

SOCIOLOGY PAPER:

NAME: ASMA KHAN.

ROLL NO: 16985.

BS HND.

QUESTION / ANSWER:

Q1 what is the role of "Social determinants of health" in current condition of COVID 19?

"SOCIAL DETERMINANTS OF HEALTH"

DEFINITION: A condition in the social and physical environment in which people are born, live, work and age including the access to the health care. The social determinants of health are the economic and social conditions that influence individual and group of differences in health status.

They are the health promoting factors found in one's living and working rather than individual risk factor that influence the risk for a disease or vulnerability to a disease.

SOCIAL DETERMINANTS OF HEALTH IN COVID 19

On March 11, 2020 the WHO declare the novel coronavirus as a global pandemic. With over five million infected people and more than 343,000 casualties across 213 countries. So far, the crisis has become the most devastating challenge in the history. Health equity and social determinants are non-medical factors that influence on health outcomes. The individual lives, the level of education, work conditions, career, age along with socioeconomic status, and race all have tremendous influence on health status.

COVID 19 pandemic has involved people from various socioeconomic groups, poor and rich, low and middle, high income countries. The burden of pandemic is becoming significantly higher in more lower

Date: 27-6-20

Day: M T W T F S

socioeconomic groups facing devastating consequences

The COVID-19 pandemic is changing the way we think about care and total well-being support. Understanding how social determinants of health (life style and environmental factors such as job status, financial) impact a person's overall health can help health plans tailor the programs to address the evolving needs of their members in rapidly evolving time.

For health plan, information about health care can help them target specific people who may be at higher risk of contracting COVID-19 or those who may be experiencing health issues related to social isolation, food health insecurity or job losses and to assist them with improving their proper health and well-being by providing the appropriate communication that could help them save.

Q2 In your opinion "self medication" is good or not justify both cases?

"SELF MEDICATION"

DEFINITION: Self medication is a human behaviour in which an individual uses a substances to self-administer treatment for self diagnosed physical & psychological conditions and symptoms.

ADVANTAGES:

- ① Self medication also has advantages for health care systems as it facilitate better use of clinical skills.
- ② Increases access to medication.
- ③ Self medication is important, it contributes to reducing prescribed drug costs associated with publicly funded health programs.
- ④ Reduces health expenditure linked to the treatment of minor health conditions.
- ⑤ It moves patients toward greater independence in making decisions about management of minor illness, these by promoting empowerment.

DISADVANTAGES:

- Potential risk of self medication practices include;
- Taking medications without proper medical consultation can also lead to drug interactions.
- Masking of severe diseases and risk of dependence and abuse.
- A medicine can bind to more than one receptor site. Thus, a medicine may be toxic for some receptor sites.

EXAMPLE:

ANTIBIOTIC ABUSE:

Antibiotics have the ability to destroy harmful bacteria, but their misuse can have dangerous effects when this happens, bacteria develop the ability to resist the effects of antibiotics, which prevents them from working effectively.

Q3 How "screen time addiction" affects our mental health? Explain.

SCREEN TIME ADDICTION:

DEFINITION: Screen addiction is a group of ~~addiction~~ behaviours that are negative, some negative outcomes that can happen when we use too much technology during our day.

LONG TERM EFFECTS ON CHILDREN MENTAL HEALTH:

In children, effects of screen addiction may include;

- ① speech delay.
- ② Difficulty with problem-solving and creative thinking.
- ③ Depression and cognitive impairment.

LONG TERM EFFECTS ON ADULT MENTAL HEALTH:

Excessive screen time can lead to numerous health concerns including;

- ① eye strain and headaches.
- ② Insomnia and poor sleep.
- ③ Neck, shoulder and back pain.

Date: 27-6-20

Day: M T W T F S ✓

★ Dr. Tram says that there are few things you can do to reduce the amount of time you spend on an electronic device, or at least to mitigate some of the effects:

- while working on a computer, look away and at a distant object for about 20 seconds every 20 minutes.

- Take quick standing stretch break every hour.

- learn a few "chair yoga"

- Give limited time to the screen.

Q4 Discuss contribution of sociology to medical field?

CONTRIBUTION OF SOCIOLOGY TO MEDICAL FIELD:

Some contribution of medical sociology; sociology of medicine focuses on testing sociological hypotheses, using medicine as an arena for studying basic issues in social stratification, power and influence, social organization and socialization.

Medical sociology is the sociological analysis of medical organizations and institutions; the production of knowledge and selection of methods, the actions and the interaction of healthcare professionals and the social organization or cultural effects of medical practice.

Sociology of health: deal with more than health issues. For example when a doctor deals with any AIDS patient, they react the disease but a sociologist understands its neighbourhood, the community from where the patient belong.

Date: 27-6-20

Day: M T W T F S ✓

and awareness of this illness.

Sociology is important if enable to gain a better understanding of the social forces that shape life, so that will be appear better poised to deal with them.

Sociology provides evidence, based on systematic research, to explain how social forces operate, and the way they create personal fortune or misfortune.

Medical sociology is important play critical role in determining or influencing the health of individual, groups and larger society.