



Федеральное государственное бюджетное
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«Волгоградский государственный медицинский
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Российской Федерации
Кафедра нормальной физиологии

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

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REPORT

ON MANUFACTURING PRACTICES

(RESEARCH WORK)

TOPIC: CHALDER FATIGUE QUESTIONNAIRE

Performed by

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Grade: III Group: 37

Specialty: General medicine

Checked by: RODION KUDRIN

4 (84 баллов)

Защитано в течение

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INTRODUCTION:

Fatigue is an overall feeling of tiredness or lack of energy, that we have been experience in our life as a student, due to tough and hard schedule of studies. Fatigue affects the student lifestyle, studies and other curricular activities. Hence fatigue is an important phenomenon. So, to measure fatigue we will use some experimental methods and trials on students by asking number of questions, related to fatigue, tiredness, lifestyle, etc. For this research work we will use chalder fatigue scale. Chalder Fatigue Scale is a questionnaire conducted by the physician for measuring the extent and severity of fatigue. With the help of chalder fatigue scale we will get to know the main causes of fatigue in students

Fatigue also accompanies with varieties of disease such as rheumatoid arthritis, cancer, etc. If a person is tired and always feels lazy and not active, sure he will get other harmful disease and his lifestyle will be affected in many ways. So measuring fatigue has become very important aspect for many physicians and doctors. So, they came up with an idea of Chalder fatigue scale. This scale is frequently used to find the fatigue score of the person who is suffering from fatigue also this score helps physician to provide them a good recommendation therapy to get rid of this disorder but it doesn't degenerate the state of health of a person which is more valuable.

The primary needs of now a days student is to get a proper eight hour sleep, but when the students don't get enough amount of sleep , due to studies pressure especially Medical students, due to pressure of studies and classes they don't get a proper sleep and next day they feel tired , weakness , laziness and other fatigue symptoms can be seen For this we use Chalder Fatigue Scale with 11 questions to the students we are going to check the level of fatigue and we will calculate their profile on basis of their answers to the questions and we will recommend them how to get rid of these disorders. From this research work we will get to know the condition, lifestyle and other health related issue happening with the students in medical school.

I am doing my research work in the guidance of the teachers from the department of normal physiology in VOLGOGRAD STATE MEDIVAL



UNIVERSITY, VOLGOGRAD, RUSSIA. This research work was successful and we got good results based on the response from the students using Chalder severity scale.

LITERATURE REVIEW:

1,25cm. The students studying in medical school have more load and pressure of studies and this is the main reason that affects their potential and sleep timetable. Most of the students studying in medical school usually get poor sleep at night time, that alters the sleep circadian cycle of the students. For this I asked my friends, who are studying in med school, they gave me the review about their sleep. They said most of the night time they sleep late, because they are busy in completing assignments, reports and doing self-study. Also, sleeping late at night lead to many side effects such as laziness, physically weak, thinking issues, morning weakness, fatigue, and other health related issues. So, this student should be given proper knowledge about the importance of sleep, and benefits of a complete sleep, that will increase the potential and they will become more active.

Sleep is very complex process, and a very complex physiological process. Sleep stimulates our brain activities to analyze things very carefully and in a very understable manner .we have seen in recent years, sleep increases the metabolism in a person body . when the body is at rest , person mentally and physically becomes stronger .

Sleep is a very important factors for a healthy lifestyle. It is very important for our internal growth and development of physical health. Sleep gives rest to the central nervous system and support our body mental health. Therefore sleep should be the first priority in a person life. Mostly students of younger age should sleep well to do good in their college life, especially medical student , as they have to study hard and have to deal with stress, so sleep on time will make them relax and will develops the student mental and physical health

There are many various factors that affects the sleep ability of a human body this factors may be environmental factor, daily schedule based on his lifestyle, his sex life, also his daily timetable as a student, stress. And one of the important factor that affects the sleep is fatigue, and we are going to do the research work and will get to know how many students are affected from fatigue . fatigue is the daily weakness and



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tiredness, that anyone and anybody can feel. Fatigue is also come with many of the dangerous disease such as cancer, rheumatoid arthritis etc.

The medical education is intensive and makes student tired and it is very hard for the students to manage the timetable and daily classes schedule, especially during training hours and they sacrifice their sleep. This lead to physical fatigue and weakness in the students who are unable to sleep enough. So, sleep play an key role in maintain of nervous mechanism in the body. If a person is sleeping less he/she will have negative effects in their life. They should understand this and try to maintain their sleep schedule.

The student in the university have to deal with hard studies and assignment and many other activities and project. they also have a pressure of final exams, and hence they wont sleep at night time. This lead to weakness, tiredness and fatigue in those students.

This literature review is given for the future reference of medical students studying in foreign universities, because the students studying in abroad away from there family have to face many problems, and have to deal with many different kind of stress and physical tension, study pressure, doing well in semester exams, all these factors affects the student mental and physical health status, that lead to fatigue. So, we use fatigue assessment scale to know the capacity of sleep of a medical student, and then to guide them properly based on their disorders of lack of sleep and unable to take rest. With the help of FSS total scores, we can determine the stage of fatigue and can make correlation between them with the help of statistics and graphical representation.

MATERIALS AND METHODS :

The Chalder Fatigue Scale has been used in studies of various disease such as cancer, multiple sclerosis and rheumatoid arthritis. To know the status of fatigue we are going to perform an research work, in which we are going to ask some questions to the students who are suffering from fatigue. To know the accurate values of victim weakness and tiredness we will use chalder fatigue scale.



The Chalder fatigue scale is a questionnaire created by the research team of London to measure the severity of tiredness in fatiguing illnesses. The fatigue scale has been used in multiple randomized trials of behavioral interventions in patients with chronic fatigue syndrome. Also, the scale has good internal consistency and convergent validity, it has been criticized for having ceiling effects and other operational flaws.

This scale was based on a similar questionnaire that had been used in a hospital based case study comparing patients to patients with neuromuscular and effective illnesses, and a study testing the efficacy of cognitive behavioral therapy in patients.

Here we are taking four models by the regressive selection called regressive methods. Below are a number of questions about the possible complaints of the patients we are going to ask for our research with patients. As per the question asked student must choose one out of four answer categories.

CHALDER FATIGUE SCALE

These fatigue assessment scale has been measured from eight students and also the research work and survey is made on the students of VOLGOGRAD STATE MEDICAL UNIVERSITY. The fatigue have many qualities that impact our life and one of the important factors that triggers tiredness is rheumatoid arthritis. To know the accurate value of patient tiredness, effects and seriousness, we will use FSS. This objective study is very helpful for statistical methods .

In this survey , we are taking eight patients with fatigue and tiredness. We will note the affects and severity of fatigue and the patients activities. Our research work depends on the answer of the patients. The answer are given in points. The points are as follow, they are (ZERO TO THREE).

1. ZERO means Less than usual (disagree).
2. THREE means Much more than usual (agree).

By using above mention criteria and points , now we are going to ask the questions to the students ,using chalder fatigue scale questionnaire. It's a very simple method and



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also easy. The average time taken by the student to answer the questions was about five to six minute.

Name of table?

Questions asked during research work	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
1. Do you have problems with tiredness?	0	3	1	0	1	2	0	3
2. Do you need to rest more?	1	2	3	1	3	1	1	2
3. Do you feel sleepy or drowsy?	3	2	1	3	1	3	3	2
4. Do you have problems starting things?	0	0	2	0	2	0	0	0
5. Do you lack energy?	1	2	1	1	1	1	2	2
6. Do you have less strength in your muscle?	0	1	0	0	0	1	0	1
7. Do you feel weak?	1	3	1	1	1	3	1	3
8. Do you have difficulties in concentrating?	2	1	0	2	0	2	2	1
9. Do you make slips of the tongue when speaking?	1	0	3	1	3	0	1	0
10. Do you find it more difficult to find the right word?	3	2	1	3	1	1	3	2
11. How is your memory?	1	3	0	1	0	3	1	3

Number of students



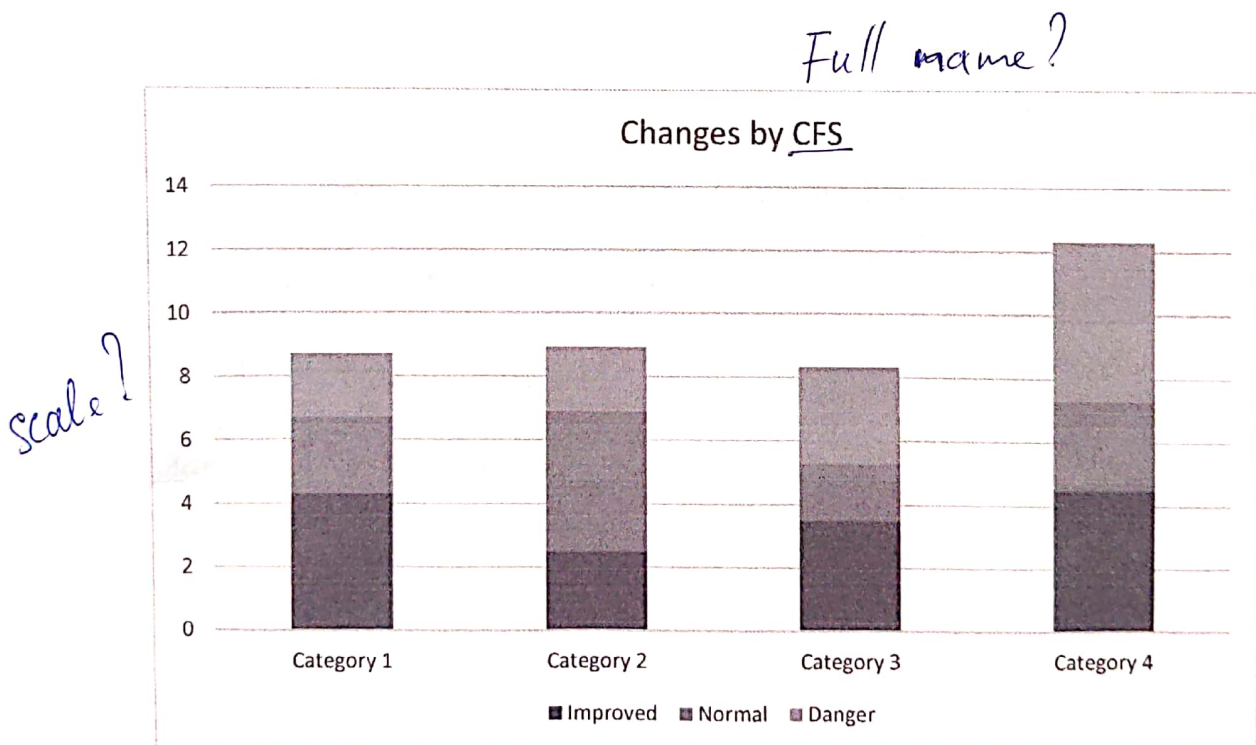
RESULTS:

The results were found by making the research work with 8 students using chalder fatigue scale.

Total students = 8; No. of. Question asked = 11

Standard deviation = 1.3

Mean = 3.6



SUMMARY:

We conducted our research work on the students of a medical university. A medical student always requires to learn much more information in a very short period of time and for this most of the students sacrifice their sleep time to study and complete the syllabus. This lead to disturbance in their sleep leading to next day in class tiredness and fatigue. So, these students must take some preventive measures and should make



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timetable for studies, sleep and a proper rest period. Following a proper timetable and management will lead to positive results in their daily life and can easily overcome tiredness and fatigue. Our aim of this research work is to promote mental and physical health for students by regulating their sleep cycles, by taking proper rest with a healthier life. And, such programs and guidance to students was done by this research work and it was conducted at Volgograd State Medical University. By this research work we will get to know the status and lifestyle and stress about a medical student, and its very important to understand fatigue and tiredness.

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