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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: FATIGUE SEVERITY SCALE

Performed by

Student: Cholekar Dhiraj

Course 3

Group 34

Specialty: General medicine

Checked by : RODION KUDRIN

4 (84 балла)

Замечание в месте.

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### INTRODUCTION:

Fatigue severity scale is used to measure how much the student is affected with fatigue due to their hard working on studies to perform in the academic. Fatigue is something when people usually suffers due to stress. It is when people started getting tired even if he/she is not doing any activity.

The person usually finds in this situation when he got a lot of workload and is unable to do it due to which he feels sleepy or drowsiness. In this situation the fatigue Severity Scale will help us to understand what problems the person is going through or what are the things that make him feel sleepy and inactive. Even if the person tries he doesn't feel like doing it. Some fatigue can be very severe as the person always feels that he/she cannot do the things that other people can do and due to these it can make them go through the depression phase.

To maintain the quality of life we should make use of this fatigue Severity Scale and analyse it so that we can find what are the problems they are facing and what can be done to help these things out.



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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).

Fatigue scale this is also one of the division of fatigue and many types of this scale is built by the researchers. The specialty is the Energy Scale is same as FSS like we seen above. To score the rating of the fatigue. For the Energy Fatigue scale main points are given by experienced researchers (**Friedberg W.E.,1878**).

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:


Fatigue Severity Scale is to separate or to differentiate the depression which are all decreased by clinically, so from this we are having a clear information that they both share same information like symptoms. We know that, by simple way of questioning the people or the student who are studying in the 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.

The problems lead to sleeping abnormalities like REM (rapid eye movement), blabbering during sleep (this is due to thinking of some problems before sleeping), sleepwalking (this is due to thinking of some work before sleeping).

FATIGUE ASSESSMENT SCALE/Fatigue Assessment Scale to determine the med-learners capacity of sleep & to provide lectures based on the disorders of sleep lack of rest.FSS total scores and this will be considered on the norms of the FSS TO determine the stage of fatigue they belongs to and this



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was a correlation of the coefficient that leads to the difference between the values resulted from spearman correlation which is the coefficient that assessed to determine the stage of fatigue on the med-school learners.

(VAN KESSEL.R.K.,2008).

The events which lead to increase stress level due to problem of relation due to hard work and may also due to lack of food. The problems lead to fatigue abnormalities. To avoid kind of complaints there should be class for med students and trainers in medical colleges should be given awareness in the topic of disorder that may occur due to the lack of energy (Jason K.K.,1990).

Fatigue and sleep disturbance are common. Both are associated with anxiety, depression, and pain. However, fatigue is also associated with slowed information processing and the need for increased effort in performing tasks. Sleep disturbances contribute to fatigue. Objective sleep studies show reduced sleep efficiency, increased sleep onset latency, and increased time awake after sleep onset. Depression and pain exacerbate but cannot entirely account for these problems.(Chornsford, T.L., 2016)

### MATERIALS AND METHODS:

To determine the correct accurate value of victim tiredness affect impact we are using the FSS, but there is one problem we can't create the life value until we are getting the information about cost-effective analysis, and by limitation of the work we can get the relation. This objective study is helpful to creating blue print for statistical methods. Statistical method is help to convert FSS 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.

All FSS measurement (Model 1);

All FSS measurement and All FSS measurement squared (Model 2);



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All FSS measurement , year and sex (Model 3);

All FSS measurement item (Model 4);

All FSS measurement item , age and gender (Model 5).

### **AIM OF STUDY**

The aim is to find what are the problems people usually face and what are the answers on what they feel is not right or make their energy low so they are unable to work.

### **STATISTICAL METHOD:**

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).

ONE means highly disagree.

SEVEN means highly agree.

MORE THAN SEVEN = SEVER FATIGUE

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**





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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	5	4	5	4	4	2	2	1

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



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## RESULTS:

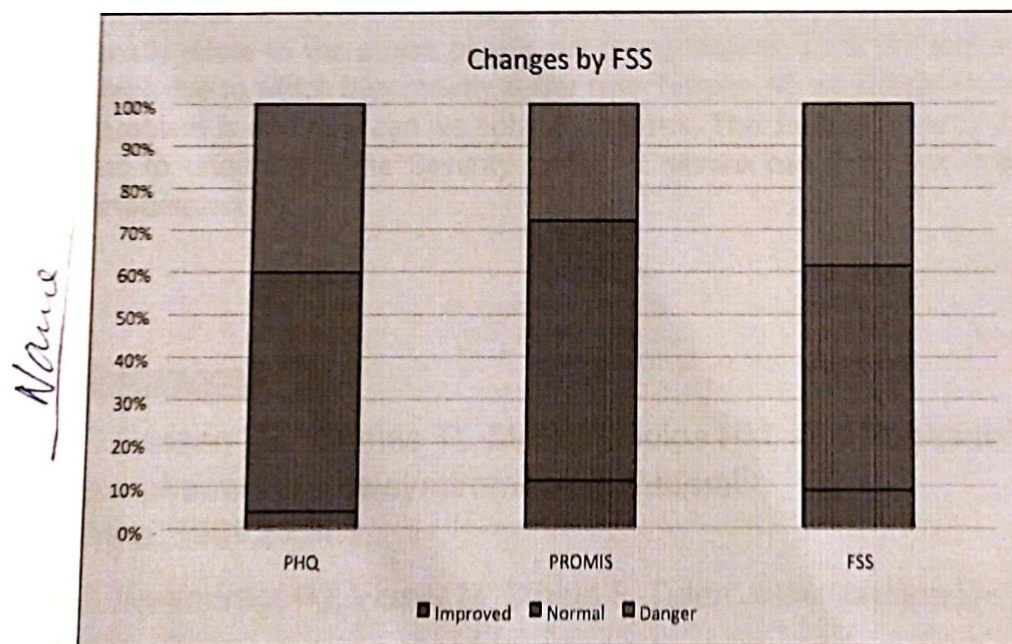
The results were found by making the measurement based on Fatigue Severity Scale.

Total student's: 8

standard deviation 2.1

Mean: 5.7

## GRAPHICAL REPRESENTATION:



These effects of fatigue may occur that to be on independent of





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remaining neurological syndromes. This study will be helpful for the learners on the basis of guidance for the future reference.

### SUMMARY:

Medical practice and medical education requires students to acquire an enormous amount of information in short periods and most students tend to sacrifice their time of sleeping to fulfill requirements in profession. The high level ESS scores denoting that the subject had disturbance in circadian that can lead to fatigue & impairment the functions. These project helped us to understand and to know what in today's world fatigue can be really relate to the stress people are going through so is the depression they face due to which they mostly suffer from fatigue. So we should know what the problem is and how can we solve the matter. This fatigue Severity Scale helps us to understand the Severity and how severe can it be will it be mild or moderate.

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