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REPORT

ON MANUFACTURING PRACTICES (RESEARCH WORK)

**Topic: BRISTOL RHEUMATOID ARTHRITIS FATIGUE
MULTIDIMENSIONAL QUESTIONNAIRE**

Performed by

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Grade 3 rd. course

Group 37

Specialty: General medicine

Checked by : RODION KUDRIN

4 (84 балла)

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INTRODUCTION:

Fatigue is feeling of tiredness. It is normal expression of load of physical exertion and mental activity. It is mostly provoked without any etiology. If not treated by rest can lead to further diseases. Prolonged fatigue can lead to condition like rheumatoid arthritis. Also mental fatigue affects physical performances of people. [Walter, January 2009]. 7

Rheumatoid arthritis is a condition of swelling of joints of hands and legs. It is mostly caused due to predisposing factors like age, sex and also can be seen in people with loads of physical or mental activity like workers, students etc.

Due to recent research it has found that the people who suffer this problem are young and deals with lot of stress and strain. Researcher found that there is high risk of muscular dystrophy or osteoporosis in this group of people with continuous fatigue. To treat such type of fatigue we should understand its severity an to find out severity we should conduct experiments and questionnaire to put them in a group for treatment. For this segment one of the experiment was conducted called BRAF-MDQ. [Nicklin J, 2010] ✓

BRAF-MDQ is questionnaire which contains daily base activity questions and is scored according to response of patient on each situation. It is used mostly in study of skin-connective diseases, musculoskeletal disease, immune system disorder.

LITERATURE REVIEW:

This research was meant for the people who undergo sudden discomfort without knowing the real reason and unclear diagnosis. This study was found to be useful without any instrument but by only asking questions to the patient about his daily activities. This study was not only useful for therapeutic but psychiatry department. It helped in understanding the emotions, energy, frequency, quality of life, social life of a person and there by follow up with the treatment. [Nicklin J]



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4 distinct dimensions were found : they were physical fatigue, living with fatigue, cognition fatigue, emotional fatigue. They were further found to be useful for diagnosis and treatment.

AIM OF THE STUDY:

To measure the severity of fatigue which leads to day to day discomfort . To conduct this research on the 8 students of same group of VOLGGMU.

To correlate the relationship between fatigue and the effect of it on daily basis.

TASK OF THE STUDY:

1. Collect information on the basis of the questions.
2. Collecting answers for the questionnaire.
3. Analyzing the results of the questionnaire.
4. Calculating the standard deviation of the result.
5. Provide recommendation

OBJECT OF THE STUDY:

BRAF- multidimensional questionnaire

SUBJECT OF THE STUDY:

8 students from group 37 of 3 course of VOLGGMU.

RELEVANCE OF THE STUDY :

For understanding early symptoms of musculoskeletal diseases in young people.



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PRACTICAL SIGNIFICANCE:

Obtaining results and using the results as a recommendation to avoid aftermath of fatigue.

METHOD OF RESEARCH :

To gather the group of student and give them pen and paper. Start asking them questions and tell them to scale it from 0-3 and tell them to do it for each question.

Basically the questions are based on emotional, cognitive and physical activity.

The students are told to rate by considering last 7 days. After the questionnaire the information is calculated according to a total score and hence compared.

After this the scores are estimated according to the scale of severity:

- Range of normal score 0-8
- Range of mild score 9-12
- Range of moderate 13-16
- Range of severe more than 16

Name of table ?

QUESTIONS	1	2	3	4	5	6	7	8
How long, on average, has each episode of fatigue lasted during the last 7 days?	2	3	3	1	1	3	1	1
Have you lacked physical energy because of fatigue?	1	2	1	0	0	2	1	0
Has fatigue made it difficult to bath or shower?	2	1	0	1	1	2	0	1

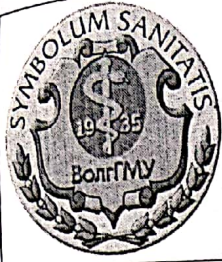


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Has fatigue made it difficult to dress yourself?	0	0	1	1	1	0	0	1
Has fatigue made it difficult to do your work or other daily activities?	2	2	3	2	1	1	2	2
Has fatigue affected your social life?	0	3	3	3	1	2	1	2
Have you lacked mental energy because of fatigue?	2	1	2	1	2	3	1	3
Have you forgotten things because of fatigue?	1	1	2	1	0	1	0	2
Has fatigue made it difficult to think clearly?	1	1	1	0	0	1	2	0
Has fatigue made it difficult to concentrate?	2	1	2	2	1	0	0	1
Have you felt down or depressed because of fatigue?	1	2	1	0	1	0	2	1
TOTAL	14	16	16	12	9	15	10	14



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NAME	SEX	AGE	SCORE	RANGE
1. BHARATH	M	21	14	MOD
2. ADITYA	M	23	16	MOD
3. IBRAHIM	M	23	16	MOD
4. KARTHIK	M	21	12	MILD
5. SHRAVAN	M	20	9	MILD
6. OVISYLIA	F	23	15	MOD
7. DEEPTI	F	25	10	MILD
8. SOUHILA	F	23	14	MOD

COLLECTED INFORMATION :

- COUNT : 8
- SUM : 106
- MEAN SCORE: 13.25
- STANDARD DEVIATION : +/- 2.487

Diagram?



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RESULTS:

The research helped us to find that 63% of the group i.e. 5 students face moderate type of fatigue, whereas 37% suffered mild fatigue. The standard deviation was found to be +/- 2.487.

This helped us to understand that the fatigue level can affect our lifestyle. It was seen in more than half population of students of same group of medical college irrespective to gender.

CONCLUSION :

There was stress detected in medical students due to their hectic schedule of studies and other physical activity. It was noticed that fatigue level not only depend on physical activity like traveling, climbing staircase ; mental activity like studies, exam stress but also the diet which we follow and most important the resting period. A student should atleast get 8 hr sleep to get through that fatigue of full day.

PRACTICAL RECOMMENDATION:

The students were seen in need of some recommendation as they were suffering from fatigue. The recommendations are like daily exercise like yoga and meditation for increasing concentration, 8hr of sleep compulsory, healthy diet, time management for studies and eating time. The students also should avoid more usage of electronic tech because it also causes mental fatigue which makes it worsens. The students should not exert physical load (lifting weight in gym) on themselves because which can leads to tear in muscle or swelling of joint. They should take into consideration this recommendation and live life in healthy way stress free.



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