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Paper -

Sociology

Submitted to

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Q: No - 1

What is the role of social determinants of health in current condition of covid 19?

Ans 1-

Social determinants of health in current condition of covid 19.

The underlying reason for increased risk of covid 19 exposure & infection may relate to crowded living condition & the need to continue to work in certain essential occupations. both of which make physical distancing more challenging.

Related factors include.

Structural social inequities

Structural factors, such as colonization, racism, social exclusion & repression of sub-determination are important of increased covid-19 risk for

Example

Example 1

↳ In indigenous & black population in Pakistan, Canada - This unequal starting points acts through more proximal & intermediary pathways path

Example 1

↳ First Nations people, Metis, Inuit & Black population are overrepresented among Canadians with low socioeconomic status e.g. (education and occupation) a risk factor increased risk of COVID-19

• Essential Service Occupation:-

Workers deemed essential can be at increased risk of COVID-19 infection, particularly if they are unable to work from home or practice physical distancing & do not have access to personal protective equipment. This is pressing in a public facing work with high

proximity to others, such as sales and services occupations where women, low-income and racialised workers are often overrepresented. For example in

Covid-19 outbreaks of 658 confirmed cases in a meat-packing plant & 49 confirmed cases in migrant farm workers.

According to evidence of health disparity within the US, moreover, Health People 2020. Racial and ethnic minorities living in poverty may also have adverse health outcomes among African & similarly. racial disparities are found among black children. The handwriting was on the wall. Leading up to covid-19 US states such as New York, Louisiana, Illinois & other had significant measure in places to address

more over to prevent
avoidable hospital readmission
linked ~~again to~~ ~~readmission~~
~~hospital~~ ~~readmission~~
Addressing ^{SDOH} was touted by
all SDOH ^{Sachs} organisation
and pandemic grew profoundly
disproportionate among black
and brown people. The
economic impact of failing
to adequately respond to
the well know history of
health care inequality issues &
their ~~own~~ known causes,
housing, poverty, education
& digital divide, has
placed & its people in the
gravest of danger.

(5)

Date:.....

S M T W T F S

Q: No - 2.

In your opinion, "Self-medication" is a good or bad practice? In both cases justify your answer with proper explanation & examples.

Answer:- I think is both sometimes good & bad. Self-medication can be defined in simple terms by a person by himself for treatment a perceived health problem without a doctor.

Advantage of self medication

- Time Saving.
- Economical
- Useful for mild illness
- In active role in his or her own health care.
- At community level, good self medication can also provide benefit such as -
- Reducing absenteeism from work due to minor

Symptoms

Increase the availability of health care to population living in ~~the~~ rural areas-

Help to prevent & treat symptoms of ailments that do not require a doctor.

Potential Risks - (Disadvantage)

Individual level

Incorrect self-diagnosis

Incorrect choice of therapy

Failure to report current self medication to the prescribing physician -

Incorrect route of administration

Inadequate -

Excessively prolonged use

Risk of dependence and abuse

Improper self-medication could result in an

⑦

increase in drug induced
and in wasteful public
expenditure

Common drugs use for Self medication.

- i) Analgesis
 - ii) Antipyretics
 - iii) Cough preparations
 - iv) Antibiotics
 - v) Anti - Allergis
 - vi) Antacids
- And much more.

Example of Self prescription

• Taking Erythromycin or
antibiotic for a sore
~~throat~~ throat just because
you were prescribed the
same, the last time you
had the same condition

Always remember that

Similar symptoms in
different people or in
the same person at
different times may not
have same cure - it may
require different medicines
& only your doctor can
decide.

Q3: How "SCREEN TIME ADDICTION" affects our mental health? Explain in detail.

Answer: Augmented screen time has been established to cause concern with physical wellbeing in both adults and children. While physical problems are an issue, perhaps the most troublesome effects takes place mental and social impressions. For less easily proved or identified, many people may be misery from the mental effects of screen time without even knowing it. Some parents believe that the screen can help recover development, which can be true for fine motor skills. Too much screen time to some, however, could be the very thing delaying the development these parents so severely want to see, without the natural interaction of daily life, children lose the ability to focus, read and understand people's reaction and communication signals, and eventually, the ability to connect successfully.

Think of screen virtually like a reasoning crutch; instead of having to use their fancy to picture a story, a digital device shows picture, words and sound all at once, send off little work for children's minds to do without having to make the connection on their own. Their brains get "weak", resulting in a lazy brain incapable of completing simple reasoning tasks. More research is needed to truly understand the relationship between reasoning and screen time, but there's no uncertainty that there is a connection.

Devices give children and adult instant satisfaction, which can contribute to not only attention issues, but irritation and ill-mannered tendencies like losing interest quickly in a conversation or becoming unfulfilled when things take longer than a few seconds.

Children who devote more time with screen may have behavioral cognitive, and social issues, but another concern is mental health. Teens spending 7+ hours a day on screens were double as likely to have been analyzed with depression or nervousness. Our study charted 8th, 10th and 12th graders every year from 1991 to 2016 measuring signs of well-being like self-esteem, life approval, and overall happiness. The surveys noted a drop in well-being after 2012 which is around the time digital devices and social media popularity rise steeply, as well as a direct correlation between device use and sadness.

Set a good example.

Part of warning kids' screen time is setting a good example as a parent.

Dr. Lorenz recommends

nursing and limiting your own screen custom, she adds, "Don't have TV on in the background, behind all of our activities. I do that if my kids are staring off between questions of their homework. So, model turning the TV off".

Long-term Effects:

In children, effects of screen addiction may include:

- (1) speech postponement.
- (2) Cognitive damage
- (3) Difficulty with problem-solving and creative thinking.
- (4) Cyber intimidation and exposure to predators
- (5) Body weight issues and poor bone health due to lack of physical activity which later in life can add up to heart disease and other health condition.
- (6) Despair and nervousness.

Q. No - 4

Describe the role of physiotherapist in the management of patients?

Answers:-

Physiotherapy is the treatment of injury disease disorder through physically methods - such as exercise, massage, manipulation, other treatment over medication & Surgery.

Role of Physiotherapist

The role of physiotherapist is different - A

physiotherapist may have to assess the physical condition of a patients to diagnose problems & implement a treatment plan, or they could also be re-training patients to walk, or helping or other to cope with crutches, walking frames or wheelchairs.

Education is also an
crucial role in physiotherapy.
Physiotherapist spends much
time educating patients,
their families & the
community to arrest
injuries & to help people
lead healthy lifestyles.

A physiotherapist may also
plan & implement community
good health programmes.

Finally physiotherapist can
also issue sick leave
certificates. Should it
be deemed necessary to do

so -

A physiotherapist also provide
information to the patient
about effective posture &
excessive, in order to get
them back to their
job/work.

Physiotherapist have a unique
opportunity of spending free
time with patients & play
an important role in
ensuring patient satisfaction.

Physiotherapy can help extending this relationship by enabling pre & post admission engagement with the patients.

This extended interaction allows the hospital more opportunity to showcase & gain bigger part of the patients' mind space when it comes to health & recovery.

Conclusion

A Hospital's physiotherapist has potential to play a strong supporting role for the hospital management.

o However it required a focused management of department & a transform approach.