской Федерации

Кафедра нормальной физиологии

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

- 5 -

standard question.

TASK OF THE STUDY:

1. Collect information about Fatigue from different people
2. Collecting answers for the questionnaire
3. Analyzing the result
4. Calculate the standard deviation

In the report scale we are taking 9 victim about the fatigue. We are noting the severity and the affect and activities. By arranging the points that are received from answering by the victim. The points are arranged in seven points (ONE to SEVEN).

- 1) ONE means highly disagree.
- 2) SEVEN means highly agree.

From this we are having a clear information that is the possible maximum score is 9 because of 9 victim and the highest point is 63.

1. MORE THAN SEVEN = SEVER FATIGUE
2. MORE THAN SEVEN = MORE AFFECT ON PATIENT

ACTIONS.

The understanding of this method is very simple and the average taken by the victim to answer up to 6-8 minutes.

Fatigue Severity Scale Questionnaire								
FOR ONE WEEK ON RESEARCH	Agreement scores							
	I	II	III	IV	V	VI	VII	VIII



1. I can't think or boost up me during fatigue	2	2	6	1	3	2	1	1
--	---	---	---	---	---	---	---	---

2. Daily workouts while fatigue	2	2	1	5	3	4	2	1
3. No complication	2	3	2	1	4	3	2	5
4. Due to fatigue my muscles are weak and dull	5	2	1	5	4	2	3	1
5. Due to fatigue I'm having more problems	2	2	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	3	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	2	1	1	2	2	3

RESULTS:

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

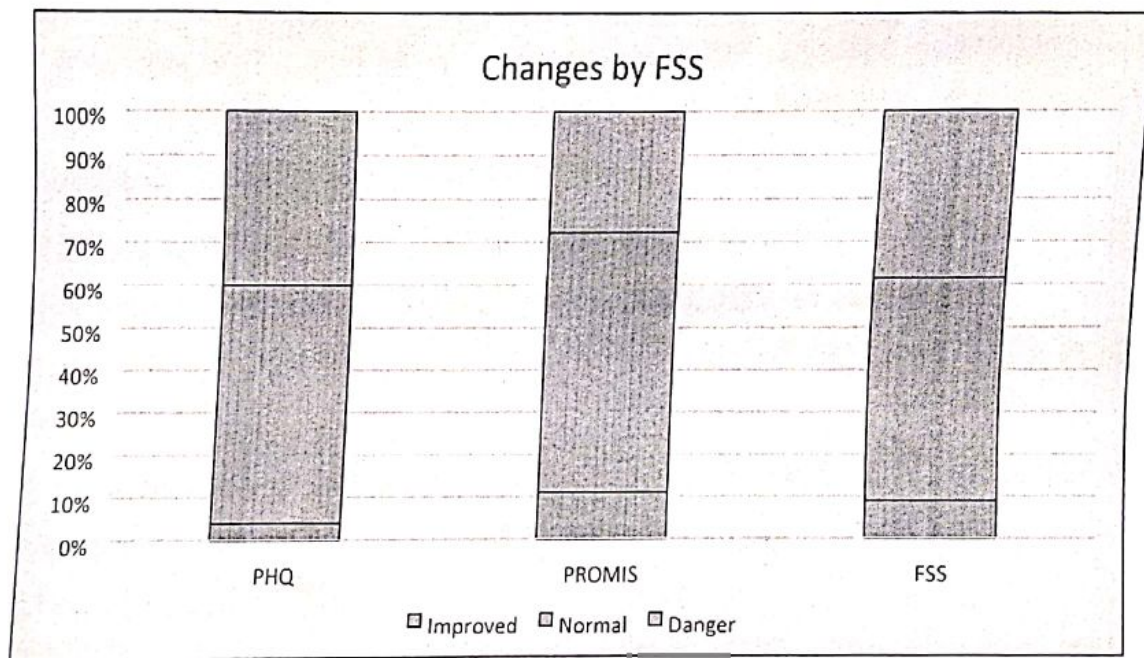


Total student's: 8

Standard deviation: 1.3

Mean: 3.5

GRAPHICAL REPRESENTATION:



SUMMARY

This research studies about the tiredness of person even though some features of fatigue that had been undergone by adults who are healthy. However there is no positive correlation among the Severity of fatigue and disability 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,



Федеральное государственное бюджетное
образовательное учреждение
высшего образования
«Волгоградский государственный медицинский
университет» Министерства здравоохранения
Российской Федерации

Кафедра нормальной физиологии

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

- 8 -

environmental, educational, health issues or a combination of the This study will helpful for the learners on the basis how to take guidance for the future reference.

References:

1. Iondale, K. L. and M. Y. Johnson 1997. An evaluation of subjective and objective score of fatigue in victim with brain injury and health controls. Brain injury, 14,469-569
2. Tsokos M, Lazarou SA, Moutsopoulos HM. Vasculitis in primary Sjogren's syndrome: Histologic classification and clinical presentation. Am Journal of Clinical Pathology. 1987;88:26. [PubMed] [Google Scholar].
3. Kassen SS, Thomas TL, Moutsopoulos HM, et al. Increased risk of lymphoma in sicca syndrome. Ann Internal Med. 1989;89:888.
4. Barendregt PJ, Visser M, Smets E, Tulen JHM, Vanden Meiracker AH, Boomsma F, et al. Fatigue in Primary Sjogren's syndrome. Ann Rheum Dis. 1998;57:291-95.

Неполный список
Incomplete list of references