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15851

Question:- 01

In your opinion "Self-Medication" is a good practice or not?
In both cause justify your answer with proper explanation and examples.

Answer:-

Self-Medications:-

Self-medications are an human behaviour in which an individuals uses a substance to treat their health issues.

Self-medication is taking of drugs without consulting a doctor.

Self-medication is a good practice:-

In my opinion self-medications has a good role.

Explanation:-

Self-medication is a good practice because of the following reasons:-

Access:-

Self-medications increase the access to medications.

2. Treat:-

Self-medications help to treat the health issues which do not required a doctor at that time.

3- Awareness:-

- Self-medications increases the awareness of medicines to people.

4. Enabling:-

Self-medication helps an individual to control their conditions.

5- Economic Sector:-

Self-medications improves the economic sector for an employer.

6- Relief:-

It gives an individual a relief which is immediate.

7. Wellness:-

It is too good for the wellness of patient.

8. Save time:-

Self-medications save the time to treat a health issue.

Examples:-

Fever, nausea, cough, flu and allergy etc can be treated with self-medications to get an immediate relief.

Self-medication is a bad practice:-

Self-medication is a bad practice, as well.

Explanation:-

It is a bad practice due to following reasons:-

1. Misdiagnosing:-

Self-medication has a great risk such as misdiagnosing an issue of health.

2. Over-use:-

Self-medication has a risk of over-usage of a certain drug.

3. Hypertension:-

The high use of certain particular drug can cause hypertension.

4. Loss:-

Self-medication can cause a financial loss.

5. Wrong:-

In some cases the diagnosing may be wrong.

6. Side-effects:-

Self-medication can cause many side effects.

7. Serious reactions:-

Sometimes the drugs can cause the serious reaction.

8. Life-threatening:-

Self-medication can be life-threatening as well.

9. Chemical Reactions:-

In some cases the chemical reactions can occur.

6. Addiction:-

It can cause the addiction of certain drugs.

Examples:-

Failure of heart, failure of liver, renal failure, hepatic failure and analgesic can be caused by the self-medication.



Question = 02

What is the role of "Social determinants of health" in a current condition of Covid-19?
Examples.

Answer:-

Social Determinants of health:-

Social determinants of health are the conditions in which the people live, grow, learn, work that shape health.

Role of social determinants of health in Covid-19:-

Following are the social determinants of health:-

1. Stress
2. Early life
3. Life expectancy
4. Food
5. Transport
6. Social Gradient

9. Addiction
8. Social environments
7. Education and literacy
6. Social support networks
5. Employment/working conditions

✓ Stress:-

During covid-19 the stress can developed in people because of feeling lonely in the current condition. This can lead to cause anxiety. Fear of covid-19 also produces the stress. As a result they can easily affected by covid-19 as compared to a healthy person without stress.

2- Early life:-

In early life the people who have income problem or any other domestic violence have weak immunity due to which they have great risk of developing covid-19 as comparing to those who are mentally and physically fit.

3- Life Expectancy:-

Life expectancy means the average life span of an individual. Wealthy person have long life span as compare to unwealthy people. America has more and long life span as compare to Pakistan because

In America the financial support and health care support can increase the life span as compare to Pakistan where there is less financial and health care support. So the rate of deaths in Pakistan due to Covid-19 is **more** than America.

4. Food:-

Food includes the balanced diet plan and healthy life style. The people who are poor have no food to eat as compared to wealthy people. So the Covid-19 will effect poor person more as compared to wealthy person due to immunity. The wealthy person has a strong immunity due to healthy food and poor have weak immunity due to poor balanced-diet.

5. Transport:-

Transport has a great effect in an individual life. The wealthy people has their own cars which they used for going to somewhere. The poor person has no facility of transport. They used local transport. The wealthy people in current condition of Covid-19

has been isolated from others has less risk of covid-19. As compared to wealthy people the poor people use local transport having a great risk of covid-19 due to close interaction of people.

6. Social Gradient:-

In social gradient there is a status. The people who have high status has less risk of covid-19 in current condition as compare to the people who has low status are having great risk of the covid-19. The covid-19 is not affecting the wealthy people more due to their high status as compared to low status people who have nothing to spend during lockdown.

7. Addiction:-

Addiction is characterized with brain. The people who have addiction of something has mental disorders due to which they can easily be affected by covid-19 as compared to those who have no addiction of anything.

8. Social Environments:-

There are two type of environments one is natural

other is artificial environment. In villages there is natural environment having less risk of Covid-19 as compared to cities where there is no natural environment has a great risk of Covid-19.

9. Education and literacy:-

Educated people have a more awareness and knowledge. The uneducated people have no awareness about anything. The educated people has awareness about the precautions of Covid-19 as compared to uneducated people who are unaware of safety precautions.

10- Social Support Networks:-

Social support networks includes family and friends support. Social support network has a great impact in Covid-19. Those who are suffering from Covid-19 has strong background support will quickly recovered as compared to those who have weak family background support.

11- Employment / working Conditions:-

This determinant has a impact in Covid-19. The people who have wealth are spending their lifestyle

comfortable during lockdown as compared to those who have no job and no wealth has searching for job during lockdown to fulfill their needs has risk of Covid-19.

Question:- 03

How "Screen time addiction" affects our mental health? Explain in detail.

Answer:-

Addiction:-

Addiction is related with brain. Addiction is of anything like drugs, games etc.

Screen Time Addiction:-

Screen time addiction is the addiction of the screen for a long time.

Explanation:-

Following is the explanation of screen time addiction:-

1- **Damage:-**

Screen time addiction can cause damage to the health.

2- **Negative:-**

Screen time addictions are negatives when we use too much technology for a long time.

3- **Impulse control:-**

Screen time addiction can

negatively effect the impulse control system.

4. Impact:-

Screen time addiction has impact on the life.

5. Behavioural issue:-

Those who spent more time with screens have social issue and behavioural issues as well.

6. Mental issue:-

Screen time addiction can cause a serious mental issues.

7. Depression:-

Those who spent more time with screens have been diagnosed with depression.

8. Anxiety:-

Screen time addiction cause anxiety in an individual.

9. Emotional changing:-

It can causes the changes in emotions.

10. Loneliness:-

This addiction can cause feeling of loneliness which has direct impact on brain.

11. Stress:-

It increases the stress.

12. Reduce Ability:-

It can reduce the

ability to concentrate on something.

13. **Disturbing :-**

This addiction causes disturbing sleep patterns.

14. **Loss :-**

It can lead to loss in social skills.

15. **Obesity :-**

It can cause obesity.

16. **Aggression :-**

It can cause aggression.

17. **Side effects :-**

⇒ It can cause headaches, migraines, eyesight problem, sore neck and dry eyes etc.

⇒ It can cause heart disease, speech delay and in body weight.

Question :- 04

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

Answer :-

Physiotherapist :-

Physiotherapist is a doctor of physiotherapy.

Role of physiotherapist in management of patients :-

The role of physiotherapist in management of patients are given below :-

1. Professionals:-

Physiotherapists are the professionals who treat an injury, deformity and pain etc.

2. Healthy:-

Physiotherapists make their patients complete healthy.

3. Relationship:-

The relationship between physiotherapist and patient has great impact on the health of patient.

4. Counsel:-

Physiotherapists counsel their patients.

5. Information:-

The physiotherapists provides the information to their patients to adopt those things which can reduce the risk of illness.

6. Control:-

Physiotherapist helps their patients to control their problems.

7. Encourage:-

Physiotherapist encourages their patients.

8. Educate:-

They educate their patients.

9. Enable:-

Physiotherapist enables their

patients to adopt a healthy
lifestyles.

10. **Planning:-**

Physiotherapists plan a complete
fitness plan for their patients.

11. **Treatment:-**

They plan a treatment
for their patients.

