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Sociology Assignment  
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Section - A  
DPT 2nd Semester

QUESTION # 01

\* Social Determinants of Health:

Social determinants of Health are conditions in the environment in which people are born, live, learn, work, play, worship and age that effect a wide range of Health, functioning and quality of life outcomes and risks.

Determinants of Health are a range of factors that influence the Health status of individuals or populations.

\* Factors:

Social Determinants of Health include factors like:

- Socio-economic status
- Education
- Neighborhood
- Physical Environment

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### \* Importance :

Social Determinants have a major impact on Health outcomes - Especially for the most vulnerable population. Factors such as a patient's education, income level and environment must be considered when providing treatment and care.

### \* Social Determinant of Health in condition of Covid-19 :

Following are the key points of Social Determinants of Health in condition of COVID-19 :

### \* Key points :

#### Point : 01 :

The COVID-19 outbreak has not affected all people equally. A person's risk of contracting the virus as well as the severity of recovering are a matter of Geographic location, age, ethnicity and underlying

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Health conditions among other factors.

02=> Essential workers often correlates to low wage workers who can't afford to take time off of work to reduce the risk of exposure.

The living condition of an individual played a large role in the mortality and severity of those infected with Spanish Flu. extreme poverty, poor sanitation and hygiene limited access to resource.

03=> Social determinants of Health, such as Gender, socio economic positions, race occupation, Indegnety, Homelessness, and incarceration, play an important role in risk of covid-19 infection particularly when they limit ability to maintain physical distance.

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- 04⇒ Pandemic are not an individual problem, it is a social problem. Social determinants of health contributes 80% of our health outcome.
- 05⇒ COVID-19 today, we see the same socio-economic factors of infection and mortality rates.
- 06⇒ Crises has a way of shining a light on weaknesses. The covid-19 pandemic is highlighting that SDH have been neglected.
- 07⇒ As millions of people are filling for unemployment, housing and food insecurity, the covid-19 will drive those numbers up.
- 08⇒ The covid-19 crises may appear to be diverting attention from SDH at the same time, it make strategy to control pandemic.
- 09⇒ Inter agency approach, will be needed to drive a holistic approach to patient care.

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10=> People who may be at 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 well being by providing appropriate communications with actions that could keep them safe.

### \* Future Objectives :

During the COVID-19 Pandemic, many health plans have stepped up their offering to members and found ways to help ensure community in clinical care.

\* For example : Several plans have waived co-pays and fees for COVID-19 testing. However a large gap remains in low health plans. address factors in members everyday lives which can have a significant impact on their overall health- It's essential

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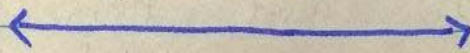
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that they have access to resources around services such as mental health care, Telemedicine which can influence their social determinants of health.



QUESTION : 02  
ANSWER :

\* Self Medication : "Self Medication is a human behaviour in which an individual uses a substance to self administer treatment for self diagnosed physical or physiological conditions or symptoms".

⇒ The widely self medicated substances are over counter drugs which are used to treat common health issues at home as well as dietary supplements, socio-economic status, rich and poor, educated and non-educated.

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## \* Importance Of Self Medication:

- ⇒ Self medication is important within Health care, it moves patients towards greater independence in making decisions about minor illness and promoting Empowerment.
- ⇒ Self medications also have advantages for Health care System, self medication is associated with risks such as miss diagnosis, use of excessive drug Dosage.
- ⇒ The Older may be problematic than the elderly.
- ⇒ Monitoring system, a Partnership between a patient, physician and pharmacists and the provision of Education and information to all concerned on safe self medication are proposed strategies for maximising Benefits and minimising risks.

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## \* Advantages Of Self Medication:

- ⇒ Advantages of self medication help to prevent and treat symptoms and ailment that do not require a doctor.
- ⇒ Reduce the pressure on medical services where health care personnel are insufficient.
- ⇒ Increase the awareness of health care to population living in rural or remote areas.
- ⇒ Enable patients to control their own chronic conditions.
- ⇒ Hay, Fever, Headache, indigestion, mouth, ulcer, nausea, cough, acne, allergic conjunctivitis can be treated by self medications.

## \* Reduce Load on Health care

**Providers:** Self medication reduce the load on a health care providers and hospitals, as minor symptoms can be taken care personally.

\* **Convenience:** Decreases time lost in waiting for the physician.

\* **Saves Cost:** Since medical consultations can be avoided or reduced.



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### \* Disadvantages Of Self Medication:

Self medication is not a good practice in my opinion because:

- ⇒ If you are of the assumption that self medication is good enough without a doctor prescription, then you may be wrong.
- ⇒ Self medications has a number of flaws that can be devastating in the long run.
- ⇒ Basically when medicines enters our body they get absorbed very quickly and can cause reactions, may be sometimes relief or later side effects.
- ⇒ Self medications can be used for a good cause and some time misused.
- ⇒ Some drugs bought can be very addictive and dangerous.

### \* Example # 01

"Paracetamol" which as an antipretics which is used in large dosage can cause Liver problems.

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## \* Example 802

Taking Pain killers for long time without consulting a Doctor knowing the cause of Headache.

## \* Example 803

Benedial Syrup is used to cure bad cold Sore throat. when consumed most Patients feel Drowsy but many began to use this as a Drug for Good feel but this Syrup is sold only on Doctor's prescription.

## \* Risks Of Self Medications :

- ⇒ Incorrect self Diagnosis.
- ⇒ Incorrect Dosage.
- ⇒ Incorrect choice of Therapy.
- ⇒ Dangerous Drugs interactions.
- ⇒ Delays in seeking medical advises when needed.
- ⇒ Masking of a severe disease & risk of dependence & abuse.



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QUESTION 803

ANSWER :

\* Screen Time Addiction :

- Screen time addiction is a group of behaviours that are negative.
- Some negative outcomes that can happen when we use too much technology during our day.
- So prolonged use of watching TV, videogames, scrolling through social media all of that acts like a digital drug for our brain.

\* Mental impact of Screen Time :

It has been proven that increased screen time cause concern with physical wellbeing in both adults and childrens. The most dangerous effect take place in mental and social blockages. It is proven that many people may be suffering from the mental effects screen time without knowing it.

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## \* Screen Time effects the Brain's

⇒ Children who reported more than two hours a day of screen time got lower scores on thinking and language tests.

⇒ Screen addictions have been found to be associated with depression, anxiety, mood disorders, insomnia and decreased supervision.

⇒ Research has found that teens who use electronic media at night are more at risk for sleep disturbances and symptoms of depression.

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

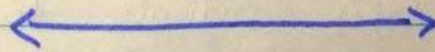
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\* **Long Term Effects :** In children effects of screen addiction may include :

- Speech Delay
- Cognitive impairment
- Difficulty with problems solving and creative thinking.
- Body weight issues.
- Depression and anxiety.



**QUESTION : 04**  
**ANSWER :**

\* **Physiotherapist :** Physiotherapists are professionals who treat diseases, injury or deformity by physical methods but by providing proper management to patients, they can completely make them healthy.

\* **Role Of Physiotherapist in the management OF Patients :**

- An effective relationship between Physiotherapist and Patients has greater impact on Patients health.

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- Physiotherapist 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.
- \* **Self Managing :** Physiotherapists educate their patients to be self managing in conducting exercise programs based on sound evidence.
- \* **Effective Communication :** Effective doctor - patient communication is a central clinical function, and the resultant communication is the heart and art of medicines and a central component in the delivery of health care.  
The 3 main goals of current Doctor Patient communication are creating good:
  - interpersonal relationship.
  - facilitating exchange of information.
  - & including patients in decision making.

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## \* Job of Participation on the Administration of Patient :

Medical clinical chaperons; assist patients with performing routine like eating or moving around and help the emergency clinic staff and dealing with significant obligations, including keeping rooms clean and conveying food to the correct patient.

## \* Objectives :

- ⇒ To teach appropriate stance.
- ⇒ Teach safe methods of moving & lifting.
- ⇒ To increment the quality in bones.
- ⇒ To keep up or improved balance.
- ⇒ To improve adaptability.
- ⇒ To improve generally posturability.

