

from DPT (section B).

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Qs: what is the role of social determinant of health in Covid-19

### \* Social determinants of health:

All the factors and causes in our environment which affects on our health is called social determinants of health and condition in the environment in which peoples are live, working including the access to the health care.

### \* Importance of social determinants of health:

\* Social determinant have impact on health outcomes for vulnerable population.

\* It is very important for a doctor to clarify their mind about patient's education, income level and their environment before starting treatment.

\* It is very important to make a better social determinants of health to enable more comprehensive health care for the patients.

\* When resources are available to overcome negative social determinant of health, they can have significant impact on population health outcomes.

## Social Determinants of health Role in Covid-19:

Health starts in our homes, schools, workplaces. Now a days corona virus is fastly spreading from peoples to peoples through a medium. So it affects on our health and are making ourself weak. Covid-19 is the main problem for all the peoples. These healths are rapidly affected through this virus in the environment. and a lot of deaths occur through this virus. World health organization declared corona virus on 30 January when there were no reported deaths outside of china. WHO has asked countries including china for timely and accurate outbreak that they provide under international health regulations. Then they work on this disease how this disease can be under control. they still work on social determinants they sent more than 70 teams in to countries to help guide covid-19 response. they are still working on this disease. As more health care

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Organization deliver value-based health care. They are developing strategies to drive wellness care.

### Example of Social determinant of health:

Low-wage workers who can't afford to take time off of work to reduce the risk of exposure. due to their poverty so they are easily affected through this virus. It's a main example.

Income level, educational opportunities, workplace safety, neighbour hood conditions and physical environment all are the examples of social determinants of health.

Q2. In your opinion "self medication is a good practice or not? justify your answers with explanation?"

Ans Self medication: Self medication is define as the use of medicines to treat self diagnosed disorders.

### Advantages of self medication:

- \* It helps to treat the symptoms that don't require a doctor.
- \* It facilitate better use of clinical skills.
- \* It reduce doctor fee and prescribe drug costs.

### Disadvantage of self medication:

- \* The risk of self medication is incorrect self diagnosis.
- \* It can increase the risk of incorrect dosage and dangerous drug interaction.
- \* It can increase the risk of delays in seeking medical advice when urgently needed.

\* As self medication a good or bad so

### Through my opinion::

I think self medication can offer several benefits but such as reduce costs and time and faster relief of symptoms. but self medication is not a safe decision it may be dangerous for us. A wrong self medication can lead to wrong medicines and wrong medicines can cause wrong effects on the body. and it can cause

serious health problem.

**For example:**

If a patient has any problem and they started self medicated treatment and they are not sure what is the main problem of their health. and without any tests or doctor prescription they are taking medicines so it can make a serious problem for patients and due to high dosage it can even cause serious infections.

**Conclusion:**

Taking medications without proper medical consultation can lead to drug interaction.

**Q3:** How "Screen Time ADDICTION" affects our mental health? Explain in detail?

**A:** Screen addiction:.. screen time addiction can damage health if its not kept in check. Screen use releases dopamine in the brain which can negatively affect impulse control.

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If use of screen is increases over limited time. It directly affects on our eyeside and our mind. It disturbs peoples mind. and provide negative affect on the minds.

### **LONG TERM EFFECTS ON CHILDREN:**

It causes body weight issues and poor bone health due to lack of physical activity. which later in life can make

heart disease and other problems.  
 \* Overuse of screen can cause anxiety and depressions.

\* Overuse of screen is the wastage of time and its over use makes the peoples mentally disturb.

\* Over use of screen makes the person mind fully disturb they can't focus on their work their concentration are fully towards the screen so it affects on peoples minds.

Q:: Describe the "physiotherapist" role in the management of patients?

A:: Physiotherapist maintain health for people of all ages, helping the patients to manage pain and prevent diseases. physiotherapist help affected people by injury through movements and exercise.

physiotherapist and patients have relationship on health issues. physiotherapist wants to treat their patients well and to provide them every



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facilities. It is very important for a doctor to be a good listener, and teach their patients well.