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Q1:- What is the role of "social determinants of health" in current condition of COVID 19? Explain with examples.

Ans:- Prior explaining and answering the role of social determinants of health in situation like the current pandemic we must first explain what is social determinant of health.

Social determinant of Health:-

These determinant can be termed as the condition at hand in which an individual is born, nourish live and age. Factors like socioeconomic status, education, neighborhood and physical environment, and social support network as well as access to health care.

In simple terms the social determinants of health are the economic and social conditions that impact individual and group variances in health status or SDH. One the non medical factors that can influence health outcomes.

Role of Social Determinant of Health:-

Now coming back to question of role of SDH in the current pandemic. As we know

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That Covid-19 is a deadly disease that does not discriminate between the rich and poor. But the current health systems and the difference in the socio economic condition have left the poor vulnerable to the pandemic than those the rich.

Covid-19 is neither the first pandemic humanity is facing nor it will be last. But what must be done is that we must address the hard hit state of the society and figure out the loop holes with in the current health economic system to reduce the ongoing and avoid in any near future.

Example :-

To give an example that explicitly highlight the vulnerability of the poor as compare to that of the rich. I refer to a study published in the international journal of public health. which analyzed smartphones data in different cities concluded that people in the lower strata of the income hierarchy continued to move under the current pandemic situation for jobs and suffered an increased in chance of getting infected, while those in the higher end of the hierarchy had spared and saved money which helped them reduce their travels and hence exposure to virus.

Note just income is playing a role but social condition in which a person

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is brought up is also heavily affecting and increasing people exposure to such a deadly virus. e.g we know that in each and every society we see people from anti vaxxer group. people who are against the vaccine and hence even in such critical situation where every one co-operation required they spread mis-information about vaccine that they reduce fertility of human beings and that covid-19 is just another of those games to force vaccines on us and because of this many people stop following SOPs and not only increase their risk of getting infected but also put others at risk well.

We know that social determinant play a very critical role not just in the current pandemic but in all times and addressing SDH appropriately is fundamental for improving health and reducing long standing inequality in health and health

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

Ans: Definition :-

Self medication is defined as the use of drugs to treat disorders which is self diagnosed. Or the use of drugs which for the treatment of self diagnosed symptoms.

→ OTC :-

OTC describe the term "over the counter" OTC are those drugs which are not prescribed by the doctor but we use it by ourself for the treatment of common disorders. like headache, back ache, nausea etc.

→ Advantages of self medication:-

There are several advantages of taking self medication.

→ Time savings:-

By taking self medication we can save our time because

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it takes a long time while going to a doctor and proper checkup.

Example:-

For example if we have headache so while going to an OPD and checkup of a doctor we simply take "Ibuprofen" "Naproxen" and it gives us relief from headache suddenly.

2:- Economical :-

while taking self medication we can reduce our economical expenditure because if we go for a proper checkup then it required a enough money for proper laboratory tests and checkup.

Example:-

If we have sore throat and chest problem like cough while going to the root of the diseases we just take the "Erythromycin" and "Hydrocortisone" for throat and cough and it works in relieving our symptoms. Instead of going for expensive chest X-ray and throat medication.

=> Disadvantages:- of Self Medication:-

There are many disadvantages of self medication.

-> Habituation:-

The most harmful and

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common disadvantage of self medication
is habituation of certain drugs.

Example:-

We take a pain reliever for headache. it works and relieve our headache but if we had continuously headache and we take pain reliever for it then the taken dose does not work and we increase the dose of medication. and then it become our habit of taking pain reliever.

→ Drug Interaction:-

There are most common type of drug interaction. The more medication you take the greater the chance of your drug interaction.

Example:-

if we take fever pills for fever and you are also taking alcohol then it interacts with each other. Alcohol can lower the level of enzyme responsible in liver for breaking down medication.

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Q3 How screen time addiction effect our mental health? Explain in detail.

⇒ Screen Time :-

Screen time is the amount of time spent using a device with a screen such as smart phones, computer, television or video game console. The concept is under significant research with related concepts in digital media use and mental health.

⇒ Screen time Addiction :-

A group of behaviours that are negative. some negative outcomes that can happen when we use too much technology during our day so, prolong use of watching Tv, video games scrolling through social media. all of that use acts like a digital drug for our brain.

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Effects Our Mental Health:-

Screen use released dopamine in the brain, which can negatively affect impulse control. Dr. Lorenz says studies shown screen time affects the frontal cortex of the brain and affect our mental health.

If our children are relying on screen for their entertainment that could be a warning sign that they are addicting to screen.

Screen time addicting damage our mental health.

Screen time addiction increase aggressive behaviour can also be a sign of screen time addiction in kids and specially in children younger than 6 who can't yet tell the difference between reality and whats virtual.

⇒ Long Term Effects:-

Mostly in children it affects their mental health.

Effect of screen addiction may include.

1 speech delay

2 cognitive impairment

3 Difficulty with problem solving and Creativity thinking.

4 Body weight issues

5 Depression and anxiety

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Screen addiction and social media
addiction leads to weak memory poor
eye sight, relation's issues and cyber
crimes.

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Q4: Describe the role of Physiotherapist in the management of patient?

Ans:- Physiotherapists have a role in providing advice or education to patient and family/careers enabling them to adjust and adapt to consequences of the illness. Adequate education and counseling to patients and their families is an integral part of palliative care rehabilitation.

Physiotherapy is a degree base health care profession. Physios use their knowledge and skills to improve a range of conditions associated with different system of the body such as:

- ⇒ Neurological:- Stroke, Multiple Sclerosis, Parkinson's.
 - ⇒ Neuromusculoskeletal:- back pain, whiplash associated disorder, sports injuries, arthritis.
 - ⇒ Cardiovascular: chronic heart diseases, rehabilitation after heart attack.
 - ⇒ Respiratory:- Asthma, chronic obstructive pulmonary disease, cystic fibrosis.
- Physiotherapist works in a variety of specialism in health and social care.

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Additionally some physiotherapist are involved in education, research and service management.

1:- The physical therapist treatment method is the most decisive factor in patient recovery.

2:- A Physical therapist should not become too involved with patient personal or social problems these are the responsibility of other health care professionals.

3:- Patient motivation is a vital component of successful therapy.

4:- The interaction between the patient and therapist is crucial in physical therapy.

5:- Physical therapy should promote the patient's health rather than emphasizing the diagnosis.

6:- The physical therapy knowledge and technique are what make physical therapy work.

7:- The physical therapist should not simply treat a part of body but rather should be interested in whole person.

8:- Physical therapy should be oriented toward the patient resources rather than the person problems.

9:- The patient own capacity for recovery is a major factor in success of physical therapy.

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10:- Physical therapy is above all an aid to self help it works by eliciting the patient own ability to decrease change and improve.