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QUESTION NO 02.

Self Medication.

Self medication is a human behaviour in which an individual uses a substance or any exogenous influence to self-administer treatment for physical or ~~psy~~ psychological ailments.

Definition:

Self medication is the selection and use of medicines by persons to treat self recognized illness or symptoms.

This broadly includes
old prescription

referring prescription

consulting friends

acquiring medication without
prescription :

consulting friends and relatives
neighbor's social group sharing
medicines.

Advantages:

1. It helps to prevent and treat symptoms and ailments that don't require a doctor.
2. Patient gets immediate relief. This reduces the pressure of medical service where health care service are not available and insufficient.
3. Increase the availability of health care in rural area or remote areas, hilly areas.
4. Patient gets control over the chronic disease.
5. Good for patient wellness and productivity.
6. Economic improvement for employees.

Disadvantages:

→ Once medicine are entering human body, get absorbed rapidly. At the same time medicine gets sold rapidly through a power of marketing and no or less control over medicine.

→ They are so used, miss used and over used for different type of illness.

Example:

→ Taking painkillers for long time out consulting of doctor and out knowing the cause of headache.

→ Increase the risk of adverse reaction (irrational use).

→ Self medication is emergence of human pathogen resistance.

→ Because of incorrect medication purchased and incorrect diagnosis.

there would be financial losses
and delayed recovery,
which is going to be
more costly.

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QUESTION NO - 03

Effects of Screen time Addiction.

- i) Eye Strain and headaches.
- ii) Insomnia and poor sleep.
- iii) Tendonitis, carpal tunnel and other repetitive use injuries
- iv) Neck, shoulder and back pain
- v) Sedentary life style, which has been linked to heart, disease, obesity and other problems.

Scx Explanation:

- (i) As little as a one-hour annual increase in social media is associated with more severe depressive symptoms and lower self-esteem.
- (ii) Higher level of screen use in children and adolescents is associated with reduced physical activity, increase risk of depression, lower well being.

(iii) Surveys are showing that they face more ~~an~~ anxiety depression and other mental health struggles than previous generations.

We know that anxiety and depressions are correlated with high levels of screen time. The content on the screen time matters just as much as the amount of time spend on them.

(iv) Screen use releases dopamine in the brain, which negatively affect impulse control.

Screen time affects the frontal cortex of the brain. Similar to effect of cocaine.

LONG term Effects:

- (i) Speech delay
- (ii) Cognitive impairment
- (iii) Difficulty with problem-solving and creative thinking
- (iv) Cyber bullying and exposure to predators.
- (v) Body weight issues and poor bone health due to lack of physical activity
- (vi) Depression and anxiety

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QUESTION NO - 04

The role of physiotherapist:

Physiotherapy:

"Physiotherapy is the treatment of injury, disease and disorders through physical methods" such as,

exercise, massage, manipulation and other treatments over medication and surgery.

Physiotherapists are highly trained health professionals who provide treatment for people suffering from physical problems arising from injury, disease, illness, and ageing.

Role of Physiotherapist

- (i) 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.

(ii) Education is also an essential role in physiotherapy.

(iii) Physiotherapists spend much time educating patients, their families and the community to prevent injuries and to help people lead healthy lifestyles.

(iv) A physiotherapist provides information to the patients about effective postures and exercise.

(v) A physiotherapist may also plan and implement community fitness programmes.

Finally, physiotherapists can also issue sick leave certificates should it be deemed necessary to do so.

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QUESTION NO-01

Social Determinants of HEALTH in current condition.

The COVID-19 is in changing the way we think about care and total well-being support.

At this time, progressive health plans would normally be trying to close gaps in clinical care.

Providers trying to keep patients out of clinic and hospitals.

Priorities have shifted elsewhere.

Most effective determinants are:

- working conditions.
- Social support network.
- Health services
- coping skills
- physical environment
- Income and Social status
- Education.

→ In particular, many plans are taking a more holistic look at the well-being of members.

→ Particularly, for health plans tailor their programme to address the involving needs of their members in this rapidly evolving time.

→ This valuable information can help them target specific people who may be at highest risk of contracting COVID-19.

→ Those may be experiencing health issues related to social isolation, food insecurity, or job losses.

→ They assist them with improving their total health and well-being by providing the appropriate communication with actions that could keep them safe.

EXAMPLES:

- (i) Income levels
- (ii) Educational opportunities
- (iii) Gender inequality
- (iv) Racial segregation
- (v) Access to housing and
inaccessibility.