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Кафедра нормальной физиологии

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

- 1 -

REPORT ON MANUFACTURING PRACTICES (RESEARCH WORK)

Topic: FATIGUE SEVERITY SCALE

Performed by

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Course __3__

Group __36__

Specialty: __General Medicine__


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4 (84 балла)

Замечание в нем.

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	<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>- 2 -</p>
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Report content.

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

INTRODUCTION:

Fatigue Severity Scale helps us to know the Severity of fatigue and how has it affected the person. Fatigue can usually depend due to poor lifestyle and we can say due to poor nutrition. In this the person feels extremely tiredness physically and mentally both. The person feels to do nothing and still feels tiredness.

The person who is going through fatigue experiences difference in his mood and behaviour do to which he can experience changes in the mood. The causes of fatigue can usually be due to Physical exertion, or due to less or unhealthy food that the person consumes. It can also be due to the use of alcohol and drugs.

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.

Fatigue usually affects due to the change in life style and also the people who don't get enough of sleep which makes them feel weakness and lower their



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

- 3 -

ability to work. Some people expresses depression also in fatigue due to weakness and sometimes feel weaness even if they sleep proper.

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)

To support our research we use Fatigue severity scale(FSS) for the investigation of disorder in sleep or its because of fatigue problems.

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.

LITERATURE REVIEW:

The main problems the students of medical university face is about the load of studies. The stress mostly due to studies so this fatigue everity help them to understand the situation and help them to mark from where the Severity ranges from mild to severe.

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



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

- 4 -

for the general people's. In this fatigue scale we can analyse the data given by the students and find what is the problem they usually face. It can be due to excessive load of stress. Or it can be due to tiredness from mental and physical stress.

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).

some students can face this problems due to less consumption of nutritional food or due to lack of physical exercise. 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 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. (ERNSTSSON.O.P.,2017).

Some of the problems can also lead to sleeping abnormalities like rapid eye movements 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.



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

- 5 -

MATERIALS AND METHODS:

In this Severity Scale we can find what are the problems people or students face in daily life and what are the statements that can help us to describe them. 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.

We can usually start this Scale by asking them some questions related to their daily life style and what are the problems they usually face in this. Below are some statements that worry them and make them feel uncomfortable due to which they feel exhausted during work or feel mentally exhausted.

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

- Getting tired often
- Not feeling like doing any physical activity
- It can be due to obesity
- Using excess alcohol or drugs
- Exhausted mentally
- Drowsiness and sleepy
- Having problem to start the day with fresh mood



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

- 6 -

- I have problems to think clearly
- Don't feel like eating much
- Can't work for too long

These Fatigue Assessment Scale measured. 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 fatigue Severity Scale we should perform the task by taking medical students and asking them about how they feel or what are the complains they have during the daily life. Are they stressed or what are the reason they feel uncomfortable or feel like doing nothing

TASK OF THE STUDY:

- Collect information about different people's fatigue.
- Collecting answers for the questionnaire.
- Analyzing the results of the questionnaire.
- Calculating the standard deviation of the result.



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Кафедра нормальной физиологии

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

- 7 -

- Comparing the result with normal peoples.
- Providing practical recommendation using Chalder fatigue scale.

OBJECT OF THE STUDY:

Fatigue Severity Scale Measuring.

RELEVANCE OF THE STUDY:

Comprehensive assessment of disabling fatigue.

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

We can describe it by using diffent no. Given by the people and find out which criteria they feel is it more severe or mild

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.



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Кафедра нормальной физиологии

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

- 8 -

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	3	2	3	2	4	2

2. Daily workouts while fatigue	1	2	3	2	3	4	2	5
3. No complication	1	2	3	1	2	3	2	5
4. Due to fatigue my muscles are weak and dull	1	2	2	4	3	2	1	1
5. Due to fatigue I am having more problems	2	2	2	4	1	1	3	3
6. Due to fatigue I want to do some personal work	1	2	2	2	2	5	3	1
7. Some muscle functions are prevented	1	3	4	1	3	2	1	4
8. There are three symptoms of fatigue	2	4	1	1	3	3	5	2



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ОТЧЕТ по производственной
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9. All are in fatigue	3	3	5	1	1	5	2	3
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RESULTS:

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

Total students: **8**

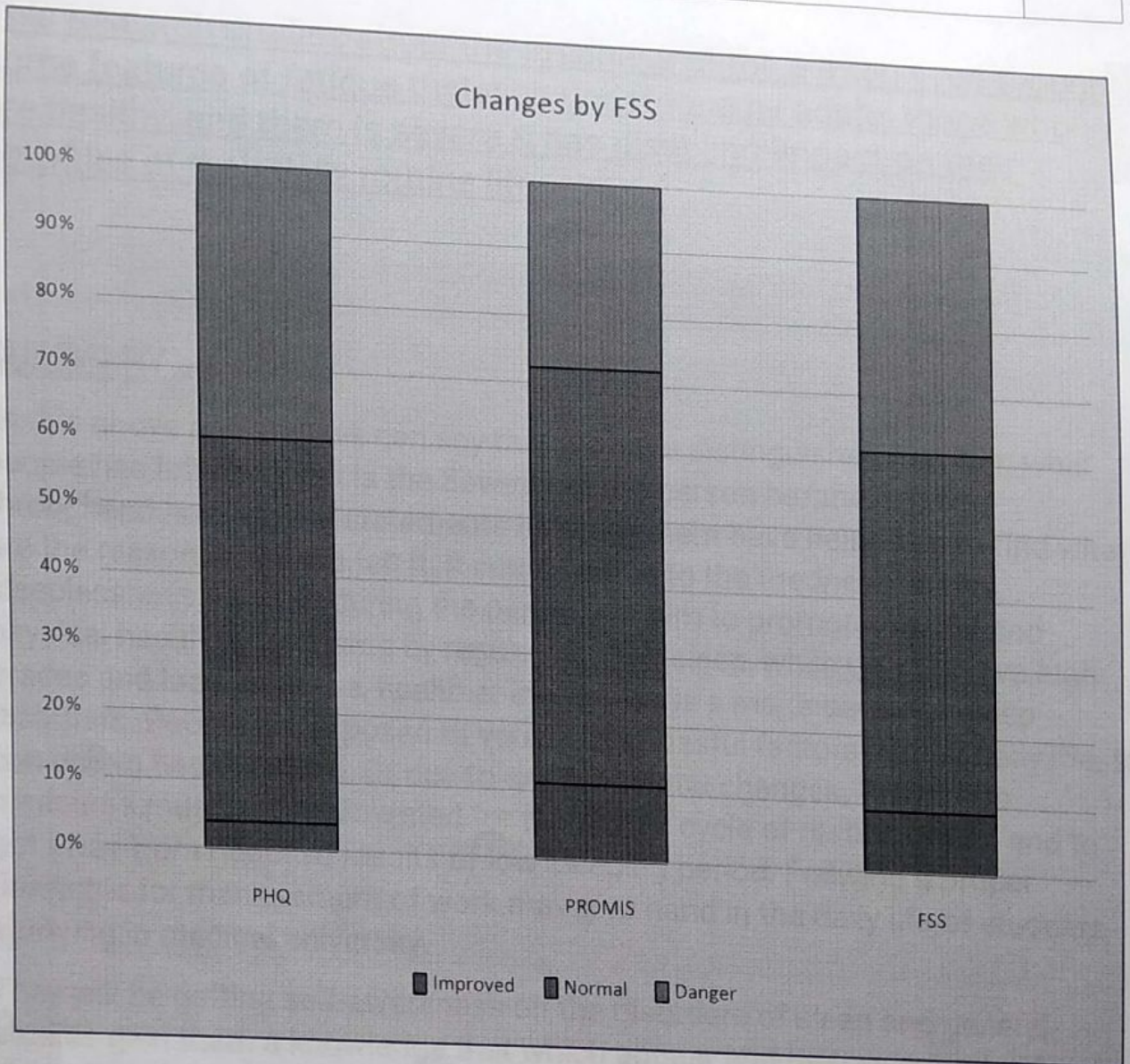
Standard deviation: **1.4**

Mean: **4.0**

GRAPHICAL REPRESENTATION:



Name of scale



PHQ = Patient Health Questionnaires

PROMIS = Out Info System

FSS = Fatigue Severity Scale



This research studies about the tiredness of the person even though some features of fatigue that was undergone by adults those who are healthy, and there is severe & has disabling impact on their activities of their daily routine life.

SUMMARY

In this above research we can say that we have distinguished between what people has felt and what is the Severity of the person he/she is going through and how are the statements listed by them have helped us to find what are the reason they have felt it. It could be due to the tiredness, stress, sleeplessness they felt during the period. 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. It can due to health issues. Or due to environmental changes. 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.

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

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Кафедра нормальной физиологии

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

- 12 -

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