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### **Circadian variation of fatigue in both patients with paralytic poliomyelitis and post-polio syndrome**

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**Objective:** The objective was to evaluate the degree of fatigue in patients with paralytic poliomyelitis (PP) and with post-polio syndrome (PPS), and correlate it with parameters of sleep and the circadian cycle.

**Methods:** Thirty patients, 17 female (56.7%), participated in the study: they answered the Revised Piper Fatigue Scale and performed a nocturnal polysomnographic study. Eleven had PP (mean age  $\pm$  standard deviation of  $47.9 \pm 6.4$  years), and 19 had PPS (mean age  $\pm$  standard deviation of  $46.4 \pm 5.6$  years).

**Results:** Our study showed that fatigue was worse in the afternoon in the PP Group and had a progressive increase throughout the day in the PPS Group. We also observed compromised quality of sleep in both groups, but no statically significant difference was found in the sleep parameters measured by polysomnography.

**Conclusion:** Fatigue has a well-defined circadian variation, especially in PPS Group. Poor sleep quality is associated with fatigue and, therefore, sleep disturbances should be evaluated and treated in this group of PPS.

#### **Biography**

Celiana Figueiredo Viana clinical expertise is in the area of respiratory disease, physiology, and cardiology. He is a researcher at the department of neuromuscular diseases since 2001.

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