

QUESTION: 1

What is the role of "social determinants of health" in current condition of covid-19?

SOCIAL DETERMINATION OF HEALTH

Lets us first discuss the main idea and purpose of social determinants of health and what they are. It is basically a series of conditions in environment such as social, physical and environmental factors in which individuals are born, they live, work, they age all including access to the healthcare

IMPORTANCE :

While the promotion of health and wellbeing is being brought to site, the issues that must be focused on are the ones

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relevant to people lives. Especially for the individuals which are most vulnerable to specific conditions and complex needs. The most immediate need is to focus on the social determinants of health.

ROLE IN CAUTIONARY

STEP IN AVOIDATION OF COVID-19

a) Minimize the chance of exposure:

The most mutual way to catch the virus that causes COVID-19 is from close contact with other people. Dodging meetings of people and active social distancing can help reduce the chances of contact to the virus. Make sure to fulfill with any instructions your state has distributed about sheltering in place or continuing at home.

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b) Promote the use of everyday prevention actions:

Some common performs can lower the risks of infections. Clean your hands, cover coughs and sneezes, and follow approvals or local or state orders for wearing cloth face covering to reduce the spread of infection.

c) PROTECT HIGH-RISK POPULATION

Certain groups of people have a higher risk of developing serious illness from COVID-19. To keep our families and communities safe and healthy, it is important to take steps to protect older adults, people with underlying health ~~take~~ ~~steps~~ conditions, people facing homelessness, incarcerated or detained people, and people who work in healthcare or other critical infrastructure jobs.

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QUESTION : 2

→ In Your Opinion, "Self Medication" is good practice or not?

SELF MEDICATION :

Self-medication is a human behaviour in which a person makes a use of a substance or any exogenous stimulus of self-administer conduct for physical or psychological complaints. The most widely self-medicated substance are over-the counter drugs used to treat common health matters at home, as well as dietary additions.

GOOD PERSPECTIVE :

Good self-medication can also provide us with loads of healthy benefits such as :

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Saving uncommon medical resources from being misused on slight situations. Dropping the costs of community funded health care programs. Dropping nonattendance from work due to minor indications.

BAD-PERSPECTIVE :

As well as the good perspective about self-medication, we can say that everything has its pros and cons. The cons of this situation are that people who prefer self-medication will eventually treat it as an option to get relief without consulting doctors. But what they would fail to understand is that self-medication makes you pop pill so easily without being concerned of the dosage intake. This may even cause drug overdose and may lead to death.

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QUESTION: 3

HOW Screen Time Addiction affects our mental health?

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Following factors which are drinking alcohol and usage of tobacco, screen time is just as damaging of our mental health and relationship.

When our screen time is increases passing its limited healthy extent then we might be facing a set of problems.

The main things that are affected in the increase of our screen time is the weakening of eye ~~site~~ site due to the rays radiation out of the electronical device will affect the eyes horribly.

Secondly it has a direct impact on our brain, it can cause headaches, radiation, irritation, distraction, laziness, and even comes as far as to ruin family relations because a person becomes so involved that he initially forgets to cope

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with the surrounding environment and looks for escape to spend time on the screen.

QUESTION: 4

Discuss contribution of Sociology to the medical field.

→ MEDICAL SOCIOLOGY, What is it?

It is basically the study of the certain types of effect and variation of the social and culture influences on medication and health.

The field of medication is the one in which the medical sociologist helps the patients or individuals to view the health care system as a function of a successful society. And it is proven by examining and improving most of the characteristics.

CONTRIBUTION TO THE MEDICAL FIELD :

First let us describe health. What is health? It is the comprehensive state of mental, physical and social well being with not just the nonappearance of any disease or infirmity. When we see this from a sociological point of view, the very system of health care can be also seen as a complicated structure of social roles, the announcements process all involving both the individual patients and the professionals. It has also contributed to the medical field of importance by understanding the very special magnitude of the important health care process that may possibly assist the medical professional in the providation of better care and supervision to their patients.
