

A Research Project on-

**THE IMPACT OF OVEREXERTION ON OPTIMUM
FUNCTIONAL CAPACITY IN GUILLAIN-BARRE
SYNDROME: A SINGLE CASE STUDY**

Prepared by:

Muhammed Siddiquir Rahman
Occupational Therapy B.Sc. (Hon's)
(Dhaka University)

Bangladesh Health Professions Institute (BHPI)
(The academic institute of CRP)
Chapain, Savar, Dhaka-1343

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ABSTRACT

Study design: Single case experimental study.

Objectives of the study: To find out impact of graded activities and exercise program on optimum functional capacity in Guillain-Barre Syndrome (GBS)

Subject selection: Unique case selection.

Background data: 4th time attack/recurrence of GBS

Method: This is classic experimental program with pre test, intervention and posttest; intervention was graded to gradual manner within tolerance of subject. Using different tools for data collection like VAS for pain measurement, daily activity log for fatigue and FIM for Functional Independency Measurement. Data also collected by interview, observation and from medical records. Other therapies hold for these six weeks for accurate data collection and data compared by pre test and posttest difference.

Analysis: Data analysis is done by using unrelated 't' test, observation of researcher, and feedback from subject and carer.

Results: Results are significant. So, hypothesis can be generated. Pain and fatigue reduced gradually by intervention program resulting improves functional capacity of the individual.

Key words: GBS, Pain, Fatigue, Functional capacity, Overexertion and recurrence of GBS.