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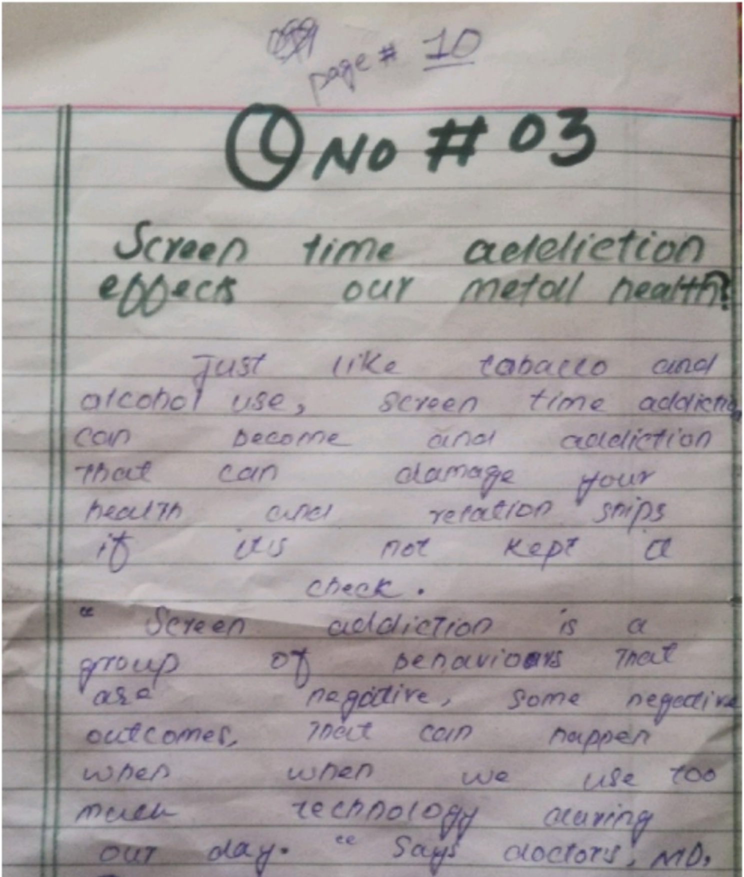


page # 10

Q No # 03

Screen time addiction effects our metall health?

Just like tabacco and alcohol use, screen time addicti can become and addiction that can damage your health and relation ships if it is not kept a check.

" Screen addiction is a group of behaviours that are negative, some negativ outcomes, that can happen when when we use too much technology during our day. " Says doctors, MD, of upper valley family medicine, part of premier physician Network. " prolonged use of watching TV, video games, scrolling through social media all of that use acts like a digital drug for our brain".

page No# 01

Q No # 1

Social determination of health:

Goal:

Creat Social physical

that promot good health

enviroments

for all.

Health Start in our homes, Schools, Work ~~Sto~~ places, neighborhood and Communication.

(SDOH) in Current Condition of Covid-19:

As an student, over the past 2 months, I have been studing more and more about social determinent of health. The avidanc continous to support what I have observed in practice over the two 2 months: That factor such as a stable home life and financial security impact

---

They will also provice information to patients about effective postures and excercises, in order to get them back to their job / work / activities.

The End.

Page NO: 07

Self Medication adavantagis with Examples:

① An active role in our Own health Care.

② Self-reliance in preventing or relieving minor Symptoms or Conditions.

③

③ Education opportunities on Specific health issu (ie Stop Smoking aids and produc to treat heartburn.

(4) Convenience

(5) Economy, particularly since medical & consultations will reduce or avoided.

~~10~~

pag # 11

Effect on mental health:

Screen use relese dopamine in the brain, which can negatively affect impulse control. Doctors says studies have shown screen time affects of the frontal cortex of the brain, similar to the affect of cocaine.

Similar to drugs, screen time sets off a pleasure / reward cycle that can have a negative impact on your life.

04

There is a reason that getting a pay check is called "livelihood". It's not about the tension ~~tho~~ b/w jobs vs. lives lost; it's not picking the economy as a priority over health. I would argue that both are one and the same, according to the medical literature we have been reading in recent years. As a society we need to adress both issues with the same sense of urgency. and not vilify those who questions when to reopen as renegade lotion lunatics with no regard for health and welfare of others. Where are the mathematical models of impact of prolonged closure on small businesses? Where is the detailed plan of how to test the population to identify who has already been exposed and can report back to work?

P.T.O

02

health just as much if not more than our medical intervention and screening programs.

Fast forward to 2020 and the global corona virus pandemic. I am seeing my patients virtually, by phone, or via video; I am ~~seeing my patients~~ abiding by social distancing rules; I wear a mask when out in public. I to grocer store only once a week; I have not had my hair cut in months. I can understand the reason behind it, and we have seen the results of now five weeks of the stay at home order. The peak originally predicted for June has been extended to late [redacted] or [redacted] July, and the number of cases and deaths far fewer than expected. The Need for ICU beds and ventilators has been met, with excess capacity thus far.

P.T.O

- page # 089

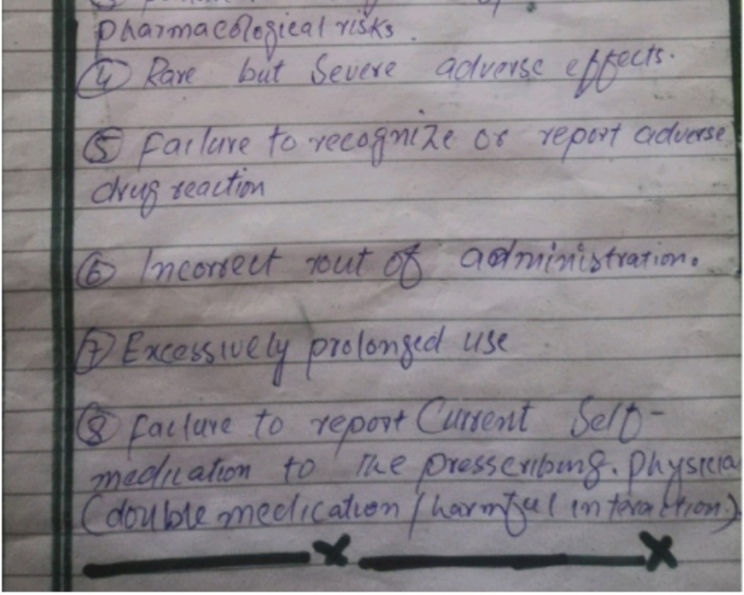
Disadvantages

Examples of Self Medica

① Incorrect Self-diagnosis.

② Incorrect Choice of Therapy

③ Failure to recognize Special



pharmacological risks.

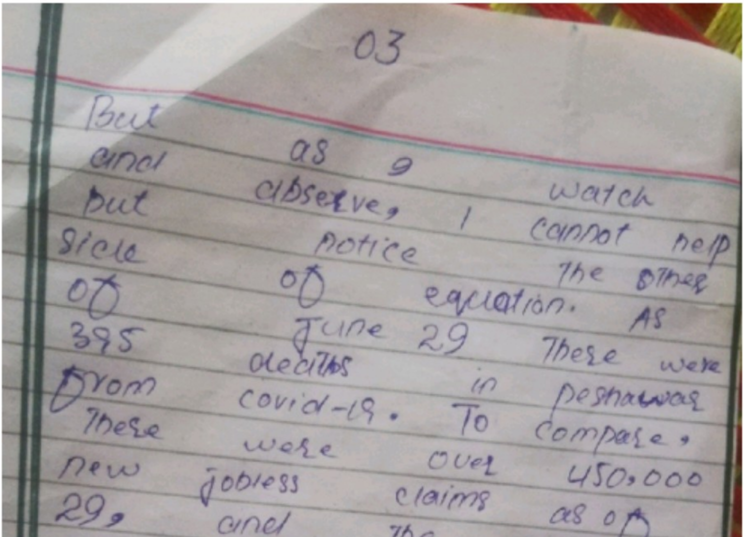
④ Rare but Severe adverse effects.

⑤ Failure to recognize or report adverse drug reaction

⑥ Incorrect rout of administration.

⑦ Excessively prolonged use

⑧ Failure to report Current Self-medication to the presscribing physicia (double medication / harmful interaction)



03

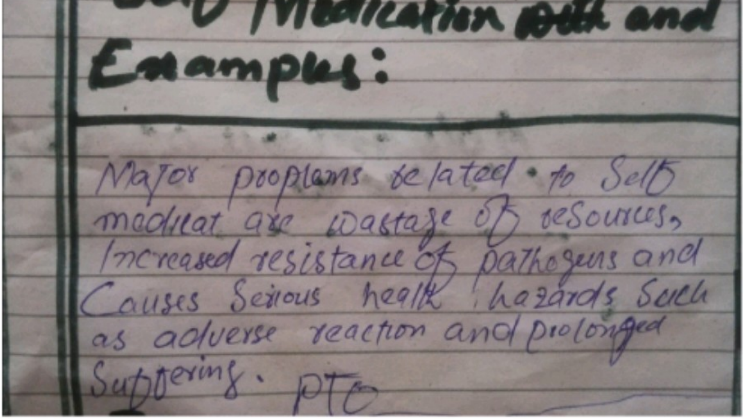
But
and as I
but observe, watch
I cannot help
side notice
the other
of of equation. As
395 June 29 There were
deaths in
from covid-19. Peshawar
There To compare,
were over
new 450,000
jobless claims as of
29, and the

the number is still climbing. It's an order of magnitude greater, 1000 times over; it's as though the entire city of peshawar is now unemployed. Thinking about the impact of that on our population, health should be a focus of ours, not just for politicians, but physicians and health care professionals as well. I have not heard much, if anything, about social determinants of health through out this discussion, wether its the news or social media or the academic literature. It's something we can no longer ignore.

P-T-O

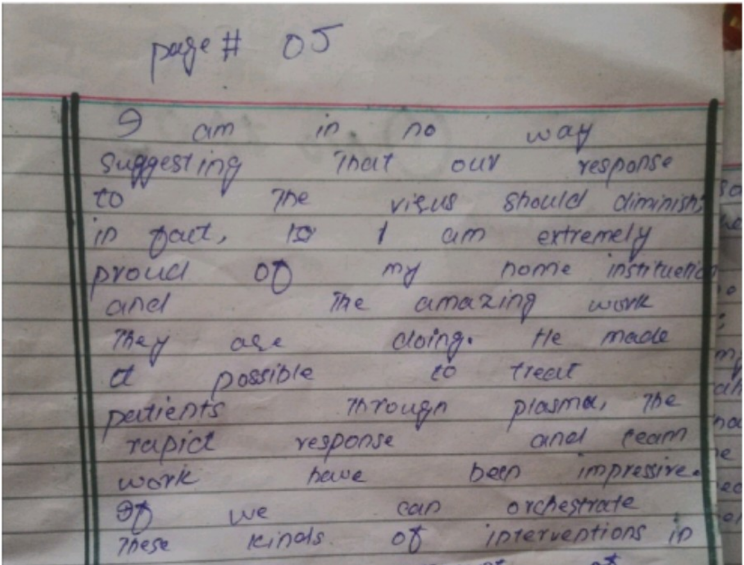
Page No 08

Disadvantagis: of



Medication ~~with~~ and Examples:

Major proplems related to Self medicat are wastage of resources, Increased resistance of pathogens and Causes Serious health hazards such as adverse reaction and prolonged Suffering. PTO



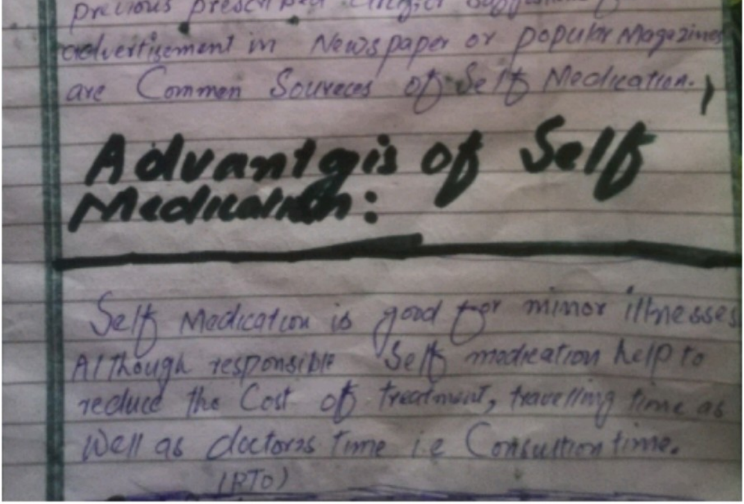
page # 05

I am in no way suggesting that our response to the virus should diminish; in fact, ~~is~~ I am extremely proud of my home institutio and the amazing work they are doing. He made a possible to treat patients through plasma, the rapid response and team work have been impressive. If we can orchestrate these kinds of interventions in a short amount of time, The same could be done for financial devastation That will almost certainly occur as a result of pandemic. paying attention to both will ensure the health of our population can truly stay intact.

QNo # 2

Self-Medication:

Self Medication has traditionallay been defined as " the taking of drugs herbs ~~are~~ or home remedies on ones own Initiative. Or on the advise of anthor person, without Consulting a doctor." famillies, friends, neighbors, the pharmacist,

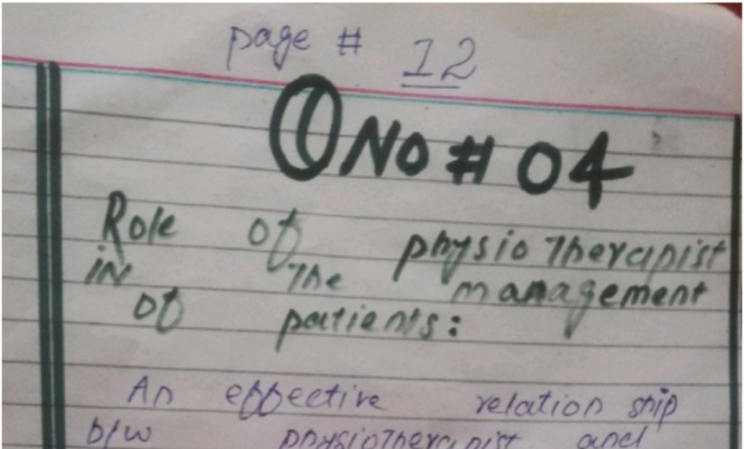


previous prescribed drug, or suggestions advertisement in Newspaper or popular Magazines are Common Sources of Self Medication.

Advantgis of Self Medication:

Self Medication is good for minor illnesses. Although responsible Self medication help to reduce the Cost of treatment, travelling time as well as doctors time i.e Consultion time.

(RTO)

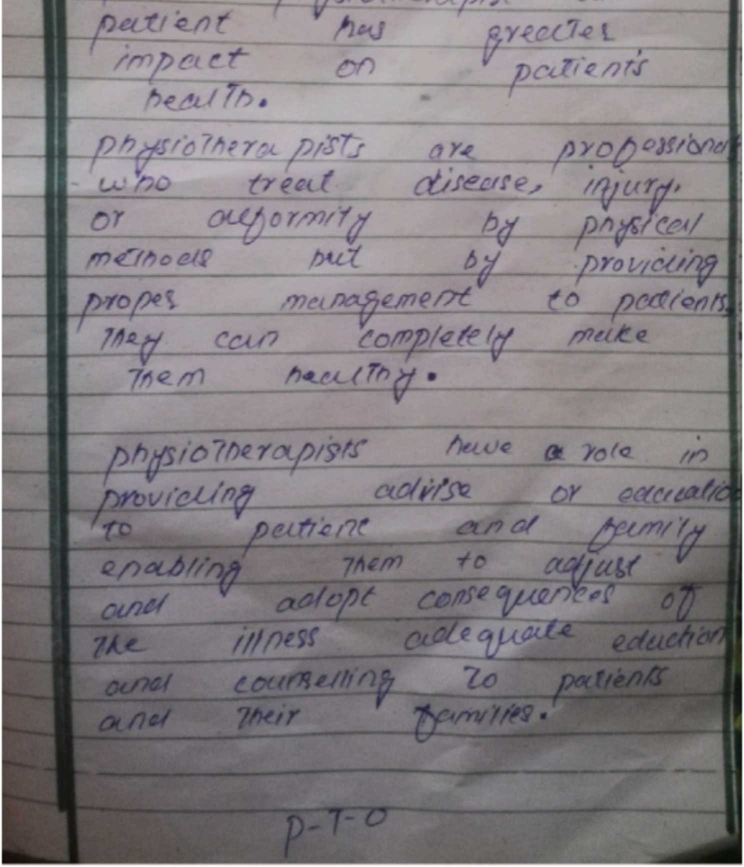


page # 12

Q No # 04

Role of physio Therapist in The management of patients:

An effective relation ship b/w physiotherapist and



patient has greater impact on patient's health.

physiotherapists are professionals who treat disease, injury, or deformity by physical methods but by providing proper management to patients, they can completely make them healthy.

physiotherapists have a role in providing advise 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.

P-T-O

From my Huawei Notepad