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## REPORT ON MANUFACTURING PRACTICES (RESEARCH WORK)

Topic: \_\_Stop-Bang sleep Apnea Questionnaire\_\_

**Perform**

**Student** Arivalagan Arunkumar

**Grade** 3rd **Group** 34

**Specialty:** 31.05.01 General medicine

**Check:** \_\_\_\_\_

**Report content.**

**Introduction**

**Literature review**


- **Materials and methods**
- **Results**
- **Summary**
- **List of references**

*845. (44)*

*Замечания в чекете.*

*Проф. Р.А. Вудрин*

*13.01.2019.*


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## 1. INTRODUCTION

### Obstructive sleep apnea

Sleep apnea, also spelled sleep apnoea . It is the pathological condition of patient who does not have proper sleep due the related breathing problems involving in in reduce in breath as half and restriction of air ways in effecting of breathing. It cause by the muscles it relaxes at the time of the sleep ,on the time soft muscles of our body and stacks at the through throat on its back side and it blocks the airways of upper respiratory system. On the condition brain thinks it hypoxia lack of oxygen the body activates the condition of the brief arausal and the body comes to the normal condition. In the patient of the sleep hypoapneas we should measure using the measurement called sleep hypopnea index it measures the numbers combines of the hypoapneass and hypohypoapneass which occurs in the one hour of sleep. It is the pathological condition of patient who does not have proper sleep due the related breathing problems involving in in reduce in breath as half and restriction of air ways in effecting of breathing.

*links ?*

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## Literature review

The study is conducted in volgograd medical university, faculty of general medicine with participation of 11 students during academic year 2019. sampling was done randomly. The students are asked to fill the questionnaire . Each test happened a hour before the start of the class. The data collected is analysed using spreadsheet and pie charts are shown down side which helps us to know the problems of students that having the sleep problems. It is the pathological condition of patient who does not have proper sleep due the related breathing problems involving in in reduce in breath as half and restriction of air ways in effecting of breathing.

*links ?*

## Materials and methods

For the examination of sleep hypoapneas among the students, following methods are used: Examined 20 students of different age, different status, different standards with different timing of their classes. We examined the students as they feel sleep hypoapneas and very tired during their whole day, can't able to feel fresh and gets tired easily during their class timings. We tried to find out the reason for getting the students so tired easily, at their young age especially the proffessionaly studing students like; medical students, engineers, law students like that

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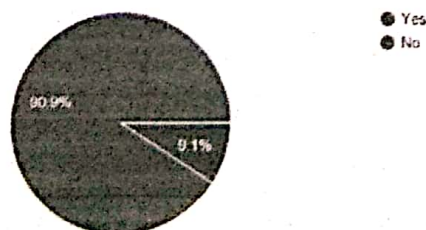
professional students. They are having very busy schedule as they begins their classes at morning 8:00 am and finish at different times as 3:00 – 7:30 pm, which make them very tired and sleepy whole day and due to their studies they cant be able to sleep early. And we examined that the students those who stays away from home for their studies also feel very fatigue due to the above said causes and after that they have to prepare food, have to look after the stuffs of their staying rooms and so on. Total of 20 students undertaken over that 8 boys and 12 Girls were presented there was predominance of female, students presented mostly with the age of 12 – 25 and with longer disease duration.

#### 4.Results :

##### The Responses for the STOP-Bang Questionnaire

Do you Snore Loudly (loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night ) ?

11 responses





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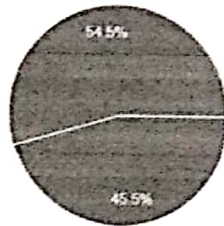
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- 5 -

Do you often feel Tired, Fatigued, or sleepy during the daytime (such as falling asleep during driving or talking to someone)?

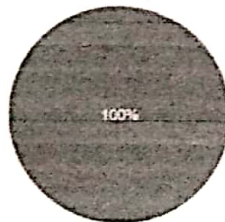
11 responses



● Yes  
● No

Has anyone Observed you Stop Breathing or Choking/Gasping during your sleep ?

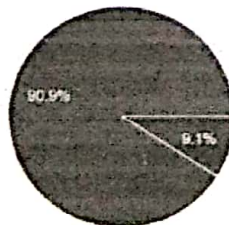
11 responses




● Yes  
● No

Do you have or are being treated for high blood pressure

11 responses

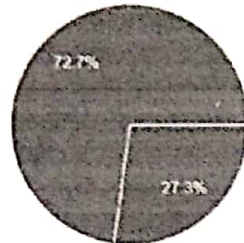


● Yes  
● No

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Is your Body Mass Index more than 35 kg/m<sup>2</sup> {18 - 25 kg/m<sup>2</sup> = Normal } {25 - 30 kg/m<sup>2</sup> = overweight } {30- 40 kg/m<sup>2</sup> = obese }

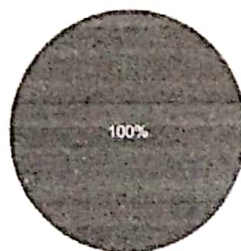
11 responses



- Yes
- No

Age older than 50 ?

11 responses



- Yes
- No



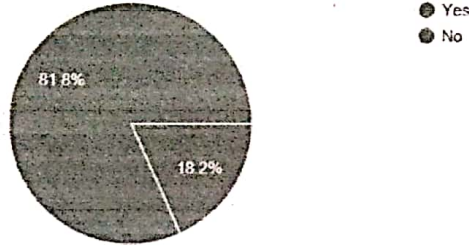
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- 7 -

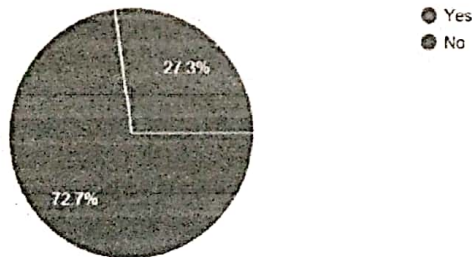
Neck size larger ? (Measured around Adams apple) For male : your shirt collar  
17 inches / 43 cm or larger , For female : your shirt collar 16 inches / 41 cm or  
larger

11 responses




Gender = Male ?

11 responses



Timestamp	Do you snore	Do you often	Has anyone	Do you have	Is your body	Age older than	Neck size larger	Gender = Male ?
2019/10/10	No	Yes	No	Yes	No	No	No	Yes
2019/10/10	No	Yes	No	No	Yes	No	No	Yes
2019/10/10	No	No	No	No	No	No	No	Yes
2019/10/11	No	No	No	No	No	No	Yes	Yes
2019/10/11	No	No	No	No	Yes	No	No	Yes
2019/10/11	Yes	No	No	No	No	No	No	Yes
2019/10/11	No	No	No	No	No	No	No	No
2019/10/11	No	Yes	No	No	No	No	No	No
2019/10/11	No	No	No	No	No	No	No	Yes
2019/10/11	No	Yes	No	No	No	No	No	Yes
2019/10/11	No	Yes	No	No	Yes	No	Yes	No

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## 5. Conclusion:

From the data collected from the given students , we can interpret that the students participated in the study has low risk of Obstructive sleep hypopnea. More than 95 % of the students have answered Yes for low questions . and only 5% student from the above study has answered Yes for more questions.

The prevalence of small risk of obstructive sleep hypopnea seen in the study can be attributed to the balanced work load and adequate sleep at the nights , and also the students participated in the study are mostly Healthy adults with no prior health risks.

## 6. References :

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*absent in  
introduction and  
review*



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