

Sociology



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Assignment: Final Exam

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Q: No 1.

What is the role of "Social DETERMINANTS of Health" in current condition of Covid-19? Explain with Examples?

ANS:- Determinants of Health:-

⇒ Developing objectives that address the relationship between health status and biology, individual behaviours, health services, social factors, and policies.

⇒ Emphasizing an ecological approach to disease prevention and health promotion. An ecological approach focuses on both individual-level and population-level determinants of health and interventions.

ABOUT Determinants of Health:-

The range of Personal, social, economic and environmental factors that influence health status are known as Determinants of health.

Determinants of fall under several broad categories :-

It is the interrelationship among these factors that determine individual and population health. Because of this, intervention that target multiple determinants of health are most likely to be effective. Determinants of health reach beyond the boundaries of traditional health care and public health sectors; such as education, housing, transportation, agriculture, and environment can be important allies in improving population health.

Policy making :-

Policies at the local, state, and federal level affect individual and population health. Increasing taxes on tobacco sales, for example, can improve population health by reducing the number of people using tobacco products.

Social Factors-

Social determinants of health reflects the social factors and physical conditions of environment in which people are born, live, learn, play, work and age. Also known as social determinants of health.

Examples of Social Determinants include :-

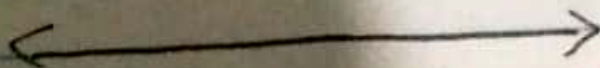
⇒ Availability of resources to meet daily needs, such as educational and job opportunities, living wages, or healthful foods.

⇒ Some norms and attitude, such as discrimination.

⇒ Exposure to crime, violence, and social disorder, such as the presence of trash.

⇒ Social Support and Social Interaction

⇒ Exposure to mass media and emerging technologies.
Such as internet or cell phones.



Q: No 2

In your opinion, "Self Medication" is a good Practise or not? In both cases, justify your answer with proper explanation and examples?

Ans- Self Medication:-

Self Medication is becoming an increasingly important area within health care. It moves patient towards greater independence in making decision about management of minor illness, thereby promoting empowerment. Self Medication also has advantages of healthcare systems as it facilitate better use of clinical skills.

Advantages of Self Medication:
Several benefits have been linked to appropriate self medication, among them : increase access to medication and relief for the patient, the active role of

the Patient in his or her healthcare better use of Physicians and Pharmacists Skills and reduced burden of government due to health expenditure linked to the treatment of minor health. However, self-Medication is far from being a completely safe Practise, In particular in the case of non-responsible self-medication.

Some people prefer taking self Medication due to the fact they are sceptical of the functioning of modern medicines.

The stereotypical thinking must be substituted with a more rational thoughts that doctors are there.

Disadvantages of self Medication:

⇒ self Medication is associated with risks such as misdiagnosis, use of excess drug dosage, Prolonged duration of use, drug Interactions and Poly Pharmacy.

⇒ Paracetamol, an antipyretic and analgesic in large doses cause liver failure.

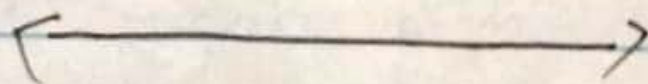
Paracetamol toxicity is the most common cause of acute liver failure.

⇒ your own diagnosis may be wrong.

⇒ Your chosen drugs may cause side effects.

⇒ Because of your incorrect diagnosis and incorrect medication purchased, there would be financial losses and delayed recovery, which is going to be more costly.

The main consideration of your incorrect of over dosage of drug may cause hypotension, which may eventually lead to heart fail and also hepatic and Renal failure.



Q: NO 3

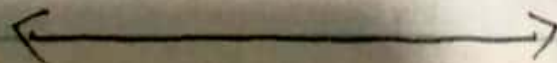
How "Screen TIME ADDICTION" affects our mental health? Explain in detail?

Ans:- Screen addiction is a group of behaviours they are negative outcomes, that can happen when we use too much technology during our day, "Prolonged use of watching TV, video games, scrolling through social media - all of that use act like digital drugs for our brain.

Screen use releases dopamine in the brain which can negatively affect impulse control. Study have shown screen time affects the the frontal cortex of the brain, similar to drugs, screen time pleasure/reward cycle that can have a negative impact of your life.

Surveys are showing that they also face more anxiety, depression and other mental health struggles than previous generations. We know that anxiety and depression are correlated with high levels of screen time. The content on the screen matters just as much as the amount of time spent on them.

Research on video games shows dopamine (Present in reward processing and addiction) is released during gaming produce brain changes that are similar to drug cravings. While you would be hard passed to find a job that didn't include at least some activity on a computer, too much time in front of screens each day can cause side effects.



Q: No 4

Describe the role of Physiotherapist in the Management of Patients?

Ans:- Physiotherapy:-

Physiotherapy helps restore movement and function when someone is affected by injury, illness or disability. Physiotherapists help people affected by injury, illness or disability through movement and exercise, manual therapy, Education and advice.

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

This profession helps to encourage, enabling and facilitate recovery, enabling people to stay in work while helping them remain independent for long as possible.

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

As the core is the patient involvement in their own care through education and courses.

A Physiotherapist may have to assess the physical condition of a patient to diagnose problems and implement a treatment plan, or they could also be re-training patients to walk, or helping others to cope with crutches, walking frames or wheelchairs. Education is also an essential role in physiotherapy.

