



Федеральное государственное бюджетное
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высшего образования
«Волгоградский государственный медицинский
университет» Министерства здравоохранения
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:insomnia

Perform

Student -Rohit yogesh pawar

Grade-3rd Group-34

Specialty: 31.05.01 General medicine

Check:Rodion Kudrin


У (84 бама)

Замечание в чекете.

Проф. Р.Д. Музруч


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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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Introduction

Sleep questionnaire to determine the nature of the sleep during the sleep problems that we are facing in our daily life. We all know how sleep affect our general life style. How sleeping is important factor of life. On that basis relation of sleep with health and well being has been studied from long time . and although there are number of questionnaires are developed to measure and examine sleep disturbance. As we know two commonly used multiple item scale i.e, Pittsburgh sleep quality index and Jenkins sleep questionner . Both scales are invented to study or examine the sleep related problem with people . And so far they have proven their value in medical world.{Dunmyre JR, Mashour GA, Booth V. 2014}


The research aimed to investigate the med-school learners undergo sleep during the day which will reflect on their results in the academic. As a physicians advice the sleep is a major factor for a great memory, which will improve the process of learning, gives away the body tiredness and relaxes the muscles and makes the moods of the students stable.[Hobson J, McCarley R, Wyzinski,2000]

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Literature review

Now we understand the important to know how much we need sleep. If we are not sleeping properly we should know the future problems we will get lack of rest. The expansion of disorders of sleep and also the distances that occur during sleep has an bad reflection on the academic side. 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 learners 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. These makes the trainers in the med-school to make a literature and professor awake to make necessary procedure to bring up the student's life in a better way. Identify the factors that influence the learners in the med-school. The needed thing in the life is sleep{Chou TC, Bjorkum AA, Gaus SE, Lu J, Scammell TE, Saper CB. J Neurosci 2002}

Absent in list of references

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Materials & methods

AIM OF THE STUDY *12*

We selecting peoples fromm the all course peoples who studing in our university about 8 peoples of both sex male and female. To measure the sleeping tendency of different people with simple and standard questions medical students of Volgograd State Medical University. To explain the correlation between their sleep cycle and daytime sleepiness and how one affects the other.


QUESTIONNAIRES USED

1. Sleep efficiency?
2. Time to bed?
3. Time out of bed?
4. Total time in bed?
5. How worried or distressed are you about current sleep problem?
6. To what extent your sleep problem interfere with your daily function?
7. How satisfied are you with your current sleep pattern?

TASK OF THE STUDY:

1. Collect information about different people's sleep cycle.
2. Collecting answers for the questionnaire.
3. Analyzing the results of the questionnaire
4. Calculating the standard deviation of the result.
5. Comparing the result with normal ESS scores
6. Providing practical recommendation using Epworth Sleepiness Scale.

The total scoring system give a total score of 0-24 and the person or student who got score more then 10 are calculated and will come under the group who all are having high sleep in time of afternoon. The persons who

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got marks above 3 mark are coming under the category of increased scoring persons. A bunch of 12 students were taken under the measuring for the project and I took a certain time to compile the question needs to be asked during the experimental project.

The ethical approval was obtained from the college of medicine ethics committee of university. Group leaders from all the level of courses had facilitated in the area of data collection. The questionnaire was prepared to know about the information about sleep during the daytime in this questionnaire. I have included the items which are based on the previous survey and according to worldwide accepted scales. It is totally having 3 main parts. The first part of the questions consist of the enquiry about living area of the person, academic performance, pattern on which basis the candidate is sleeping, amount of intake of caffeine, bad habit like smoking, time which the person is scheduled to do his daily basic needs and usual habits. In the second part; this part consist of the world wide accepted scores for measuring the level of insomnia measuring scale to measure the day duration of sleeping.



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Name of student	Age	sex	Duration of sleep	Quality of sleep
Pravin	20	M	8	Normal
Hemant	23	M	7	Moderate
Dinesh	25	M	4	Poor
Shalini	22	F	6	Mild
Shioma	24	F	9	High
Monika	25	F	8	Normal
Pavithra	19	F	5	Poor
Kavitha	18	F	6	Mild
Kunal	24	M	7	Moderate
Kalai	19	M	6	Mild
Mayur	21	M	7	Moderate
Purvi	20	F	8	Normal

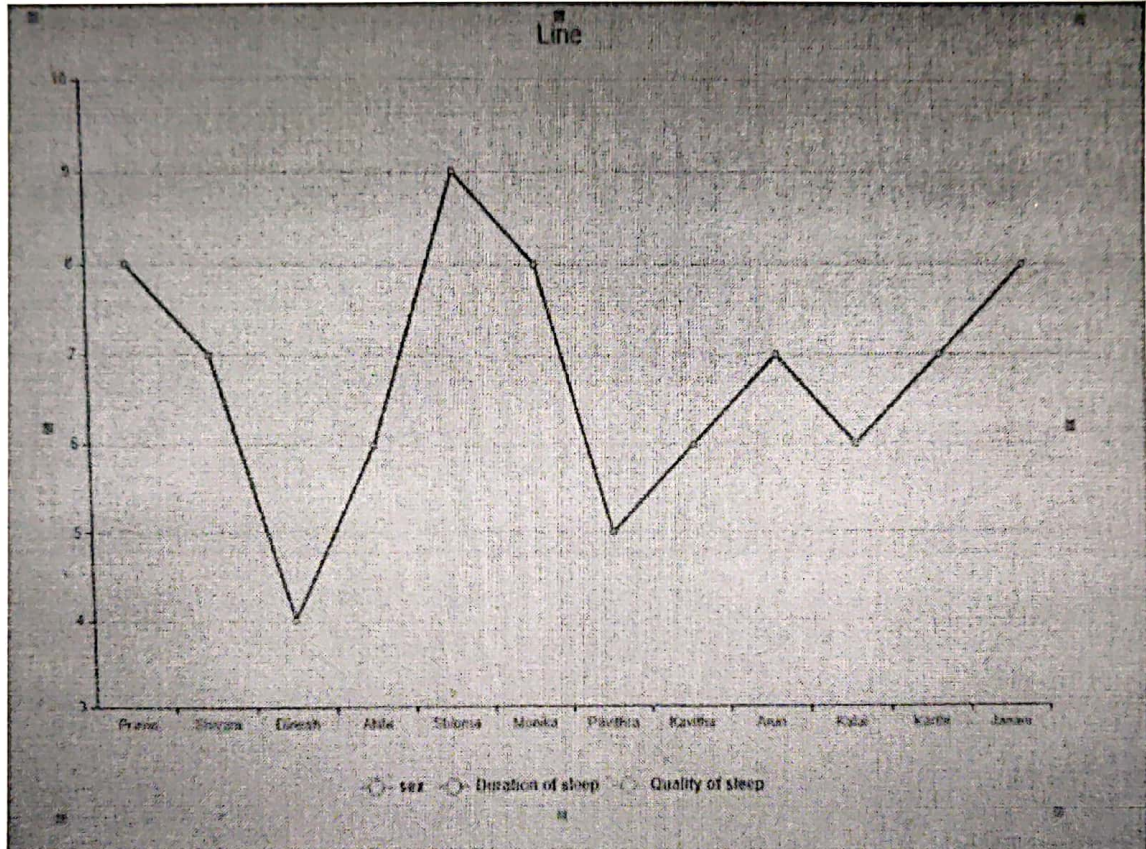


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RESULTS CALCULATED:

TOTAL STUDENTS: 12.

SUM OF TOTAL 'ESS': 160


MEAN ESS SCORE: 13.

STANDARD DEVIATION: (+/-2.15).

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SUMMAARY:

The common practice in medical and learning skills in medicine needs learners to gain large amount of instructions were provide in brief periods and many learners are pushed to donate the time of sleeping to full-filing the requirements in the side of performance in academic carrier. The high level scores denoting the persons and they had disturbance in cycle of Circadian that provokes the persons to be tired & pathological pairing of the functions. There should be some arrangements for the prevention from the disorder 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. For the future research with the help of multiple counts of learners warranted. The results of the report shows the highest progression requires for learners population for concentrating in the time of taking rest and sleeping. Our premier goal to provoke psychological and physical fitness of the learners by maintaining the population of learners to focus in the time of taking rest and also sleeping in the same time of attaining a maximum level of grade and provoke to action or active, life should be healthy.

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No relation with Introduction.