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Section "A" (1)

## SOCIOLOGY

### QUESTION NO: 1

What is the role of social determinants of health in current condition of Covid-19? Explain with Examples.

### Determinants of health:-

Determinants of health are a range of factors that influence the health status of individuals or populations.

=> The conditions in the social, physical and economic environment in which people are born, live, work and age including the access to the health care.

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

The known social determinants all flow into each other: poor education, lower wages, manual labor, no access to quality of health care and no time available for

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preventative care measures.

The COVID-19 outbreak has not affected all people equally. A person's risk of contracting the virus as well as the severity of recovering are a matter of geographic location, age, ethnicity and underlying health conditions among other factors.

⇒ Essential workers often correlates to low wage workers who can't afford to take time off of work to reduce the risk of exposure.

The living condition of an individual played a large role in the mortality and severity of those infected with spanish flu: extreme poverty, poor sanitation and hygiene, limited access to resources.

(\*) COVID-19 today, we see the same socio economic factors of infection and mortality rates.

(\*) Pandemic are not an individual problem, it is a social problem. Social determinants of health contribute 80% of our health outcome.

(\*) As million people are filing for un employment, housing and food insecurity the COVID-19 will drive those numbers up.

(\*) Crises has a way of shining a light on weaknesses. The COVID-19 pandemic is highlightning that SDOH have been neglected.

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(\*) The COVID-19 crisis may appear to be diverting attention from SDH but at the same time it make strategy to control the pandemic.

(\*) Learned lessons from the pandemic, data must be collected the COVID-19 pandemic will be brought under control one day.

(\*) Inter agency <sup>approach</sup> will be needed to drive a holistic approach to patient care.

### Four Ways COVID-19 impact Social determinants of health.

The coronavirus impacts the social determinants in four ways.

- 1) Housing instability
- 2) Food insecurity
- 3) Social isolation
- 4) Prejudice and discrimination.

(\*) People who may be at higher risk of contracting COVID-19 or those who may be experiencing health issues related to social isolation, food insecurity or job losses and to assist them with improving their total health and well being by providing appropriate communications with actions that could keep them safe.

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## Planning for future needs:-

During the COVID-19 pandemic, many health plans have stepped up their offering to members and found ways to help ensure community in clinical care.

### For example:-

Several plans have waived co-pays and fees for COVID-19 testing. However a large gap remains in low health plans address factors in members everyday lives which can have a significant impact on their overall health. It's essential that they have access to resources around services such as mental healthcare, telemedicine which can influence their social determinants of health.

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## QUESTION NO: 2

In your opinion 'SELF MEDICATION' is a good practice or not? In both cases justify your answer with proper explanation and examples?

### SELF MEDICATION :-

"Self medication is a human behavior in which an individual uses a substance to self administer treatment for self diagnosed physical or physiological conditions or symptoms."

(\*) The widely self medicated substances are over counter drugs which are used to treat common health issues at home as well as dietary supplements. Socio economic status rich and poor, educated and non educated.

### IMPORTANCE OF SELF MEDICATION:

Self medication is important within healthcare. It moves patients towards greater independence in making decisions about minor illness and promoting empowerment.

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⇒ Self medications also have advantages for health care system. Self medication is associated with risks such as misdiagnosis, use of excessive drug dosage.

⇒ The latter may be problematic than the elderly.

⇒ Monitoring systems, a partnership between patients, physicians and pharmacists and the provision of education and information to all concerned on safe self medication are proposed strategies for maximising benefit and minimising risks.

## Advantages of self medication:-

- 1) It helps to treat symptoms that don't require doctor.
- 2) Patients get immediate relief.
- 3) Increase the availability of health care in rural areas.
- 4) Patients get control over the chronic disease.
- 5) Economic improvement for employer.
- 6) Individual play an active role in healthcare.
- 7) Self medication reduces the load on health care providers and hospitals, as minor symptoms can be taken care by a person.
- 8) Decreases time lost in waiting for the physician.

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## Disadvantages of self Medication:-

Self medication is not a good practice in my opinion because

- 1) If you are of the assumption that self medication is good enough without a doctor prescription, then you may be wrong.
- => self medication has a number of flaws that can be devastating in the long run.
- > Basically, when medicines enter our body they get absorbed very quickly. and can cause reactions, may be sometimes relief or later side effects.
- => self medication can be used for a good cause and sometimes be misused.
- => some drugs bought can be very addictive and dangerous.

### Example 1:-

Benedial syrup is used to cure bad cold sore throat. When consumed most patients feel drowsy but many began to use this as a drug for a good feel but this syrup is sold only on doctor's prescription.

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### Example 2:-

Paracetamol which is an antipyretic which is used in large doses can cause liver problems.

### Example 3:-

Major problem of self medication is emergence of human pathogen resistance micro-organisms worldwide particularly in developing countries, where antibiotics are often used and available without prescription. Its over use increases the risk of adverse reactions. And person may develop resistance to particular antibiotics, hypersensitivity of drug with drawal symptoms and temporary masking of disease can delay correct diagnosis. Some medicines are banned in the market and use doesn't know and they go on consuming.

### Example 4:-

Taking painkillers for long time without consulting doctor knowing the cause of headache.

### Example 5:-

Valsartan is an anti hypertensive drug. It is highly effective when use in recommended quantities.



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## Risks of Self medication:-

- 1) Incorrect self diagnosis.
- 2) Delays in seeking medical advice when needed.
- 3) Infrequent but severe adverse reactions.
- 4) Dangerous drugs interactions.
- 5) Incorrect dosage.
- 6) Incorrect choice of therapy.
- 7) Masking of a severe disease and risk of dependence and abuse.
- 2) The over usage of drugs cause hypo tension leads to heart failure.

## Recommendations:-

Drug regulatory health authorities raise awareness among people responsible for self medication in order to improve their attitude among towards practise of self medication.

- The students should be actively involved in health education.
- It can be added in student's curriculum.
- This may be helpful in including the practise of self medication.
- Need strick laws for purchasing medicines without prescription.
- Pharmacists should be made aware about media legal aspects.

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### Conclusion:-

Medicines have harmful effects when taken in higher doses than recommended.

As a result medicines may be poisonous in such cases. Hence, medicines should not be taken without consulting doctors.

QUESTION NO: 3

How "SCREEN TIME ADDICTION" affects our mental health ? Explain in detail.

SCREEN TIME ADDICTION:-

Screen addiction is a group of behaviors that are negative, some negative outcomes that can happen when we use too much technology.

=> Prolonged use 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 damage our health and relationships if it's not kept in check.

'Mental Impact of Screen Time'

It has been proven that increased screen time cause concern with physical wellbeing in both adults and children. The most danger effect take place in mental and social blockages. It is proven that

many people may be suffering from the mental effects screen time without knowing it

## \*- Cognition:-

Cognition (memory, language, attention) only 5% of the participants met the guidelines in doing activities like sleeping, exercise and screen time

=> The implications of screens when children are in pivotal ages could be more than ever imagined.

=> To develop critical cognitive skills young childrens need stimula.

=> While some parents believe that the screens can help in children development.

=> Without the natural interaction of daily life, children lose the ability to focus, read and understand people's reactions and ultimately the ability to communicate successfully.

=> More research is needed to truly understand the relationship between cognition and screen time but there's no doubt that there is a connection.

## \*- Behavior:-

Another mental aspect is behavior which can be affected by screen time

⇒ Some experts have coined the term electronic screen syndrome (ESS) to explain the behavioral problems that can arise from excessive screen time which includes:

- Outbursts
- Poor sportsmanship
- Bossy or controlling behavior
- Extreme competitiveness.
- Begudging attitudes
- Perceived hostility.

⇒ Devices give children instant gratification results to not only attention issues but also losing interest in conversation or becoming frustrated.

⇒ Some research report that using digital media can double the risk of developing attention issues.

## \* Social skills :-

Socialization has been a necessary skill to have to fulfill the natural drive to belong, but digital devices and social media have reduced the need for face to face interactions. Before, children who struggled with social interaction were forced to participate the skills necessary for communication. When

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human interaction is replaced by screens that development of understanding a social situation is stunted and the effects are permanent.

## \* Screen time : Addiction is Real :-

When people use devices the brain releases dopamine, a neurochemical that makes us feel happy and is the reinforcement factor of addiction. The brain reacts similarly to drugs.

⇒ The instant gratification experienced with screen creates an unrealistic expectation of the world especially for children and teens who may not be emotionally equipped to understand the difference.

## \* Mental health :-

Children who spend more time with screens may have behavioral, cognitive and social issues but another concern is mental health.

⇒ Teens spending 7+ hours a day on screen were twice as likely to have been diagnosed with depression and anxiety.

⇒ Children who were heavily involved in online gaming reported the lowest levels of happiness.

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## Long Term Effects:-

In children effects of screen addiction may include:

1. Speech delay
2. Cognitive impairment
3. Difficulty with problem solving and creative thinking.
4. Body weight issues.
5. Depression and anxiety.

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## QUESTION NO: 4 :-

Describe the role of Physiotherapist in the Management of patients?

### Physiotherapist :-

Physiotherapists are professions who treat diseases, injury or deformity by physical methods but by providing proper management to patients, they can completely make them healthy.

### Role of Physiotherapist in the management of patients :

- An effective relationship between physiotherapist and patients has greater impact on patient's health.
- Physiotherapist have a role in providing advice or education to patient and family enabling them to adjust and adopt consequences of the illness adequate education and counseling to patients and their families.
- They will also provide information to the patients about effective postures and exercises, in order to get them back to their



## Job, work, activities

- They maintain health of people of all ages, helping patients to manage pain and prevent diseases.
- Physiotherapy is a science based profession and takes a whole person approach to health and well being which includes the patient's general life style.
- Physiotherapy helps with back pain or sudden injury, managing long term medical condition such as Asthama, and in preparing for child birth or a sporting event.
- Physiotherapist assists patients with performing routine like eating or moving around and help the emergency clinic staff and dealing with significant obligations, ~~instructing~~.
- Physiotherapist purpose is to improve a person's quality of life by using a variety of treatments to restore function or in case of permanent injury or disease to lessen the effects of any dysfunction.
- During their career, physiotherapists treat all manner of people including children with cerebral palsy, premature babies, pregnant women, athletes, the elderly and

those needing help following heart disease, strokes or major surgery.

### Objectives:-

- To teach appropriate stance.
- Teach safe methods of moving and lifting.
- To forestall a decrease in bone mass and forestall cracks.
- To increment the quality of bones.
- To keep up or improves balance.
- To improve adaptability.
- To improve general portability.
- To control torment and step by step returning back to normal exercises.
- To assistance decline the pressure put on the bones by close muscle.