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Paper :- Sociology.

Submitted To :-  
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Department :- DPT  
2nd Semister.

Date :-  
29, June, 2020.



Date: \_\_\_\_\_

Q No 1 :-

What is the role of "Social Determinations of health" in current condition of COVID-19? Explain with example.

Answer :-

Social Determinants of Health

Condition in ~~which~~ the social, physical and economic environment in which people are born, live, work and age, including to the access to health.

Social Determinants of

COVID-19 :-

The underlying reason for increased risk COVID-19





Date: \_\_\_\_\_

exposure and infection may be related to crowded living conditions & the need to continue to work in certain essential occupations both of which make physical distancing more difficult and challenging. Related factors include:

## Structural Social Inequalities:

Structural factors, such as colonization, racism, social exclusion & repression of self-determination are important structural determinants of increased COVID-19 risk, for example in Indigenous and Black populations in Canada. This unequal starting point is that Indigenous and Black populations are over-represented among Canadians with low



Date: \_\_\_\_\_

Socioeconomic status (education & occupation) ~~is~~ a risk factor for increase in Covid-19.

## Essential Service Occupations-

Workers deemed essential can be at the increase risk of COVID-19 infection, particularly if they are unable to work from home or practice physical distancing and do not have access to personal protective equipment. This is pressing in public facing work with high proximity to others, such as sales and services occupations where women, low-income & racialised workers are often overrepresented.

For example outbreaks of COVID-19 of 558 confirmed cases in a meat packing plant & 49 confirmed cases



Date: \_\_\_\_\_

in migrant farm workers.

Social Determinants of Health include in this current condition of COVID-19 are:

- ⇒ Food insecurity is going to increase.
- ⇒ Housing insecurity & instability is going to increase.
- ⇒ Racialised populations.
- ⇒ Socioeconomic status.
- ⇒ Indigenous population.

Risk factors for severe COVID-19:

Pre-existing social inequities in health. Such as hospitalization and death.

Comorbidities that may be associated with increased risk for COVID-19.

Date: \_\_\_\_\_

Q No 2 :-

In your opinion "Self medication" is good practice or not?

In both cases justify your answer with example?

Answer :-

Self medication is a process to treat a person or ourselves or the other family members or friends without any prescription of the doctor to treat self recognized or self diagnosed conditions or symptoms.

Self medication has traditionally be define as the taking of drugs, herbs or home remedies on one's own initiative or on the advice of another

Stationery



person, without with any  
prescription of the doctor.  
Although self medication can  
offer several benefits such  
as reduced costs associated  
with doctor consultation & faster  
relief of symptoms.

It is not safe practice &  
can cause more harm than  
good to one's health. Self  
medication can be dangerous  
because it only masks  
underlying feeling instead of  
addressing the causes &  
problems.

Additionally a person who  
self-medication may result  
in the uses of the  
dangerous medicines if cannot  
know about it. It can  
cause chronic health concerns  
However self-medication is  
far from safety of health.  
Self-medication can have a

Date: \_\_\_\_\_



Date: \_\_\_\_\_

negative impact on mental health & does very little to treat the underlying condition.

## Examples

Some drugs bought can be very addictive & dangerous. For example Benhadral syrup is very famous syrup used to cure bad cold sore throat. But without proper prescription from doctor when this syrup is used most patients feels drowsy but many began use this as a drug for a good feel which is dangerous operation.



Date: \_\_\_\_\_

## Question No 3 :-

How "Screen Time Addiction" affects our mental health? Explain in detail.

Answer :-

### Screen Addiction :-

When screen use become so compulsive that it leads to impaired daily functioning.

It is when we use too much technology during our day. So prolonged use of watching TV, video games, scrolling through social media all of that use acts like a digital drug for our brain.



Date: \_\_\_\_\_

## How "Screen Time Addiction" affect our health? =

Just like tobacco & alcohol use, screen time can become an addiction that can damage our health & relationships.

Screen addiction is a group of behaviours that are negative some of negative becomes, when we use too much technology.

## Screen Time & Kids? =

Screen Time addiction affect poorly the kids health.

If ~~the~~ children are relying on screens for their entertainment, that could be a warning sign that they're





Date: \_\_\_\_\_

addicted to screens.

## Effects on Health

- ⇒ Speech delay
- ⇒ Difficulty with problem-solving and creative thinking.
- ⇒ Cognitive impairment.
- ⇒ Body weight issues.
- ⇒ Poor bone health due to lack of physical activity.
- ⇒ Depression.
- ⇒ Anxiety.

## In Adults

- ⇒ A recent report shows that older adults love their screens as much as children.
- ⇒ These are the potential side effects of screen addiction.

## Effects





Date: \_\_\_\_\_

- ⇒ Leads to weak memory.
- ⇒ Poor eye sight.
- ⇒ Relation issues.
- ⇒ Harassment.
- ⇒ Cyber crime.
- ⇒ Depression.
- ⇒ Disrupted sleep.



Q No 4:-

Describe the role of  
Physiotherapist in the management  
of patients?

Answer:-

Physiotherapists help people affected by injury, illness or disability through movement and exercise manual therapy education & advice. They maintain people health





Date: \_\_\_\_\_

of all ages, helping patient to manage pain and prevent disease.

Physiotherapy is a degree-based health care profession. Physios use their knowledge & skills to improve a range of conditions associated with different system of the body. First of all, need an effective relationship b/w the Doctor or physiotherapist & patient has greater impact on the patient health.

The work of the physiotherapist is that to educate the patient & advice them about its bad posture or other any disease it can treat them & provide them some exercise in order to back them their activities.

