

Natureza do trabalho: Resumo

TÍTULO

SLEEP QUALITY, QUALITY OF LIFE AND INDEX SLEEPINESS IN MEDICAL STUDENTS IN UNIVERSITIES WITH DIFFERENT METHODS OF TEACHING IN CAMPO GRANDE / MS

JOANA FERNANDA CARVALHOI, JULIANA BOUCHABKI QUEIROZI, LEOMARCIO HIGA SHIROMAI, LUCIANA GRAZIUSO GREGHII, MAYARA MARIA MELKEI, ANA CLÁUDIA ALVES PEREIRA

UNIVERSIDADE ANHANGUERA, UNIDERP, CAMPO GRANDE, MS, BRASIL

RESUMO

Introduction: medical students are particularly susceptible to sleep disorders. Moreover, younger adolescents are particularly vulnerable to disturbed sleep, because of a multitude of intrinsic and environmental factors. Consequently, the quality of sleep and life and the degree of daytime sleepiness will be affected. These changes may present differently depending of the teaching method. The PBL(“Problem Based Learning”) is a method based on problem solving and student-centered. The student builds his own knowledge. **Objective:** this study aims to assess those three factors among medical students submitted to different methodologies. **Materials and Methods:** was conducted on the second half of 2011, cross-sectional observational study, with 232 students involved, all enrolled in medical courses at the Federal University of Mato Grosso do Sul (UFMS), which uses the traditional method and at the University Anhanguera - Uniderp (UAU) that adopts PBL method. Data were collected by the questionnaires of Pittsburgh Sleep Quality Index (PSQI), Epworth Sleepiness Scale (ESE) and Assessment Tool for Quality of Life - Whoqol-bref (IAQV). **Results:** excessive daytime sleepiness was observed in students of both institutions. Regarding the quality of sleep, the UAU students had higher prevalence of "poor sleepers". Comparing quality of life, there was risk scores in three domains of the IAQV: emotional, physical functioning and vitality. In the first two there wasn't significant changes between courses. However, there was significant change in the vitality domain between the students of UAU. **Discussion:** when evaluated for the presence of excessive daytime sleepiness, the frequency found: 42.6%, was proportional to the average of other studies: 45.4%⁴ and 51,5%¹. We didn't find in the literature studies that compares the quality of life related to the teaching methodology. **Conclusions:** worst results of quality of sleep and in one domain of quality of life prevailed in students of UAU that adopts PBL method.