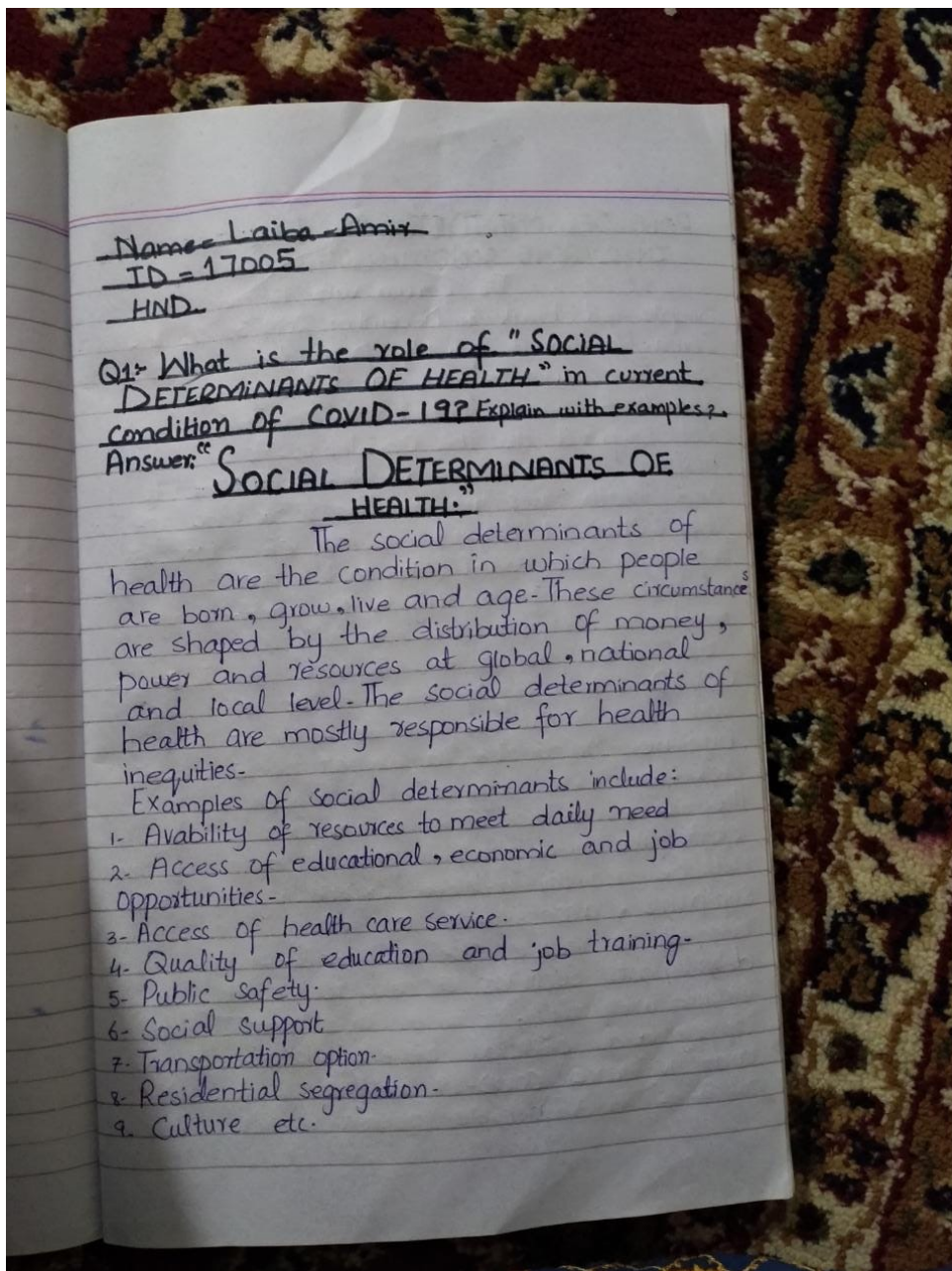


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ROLE OF SOCIAL DETERMINANTS OF HEALTH IN CURRENT CONDITION OF COVID-19:-

The corona virus began as a simple outbreak in December 2019 in Wuhan, China. However it quickly propagated to other countries and became a primary global threat. It seems that most countries were not prepared for this pandemic. As a result hospitals were over-crowded with patients and death rates increases. The magnitude of the COVID-19 pandemic has an enormous impact on the social life and economic activities in almost every country in the world. Many populations disproportionately affected by risk factors are at increase risk for COVID-19. COVID-19 is highly transmittable and mitigation strategies include following healthy hygiene practices, staying at home when sick, practicing physical distancing to lower the risk of disease transmission and use of a cloth face covering when physical distancing can not be maintained. When experiencing COVID-19 symptoms, accessibility of testing is also needed to reduce disease spread. Social-determinants such as access to health care, income inequality, housing and neighborhood density and cultural beliefs about testing may influence COVID-19 incidence and health outcomes in vulnerable populations. COVID-19 is

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a viral disease, variety of non-biological factors, particularly health inequalities and the social determinants of health can affect its prevalence and consequences within communities. Healthy equity and addressing social determinant of health are the cornerstone value of any health system. Social determinants of health are the non-medical factors that influence health outcomes. Where individuals live, the level of education, work conditions, career, age, along the socio-economic status and race, all have a tremendous influence on their health status. Social determinants of health is a primary approach to achieving health equity. Foundations can work with health care providers to increase the capacity for comprehensive and uniform screening for social determinants. Food insecurity is going to increase. Foundations who have already been focusing on food security can build on their work and other who have worked in adjacent issues. It is well documented that those who experience financial, housing and employment hardship related to an economic downturn experienced increased symptoms of depression and anxiety. So, the healthcare providers seek to reduce the number of patients and their depression. In a related effort, social health.

determinants focused on equitable economic development who can work together to increase banking options for individuals and small businesses so fees and other predatory practices do not have an outsized impact during this time. Social determinant of health contribute to 80% of our health outcomes.

Governing agencies, both local and federal, acknowledge the poor community and individual living condition impact that how people will be able to respond to and recover from a disaster. Organizations throughout health care are recognizing the critical need to address social determinants of health. One day (hopefully soon) the COVID-19 pandemic will be brought under control. Social determinants of health play a major role in how well employees will weather this chaotic time. The organizing framework has been used to establish an initial set of objective for the topic areas as well as to identify existing healthy people objective that are complementary and highly relevant to social determinants. Social determinants includes a part of pandemic research priorities, public health goals and policy implementation, while the relation between these variable needs elucidating,

measure that affect adverse determinants such as reducing smoke exposure, regular income support to low households and improving health care access in low income neighbourhoods have the potential to dramatically reduced pandemic morbidity and mortality, perhaps even more so among individual with respiratory conditions such as asthma. More broadly, the effects of COVID-19 have shed light on the broad disparities within our society and provides an opportunity to address those disparities moving forward. The interplay of social determinants, asthma and COVID-19 might help to explain the risk of COVID-19 morbidity. Additionally, mitigating social determinants such as improved housing, reduced over crowding and improved nutrition will reduced the effect of infectious disease.

EXAMPLES:-

- Example of social determinant include:
- Socioeconomic education, educational, job opportunities, educational opportunities,
 - gender inequality, Racial segregation,
 - Early childhood experiences and development,
 - Social community, Access to safe drinking water, clean air and toxin free environment,
 - Social support and community inclusivity-

Q2: In your opinion "Self-medication" is good practice or not? In both cases, justify your answer with proper explanation and examples.

Ans: SELF-MEDICATION:

Self medication is defined as the selection and use of medicines by individuals to treat self recognized or self diagnosed conditions or symptoms.

In my opinion self medication is a good practice because every day, we are practicing self medication in the form of self care of our health.

Self medication has traditionally been defined as "the taking of drugs, herbs or home remedies on one's own initiative or on the advice of another person without consulting a doctor."

Now a days, self medication should be seen as the desire and ability of patients to play an intelligent, independent and informed role not merely in terms of decisions making but also in the management of these preventive diagnostic and therapeutic activities which concern them. Although responsible self medication help to

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reduce the cost of treatment and travelling time as well i.e. consultation time-

EXPLANATION:-

Self medication is a human behavior in which an individual uses a substance to self administer treatment for physical or psychological ailments. The most widely self medicated substances are over-the-counter drug used to treat common health issues at home, as well as dietary supplements. These do not required a doctor's prescription to obtain and in some countries, they are available in super markets and convenience stores. Focused on the self medication of allopathic drugs and their use, its safety and reason for using it. It would be safe if the people who are using it have sufficient knowledge about its dose, time to intake, side effects and overdose, but due to lack of information it can cause serious effects such as resistance, skin problem, hypersensitivity and allergy. Improved knowledge and understanding about self medication may result in rationale use and thus limit emerging microbial resistance

issues. Self medication is very common now a days and it is being used world wide, and a number of reasons could be enumerated for it. Urge of self care, feeling of sympathy toward family member in sickness, lack of time, lack of health services, ignorance and availability of drugs in other than drug shops are responsible for growing trend of self medication.

EXAMPLES OF SELF MEDICATION:-

Examples of some of the ways a person may self-medicate include:

1- SELF MEDICATING WITH FOOD:-

Self medicating with food is also known as comfort eating or emotional eating, turning to food as a mean of self medication is possible. If there is frequent emotional eating there is an increased risk of weight gain and self-esteem concern.

2- SELF MEDICATING WITH CAFFEINE PRODUCTS:-

Caffeine beverages such as coffee and sodas, are a way that

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many use to try to artificially increase energy level. Although caffeine is legal, and it contribute to anxiety by speeding up the heart, resulting in feeling more jittery and on edge.

SELF MEDICATING WITH STIMULANTS:

Some may turn to stimulants such as amphetamines or cocaine as a mean to achieve a quick euphoria. Those who suffer from depression often use stimulants to self medicate.

SIGNS FOR SELF MEDICATING:

Some times the line between treating something at home and seeking medical attention is a fine one. A person may struggle with identifying feelings of anxiety, depression, trauma or other emotions, required medical assistance with an underlying issues. Some of the signs that the person may be self medicating includes using drugs that are not prescribed to you to reduce symptoms such as feeling of anxiety or sadness.

But some times self medication can be a dangerous practice because it prevents or slow true healing. It is important to recognized that self medication can lead to addiction and health complication. Although self medication is easier, cost effective and time effective but we should gain proper knowledge about the drug we use. Although self medication can offer several benefits such as reduced cost, faster relief of symptom but taking medication with out proper medical consultation can also lead to drug interactions-

Q3:- How "Screen time addiction" affects our mental health? Explain in detail:-

Ans:- "SCREEN TIME ADDICTION AFFECTS OUR MENTAL HEALTH":-

Screen time addiction is a group of behaviours that are negative. Some negative outcomes that can happen when we use too much technology during our day. Prolonged used of watching TV, video games, scrolling through social media all of that use acts like a digital drug for our brain. Just like tobacco and alcohol use, screen time can become

an addiction that can damaged our health. Screen use releases dopamine in the brain, which are negatively affect impulse control. Screen time affects the frontal cortex of the brain, similar to the affect of cocaine. Similar to drugs, screen time sets off a pleasure reward cycle that can have a negative impact of our life. Mental health and development can also be affected by too much screen time. Screen time has been proven to cause concern with physical well being in both adults and children while physical complications are an issue. Perhaps the most worrisome effects take place in mental and social blockages. Many people may be suffering from the mental effects of screen time without even knowing it. Think of screens almost like a cognitive crutch. Instead of having to use their imaginations to picture a story. A digital device shows pictures, words and sound all at once, leaving little work for children's minds to perform, with out having to make the connections on their own, their brains get weak, resulting in a lazy brain incapable of completing simple cognitive tasks. Using digital media can double the risk of developing attentions issues.

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Socialization has been a necessary skill to have fulfill the natural drive to belong, but digital devices and social media have reduced the need for face to face interactions.

Those who spends more time with screens may have behavioral, cognitive and social issues but another concern is mental health - Children's brains are much more sensitive to electronic use than we may realize. The sensory overload can causes kids to have poor focus and depletes their mental energy which often leads to anger and explosive behaviour. Too much screen time also disrupts our sleep, which can cause sleep disturbance.

Using too much screen can leads diabetes and cancer. It also leads many mental health problems.

Mental health affect 10-20% of young people worldwide. Mental disorders are prevalent among college students and the rates and severity of these disorders appear to be increased. By using too much screen increases the risk of negative physical and psychological outcomes, such as academic difficulties, poor interpersonal relationships, low self esteem. The use of electronic media devices has

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dramatically among youth - Looking at a screen for extended periods of time can cause "computer vision syndrome". The symptoms: Strained, dry eyes, blurred vision and headache. Poor postures when using screen combined with can cause chronic neck, shoulder and back pain. Too much use of smart phones etc can increased sleeping issues. The blue light from digital devices suppresses the sleep-promoting hormone melatonin, keeping us from heavy restful sleep. Spending too much screen time will lead less efficient information processing, lower our cardiovascular health and increase mortality risk. Screen-time before bed can backfire. The light emitted from the screen interferes with the sleep cycle in the brain and leads to insomnia. Too much time engaging in sedentary activity such as watching TV, playing games can increase the risk factor for becoming over weight.

Q4:- Discuss contribution of "Sociology" to medical field?

Ans:- SOCIOLOGY:-

DEFINITION:-

The study of the development, structure and functioning of human society.

CONTRIBUTION OF SOCIOLOGY TO MEDICAL FIELD:-

1- MEDICAL HEALTH ROOT:-

Sociologist worked on health issues throughout the century. Most medical sociology was focused on mental health issues and contributed many of the concepts and much of the research that help transformed mental health service.

2- SOCIOLOGY OF MEDICINES:-

Sociologist work as applied investigators or technicians, seeking to answer questions of interest to their sponsors whether government agencies, foundations, hospitals or medical schools. This role is familiar, encompassing those who design and execute health surveys, use of services, satisfaction, risk factors in disease, health status determinants and many more.

MEDICAL EDUCATION:-

Medical sociology had long involvement in the study of medical education. Educators sought assistance from sociologists in improving and understanding better structure of education to deal with the stresses of training, reduced unethical behaviour, improve selection process and induce more thoughtful inquiring behaviour on the part of physicians in training. In short, how to transform students into better medical professionals. Many sociologists sharing these goals with medical educators did excellent studies on such issues as coping with uncertainty, speciality, selection, factor affecting professional socialization and the like.

PATIENT RELATIONSHIP:-

The sociology of medicine limit its concern to the patient-practitioner relationship and the role of health professional in society. The sociology of health and illness covers sociological pathology, reasons for seeking particular type of medical aid and patient compliance.