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Paper Sociology
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Section "A"

ANS 1

Social determination of Health.

Pandemics are not an individual problems but largely a social problem. Social determination

of health @ Subjectivity Contributes
to so relevant of our health
outcomes. Data points for
these SDG are critical predictors
of the outcomes of a pandemic
for an individual, a community,
and society as a whole.

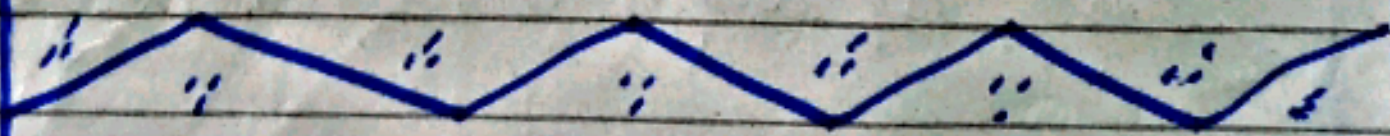
Governing
agencies both local and federal
acknowledge that poor community
and individual living conditions
impact how people will be able
to response and to recover from
the disaster.

currently there are
88 million people living in
the poverty in Pakistan.
The trickle down effect will of
Covid-19 will drives those
numbers up. as millions are

fighting for unemployment, food bank lines are longer than ever and housing and food insecurity are increasing. Crisis has a way of shining a light on weakness. The capturing of SDOH in electronic health records is one of them.

The COVID-19 pandemic is highlighting the SDOH have been neglected.

In COVID-19 pandemic the role of social determinants are become very important because there are lots of people who are facing the problems of unemployment so we need to help them to come out from this pandemic.



Ans 2

Self - Medication

The word Self-medication means that taking of medicines without prescription of a doctor. In some areas the people taking medicines without prescription of a doctor for a minor disease like, headache, nausea, vomiting and some other minor disease. In remote areas the people can not visit for a minor disease especially women. They give medicines to women for minor disease.

Advantages of Self-medication.

There is very less advantages

of self medication includes
in following.

- x Access to the medicines.
- x Saving of Rupees avoid of
commission medicines.
- x Active role of patients in his /
her own health.
- x it moves patients towards greater
independence in making decision.

The self medication is good
now a days because there is pandemic
of covid-19 so to safe from
this we need not to visit for
minor infections to hospitals.

Disadvantages of Self-medication.

There is a lot of disadvantages
of self-medication which
are the following.

* When we take medicine for our self without doctor prescription so it is very risky because if it become over dose then it will have adverse affect on our body.

* Some time we have fever, or coughing and it is the symptoms of some other disease so we can take medicine for fever and cough and leave the big disease.

* Some medicine produce antibodies in our body and can eat our body cells.

* Some time we need to visit the doctor and we delay it to which after some time we can face a big problem.

ANS # 3

Screen time addiction:

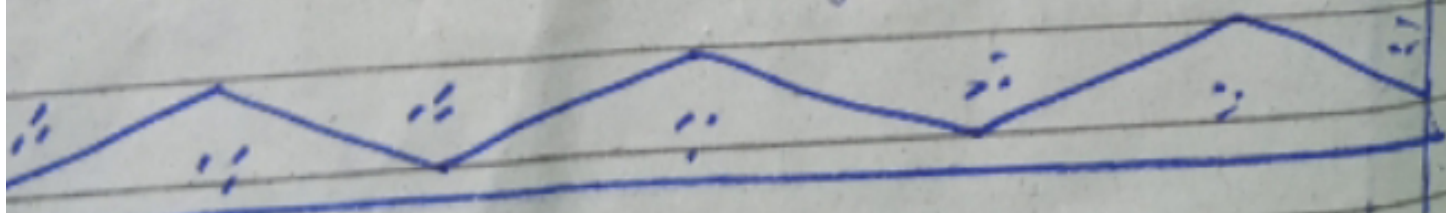
The word screen time addiction mean the time which we spent in the front of media. This include Television, computer, mobile, video games e.t.c. when we spent alot of time in front of electronic media it may lead to electronic Syndrome which is term for combination of problems associated with exposure to electronic screen.

These problems includes issues with

- * Moods
- * Focus
- * Behaviour
- * Sleep patterns
- * speech delay.

Starting at screen for long time stimulates the nervous system sending it to stress mood. However this stress is not released as screen time often involves a lot of sitting down, so the stress come out in disruptive behaviour, irritability or other negative outcomes. In excessive screen time the brain is over stimulated in certain areas such as reward pathways, but does not get enough stimulation in other areas such as the region of the brain associated with empathy.

Another way in which too much screen time effect the brain is with regard to sleep.



The conclusion is this that we need to visit to doctor because the self-medication is dangerous for our health. In some condition like covid-19 we can take self-medication for minor disease.

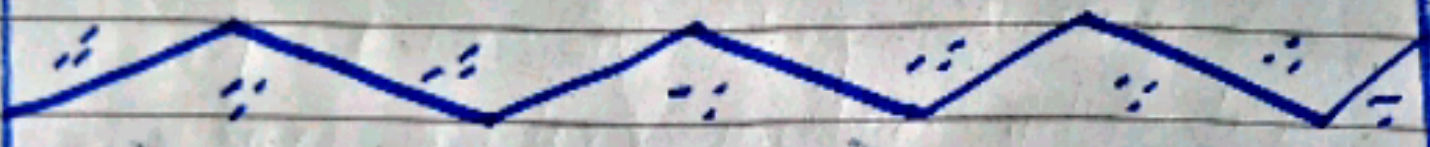
ANS # 4

Role of physiotherapist in patients management:

Physiotherapist helps people affected by injury, illness, or disability through movement and exercise manual therapy education and advice.

They maintain health for people of all ages, helping patients to manage pain and prevent disease.

Physiotherapist can make a patients to walk after surgery. The physiotherapist also make good connection between their patients.



The End
Thank you.