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Q1 What is the role of
"Social Determinants of Health"
in current condition of
Covid-19 ?

Ans **Determinants of health :**

Health is influenced by many factors, which may generally be organized into five broad categories known as determinants of health

Genetics, behavior, environmental and physical influences, medical care and social factors.

⇒ Importance:

Social determinants of health reflect the social factors and physical conditions of the environment in which people are born, live, learn, play, work and age. Also they impact a wide range of health, functionings, and quality of life outcomes.

⇒ Social Determinants:

In 2003, the WHO Europe suggested that the social determinants of health include:

- The Social Gradient.
- Stress. (Immune system become weak).
- Early life.
- Life expectancy.
- Social support networks.
- Education and literacy.
- Social Environment. (Social Distance)

- Employment
- Addiction
- Food (H)
- Transport

⇒ COVID-19

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Employment (Online job, lack of jobs).
Addiction (Mobile, Sleep, Internet).
Food (Home made experiences/shortage).
Transport. (

⇒ COVID-19 and the need
to prioritize health equity:

On March 11, 2020, the
(WHO) declared the novel
coronavirus disease a global
pandemic. With over five
million infected people and
more than 343,000 casualties
across 213 countries.

Health equity and addressing
SDH are the cornerstone value
of any health system.

SDH are the non-medical
factors that influence health
outcomes. Where individuals
live, the level of education,
work conditions, career, age

interactions.

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along with socio economics status and race, all have a tremendous influence on their health status (WHO). COVID-19 pandemic has involved people from various socioeconomic groups, poor and rich, in low, middle and high-income countries alike.

Addressing SDH appropriately is fundamental for improving health and reducing longstanding inequalities in health and healthcare, with no definitive cure available and a vaccine being at least 1 year away. This crisis has imposed yet another strong battle to health equity and bridging the gap to access needed healthcare b/w the rich & poor, as people in higher socioeconomic quantiles are better able to combat and cope with it.

Q 2 In your opinion, "Self Medication" is a good practice or not? In both cases justify your answer with proper explanation and examples.

Ans: Self Medication:

The act or process of medicating oneself especially without the advice of a physician

⇒ Good or Bad:

Although self medication can offer several benefits such as reduced costs associated with doctor consultation and faster relief of symptoms, it is not a safe practice and can cause more harm than good to one's health. Taking medications without proper medical consultation can also lead to drug interactions.

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→ **Advantages:**

It helps to prevent and treat symptoms and ailments that don't require a doctor. Patient gets immediate relief. This reduces the pressure of medical services where health care services are not available and insufficient.

⇒ **Disadvantages:**

Incorrect self-diagnosis.
Incorrect dosage and choice of therapy.
A medicine can bind to more than one receptor site. Thus, a medicine may be toxic for some receptor sites. Medicines cause harmful effects when taken in higher doses than recommended. As a

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result, medicines may be poisonous in such cases. Hence, medicines should not be taken without consulting doctors.

Q3: How "Screen Time Addiction" affects our mental health? Explain in detail

Ans: **Screen Time:**

The time spent using a device such as a computer, television, or games console. Screen time is a term used for activities done in front of a screen.

Screen time is sedentary activity, meaning you are being physically inactive while sitting down.

⇒ **Effects:**

Staring into a screen for extended periods of

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time can cause "computer vision syndrome".

You're probably familiar with the symptoms: strained, dry eyes, blurred vision, and headaches.

Poor posture can also cause neck and shoulder pain.

⇒ Effect the brain:

NIH study that children who spent more than two hours a day on screen-time activities scored lower on language and thinking tests, and some children with more than seven hours a day of screen time experienced thinning of the brain's.

Q4: Describe the role of "PhysioTherapist" in the management of patients? Page#9

Ans: Physiotherapist:

A person qualified to treat disease, injury or deformity by physical methods such as massage, heat treatment, and exercise.

⇒ Role of PhysioTherapist:

Physiotherapist help 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.

Helping patients recover from accident, illness, or injury.

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Organising therapeutic physical exercise sessions.

Providing massages.

Using specialist techniques such as electrotherapy and ultrasound.

Collecting statistics.

Writing reports.

Physiotherapists get you involved in your own recovery.

Physiotherapists have a role in providing advice or education to patient and family enabling them to adjust and adopt consequences of the illness adequate education and counselling to patients and their families.

An effective relationship b/w physiotherapist and patient has greater impact on patient's health.

