

Submitted by:

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Roll.No:

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Exam / Subject:

Class:

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Q.No. 2

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

Answer:-

Social Determinants Of Health:-

Social determinants of health or the conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels. The social determinants of health are mostly responsible for health in 'equities' — the unfair and avoidable differences in health status seen within and between countries.

(SDH) Social Determinants of COVID-19:

The underline reason of for increased risk of Covid-19 exposure and infection may relate to crowded living conditions and the need to continue to work in certain essential occupations, both of which make physical distancing more challenging it includes the following factors

① Structural, social Inequities ^{factors} such as colonization, racism, and repression of

self determination are important structural determinants of increased covid-19 risk.

(2) Essential service occupations. workers deemed essentials can be at increased risk of covid-19 particularly if they are unable to ~~work~~ work from home or practice physical distancing, and do not have access to personal protective equipment.

(3) Precarious occupations. low skilled workers e.g. male security guards: 46 death per 100,000, male taxi driver: 36 death per 100,000 have higher covid-19 death compare to general population in the united kingdom

Q. No. 2:

In your opinion "Self-Medication" is a good practice or not? In both cases. Justify your answer with proper explanations and examples?

Answers:-

Self Medication:- Self Medication is also known as Self Treatment. It is defined as the use of medications, treatments, and substances by an individuals without a medical prescription. It is the most popular self care form. In regards to self care, self medicate include but or not limited to over the counter medications.

Nutritional supplements, other ~~non~~ prescription medications. The increase in self medicating practices having both advantages and disadvantages.

Advantages of Self-medication:-

- ① Help to prevent and treat symptoms and ailments that do not required a doctor.
- ② Reduce the pressure on medical services where healthcare personal are insufficient.
- ③ Increase the awareness of healthcare to population living in rural or remote areas.
- ④ Enable patients to control their own chronic conditions.
- ⑤ Hay fever, head ache, Indigestion, mouth ulcer, Nausea, Cough, Acne, Allergic conjunctivitis can be treated by self medications.

Disadvantages of Self-Medication:-

- ① Self medications is associated with risks. such as misdiagnoses, ~~miss~~ of excessive drugs dosage, prolonged duration of use, drug interactions and polypharma.

- ② Paracetamol, an antipyretic and analgesic in large doses can cause liver failure.
- ③ Paracetamol toxicity is, by far, the most common cause of acute liver failure.
- ④ The diagnoses may be wrong
- ⑤ The financial losses - ~~but~~ delayed recovery is ultimately more costly.

Self Medication is a Bad Habit:-

Taking prescription medications without talking to a doctor first may seem to save your time and money, but it is much more costly to your health in the end. The effects of self medication can be harmful and potentially life threatening.

This can cause following risk

- ① Inaccurate dosage
- ② Antibiotic misused
- ③ Mixing medications
- ④ Expired medications.
- ⑤ Un-diagnosed - underline conditions.

Example:-

if a person having temperature of 100°C and he has an important personal work where he has to go that's why he used inaccurate dosage of medicines without taking

precautions from doctor it has a possibility that
due to inaccurate use of dosage the
might be caused with kidney issues or kidney
stones problem

That's why self medication can be a
bad habit.

Q.No. 3:

How "Screen Time Addiction" affects our Mental health? Explain in detail?

Answer:-

Screen Addiction:-

"Screen Addiction is a group of behaviours that outcomes are some negative, that can happen when we use too much technologies during our day".

Kathryn Lorenz says "Prolonged use of watching TV, videogames, scrolling through social media all of that used acts like a digital drug for our brains".

EFFECTS:-

The long term effects of screen addiction includes:

- ① Depression and Anxiety
- ② Body weight issues and Poor Bone health due to lack of Physical activity
- ③ Speech delay
- ④ Difficulty with problem-solving and creative thinking

⑤ Cyber bullying and exposure to predators

Preventions / Cures :-

Many Many Parents reports for not knowing how to manage their kids screen used and often feel like they don't have the time to keep on top of what their kids are doing on screens or they feel they can't manage enough. According to Royal survey 22% of parents rely on technology to manage technology e.g.:- Parental control software, smart router. That means that about 80% of parent may be having daily arguments with their kids about turning off their screens or not setting any restrictions on screen used at all there are many ways to control the screen timings which includes.

- ① Using browsers content filters on your PC or Devices. there are few programs that can do this for you. Some are free and some are in reasonable easy program packages that allow you to set filters on your browser or wifi (Open DNS)
 - ② Setting limits to wifi Access at home
 - ③ Parental control software which is use to control the kids devices.
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Q.No 4:

Discuss Contributions OF "Sociology" to Medical Field?

Answer:-

Medical Sociology:- Medical Sociology is the simple the study of the effects of social and cultural factors on health and medicines. Specialization as a medical sociologist helps individuals view the healthcare system as a function of the society and serve it by examining and improving all its facets. It is stepping stone towards greater career opportunities in the medical field.

Contributions Of Medical Sociology:-

Medical Sociology tend to follow two streams

- * Sociology And Medicine :: Sociology Of Medicine
Sociology of medicine, in contrast, focuses on testing sociological hypotheses, using medicines as an arena for studying basic issues in social stratification, power and influence social organization, socialization, and the broad context of social values work with in this tradition explores such themes as how physicians control the the work of other health occupation; how lower social status and gender affect health interactions; and how political and economic interest influence. the structure of care, reimbursement, and the uses of technology. At the organizational level, such studies commonly contrast rhetoric with reality, seeking to identify the motivations, incentives, and group interests that result in departures from public declaration and stated goals that the major point of emphasis that define sociology in general help focuses the way generic questions about health and medicines.