

Q2

Ans: Social determinants of health in current condition of covid-19 :-

Having insight into SDOH data for their role older adult members can help health plans better understand if telehealth might be useful for those members and communicate the potential benefits to them.

The covid-19 pandemic is changing the way we think about care and total wellbeing support. At this time, progressive health plans would normally be trying to close gaps in clinical care to avoid the year-end scramble that many others experience. But with providing providers trying to keep patients out of the clinical and hospital priorities have shifted elsewhere.

Understanding how how social determinants of health (SDOH) - like lifestyle and environmental factors, such as job status, financial security and relationships - impacts a person's overall health can help health plans tailor their programs to address the evolving needs of their members in this rapidly evolving time. Part particularly for health plans, this valuable information can help them target

Specific people who may be 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 wellbeing by providing the appropriate communication with action that could keep them safe.

Q2

Self medication is a Good practice or not?

Self-medication is a global phenomenon and potential contributor to human pathogens resistance to antibiotic.

Everyday we are practicing self-medication in the form of self-care of our health.

Self medication has traditionally been defined as "the taking of drugs, herbs or home remedies on one's own initiative, or on a advice of another person, without consulting a doctor".

Self medication is a good practice because Good self medication can also provide benefits such as: saving scarce medical resources from

being wasted on ~~minor~~ minor conditions.  
Reducing absenteeism from work due  
to minor symptoms

Self medication is bad because  
~~when~~ ~~far~~ ~~late~~ ~~prescriptions~~  
According to doctor, self medication  
is very dangerous disease which  
can not let you survive. Moreover  
it becomes very difficult for them  
to diagnose the self medication  
patients. When someone takes self-  
medication usually takes more  
or less medicines than the  
recommended dosage.

Q3 Ans for like tobacco and alcohol use it can damage your mental health these are group of behaviours that are negative, some negative outcomes, that can happen if we use too much technology each day.

Screen use releases dopamine in the brain, which negatively affect impulse control. Studies have shown that it affects the frontal cortex of brain similar to the effect of cocaine.

The screen time recommendation for children are

- up to 3 months - no screen time  
- 6-12 yrs old - use for only interactive social play.

- 2-5 yrs - no more than 1 hr.

- School going - no set limit

It can make you ADHD due to which the person may experience headache. The person can be psychologically patient and he will be distracted from every activity and he may suffer from many mental/brain diseases.

Q4 Ans ->

Physiotherapist help patients affected by injury, illness, 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.

It is a science based profession and takes a whole person approach to health and wellbeing, which includes the patient's general lifestyle.

You can take advantage from it anytime of your life. It can help with back pain, sudden injury, managing long term medical condition like asthma and in preparing for childbirth or a sporting event.

It can improve the neurological, neuromuscular, CVS, respiratory conditions of the patients.