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Sociology paper assignment

Submitted to

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Question: 1

What is the role of "social determinant of health" in current condition of covid-19.

SOCIAL DETERMINANTS OF HEALTH

Social determinants of health are the condition in the environments in which people are born, live, learn, play, work and age including the health care.

IMPORTANCE:

While for promoting health and wellbeing we need to focus on the issues that are most relevant to people health.

-for example, if a person is struggling to survive financially

is unemployed or in poor housing, then changing individual risk behaviors such as smoking, nutrition or physical activity may be low priority for them.

Covid-19 underscores the importance of social determinants of health.

Social determinant of health and one will quickly discover a kind of litany of data pointing to be a certain definition of 'health' defined by the World Health Organization (WHO) as a state of complete physical, mental and social well-being.

SOCIAL DETERMINANTS:

In 2003, the World Health Organization (WHO)

suggested that the social determinants of health includes

- Social gradient
- stress
- Life expectancy
- Social support network
- Education and literacy
- Employment
- Social environments
- Addiction
- Food
- Transport

SOCIAL GRADIENT:

The social gradient in health refers that inequalities in population's health

The poorest of the poor, around the world, have the worst health. This is a global phenomenon, seen in low, middle and high income countries.

STRESS:

Today, a world is in a challenging situation of a Covid-19 a pandemic, which has now become an inevitable part of today's life. As a result in which all people are in stress and according to social determinants stress is a root cause of many psychological illnesses.

LIFE EXPECTANCY:

Life expectancy is a statistical measure of the average time an organism is expected to live, based on the year of its birth, its current age and other factors including:

- Regional variation
- Economic circumstance

- Biological difference
- According to WHO 2018
- Male's life expectancy 65.7 years
- Female's life expectancy 66.5

SOCIAL SUPPORT NETWORK:

Social support networks include our close relation. Social support network are general terms to describe different aspects of social relationships safe place for a person to discuss his problem and gain emotional support - and also provide financial assistance where needed also help in tough situation where group effort is required.

EDUCATION & Literacy:

Due to covid-19 people facing lockdown people are in more stress, poor health, unable to find

Suitable doctor and also self-confidence.

Employment:

Due to covid-19 the employees facing unsafe working condition and there is also risk of harassment - work stress and poor relations with colleague or boss.

FOOD

- Trendy fast food item and excessive use of unhealthy chicken
- Unequal access and distribution of food.

Question: 2

Self medication is a good practice or not? In both cases justify your answer. with proper explanation.

SELF MEDICATION

Self-medication is referred to treating an illness or any problem of health without consulting a doctor or medical supervision
OR

Self-medication is the selection and use of medicines by individuals to treat self-recognized conditions or symptoms

OPINION:

Although self medication can offer several benefits such as reduced costs associated with doctor

consultation. But in my opinion it is not safe practice and can cause more harm than good to one's health. Taking medicines without doctor's prescription can also lead to drug interaction

DISADVANTAGE:

- if someone of the assumption that self medication is good enough without a doctor prescription, they may be wrong because it may lead harmful.
- Self medication is associated with risks such as misdiagnosis, use of excessive drug dosage, drug interactions.
- When medicines enter your body they get absorbed very quickly and can cause

reaction, may be sometime relief or lateral side effect.

- Self-medication can be used for a good cause and sometime be misused.
- Increase the availability of health care in rural areas but can side effects.
- Taking pain killers for long time without prescription can cause headache.
- Masking of a severe disease and risk of dependence and abuse.
- A medicine can bind to more than one receptor and may toxic for some receptor sites.

CONCLUSION:

Self medication was practiced a range of drugs from the conventional paracetamol and anti-microbials.

Being that the practice of self-medication is inevitable, health authorities and professionals are highly demanded to educate the public not only on advantages and disadvantages of the self-medication but on its proper use.

Question: 3

How Screen-time addiction affects our mental health?

Screen time can become an addiction that can damage your health and relationship. Screen addiction is a group behaviors that are negative, some negative outcomes that can happen when we use too much technology during our day.

CAUSES:

- Prolonged use of watching TV
 - playing all times video games
 - prolonged use of cellphone laptop and personal computer
 - scrolling through social media
- all of that use acts like

a digital drugs.

AFFECTS

Screen use release dopamine in the brain which can negatively affect impulse control.

- Speech delay
- Cognitive impairment
- Cyber bullying
- Depression and anxiety
- Leads to weak memory
- Poor eye sight
- Relationship's issue
- Harassment & cyber crime

CONCLUSION:

The conclusion of including a good timing

- Up to 6 month old:
no screen timing

- 6 month to 2 year:
use screen time only

for interaction social play
with an adult or to
videochat with loved one

2 to 5 year:

No more than one hour

School aged kids:

no set time limit but
parents should limit social
media use and gaming.

Question: 4

Describe the role of physiotherapist in the management of patients.

PHYSIOTHERAPIST:

physiotherapist are the professionals who treat disease injury or deformity. physiotherapy is the treatment to restore, maintain patient's mobility, function and well being.

ROLE IN THE MANAGEMENT OF PATIENTS:

- The Relation-ship between physiotherapist and patient has a great impact and effective impact on patients health

Physiotherapist assist the patients in rehabilitating physical problems caused by injury, disability or aging.

⇒ Physiotherapist will also provide information to the patients about effective postures and exercise, in order to get them back to their activities.

⇒ Physiotherapist have a role in providing advice or education to patient and family enabling them to adjust and adopt consequences of the illness education and counselling to patients and their families.

⇒ Physiotherapists educate their patients to be self-managing in conducting exercise programs.

⇒ physiotherapists emphasize the importance of a close relationship to the

the patient. A good personal chemistry is believed to improve the treatment process.

⇒ physiotherapist work in a variety of specialisms in health and social care moreover some physiotherapist are involved in education, research and service management