

Name = Zubaida  
ID = 16787  
Department = Opt  
Semester = 2nd  
Date = 29/6/2020

---

---

---

## Paper = Sociology

Question no "1"

Role of "social Determinants of Health" in current - condition of covid-19?

### Social determinant of Covid-19 :-

The underlying reason for increased risk covid-19 exposure and infection may related to crowded living conditions and the need to

to continue to work in certain essential occupation both of which make physical distancing more difficult and challenging. Related factors - includes.

### Structural social inequities:-

Structural factors, such as colonization, racism, social exclusion and repression of self-determination are important structural determinant of increased covid-19 risk, for example:-

In indigenous and Black population in Canada. This unequal starting point acts. Inuit and Black population are over represented among Canadians with low socioeconomic status. (education and occupation) a risk

factor for increase risk  
of covid-19.

## ESSENTIAL SERVICE OCCUPATION

worker deemed essential can be at the increase risk of covid-19 infection, particularly if they are unable to work from home or practice physical distancing and do not have access to personal protective equipment. This is pressing in public facing work with high proximity to others, such as sales and services occupation, where women low-income and racialised workers are often overrepresented. For example outbreaks of covid-19 of 558 confirmed cases in a food packing plant and 49 confirmed cases in migrant from workers.

## Question no "2"

In your opinion "Self medication" is a good practice or not? In both cases, justify your answer.

### SELF MEDICATION:-

Self medication is a process to treat a person ourselves or the other family members or friends without any prescription of the doctor. to treat self recognized or self diagnosed conditions or symptoms.

"Self medication has traditionally been defined as "the taking of drugs, herbs or home remedies on one's own initiative, or on the advice of another person, without any prescription of the doctor."

Al-though self medication can offer several benefits such as reduced costs assoited with doctor consultation and faster relife of symptoms, it is not not safe practice and can cause more harm than good to one's health. self medication can be dangerous because it only masks underlying feeling instead of addressing the causes and problems.

Additionally, A person who self-medication may result in the uses of the dangerous medicans it cannot know about it. it can cause chronic health concerns. However self medication is far from being a completely safe practice in a particular in the case of non-responsible self-medication.

Self-medication can have a negative impact on mental health and does very little to treat the underlying condition.

**Self medication is good concept or not :-**

Self medication is an alarming concept self medication would be safe, if the people who are using it, have sufficient knowledge about it does, time of intake, side effects, on over dose, But due to lack of information it can cause serious affects such as antibiotic resistance skin problem, hypersensitivity and allergy.

## Example:-

Cannabis and marijuana are drugs a person may use to self-medicate. According to healthlin cannabis is one of the most widely drugs substances for self-medication in case of depression. it is not good but good for a time and it can addict the person but without it the addict person cannot pass time.

## Example:-

Some drug brought can be very addictive and dangerous. for example Behral Syrup is very famous syrup is very famous syrup used to cure bad cold sore throat. But without proper prescription from doctor. when consumed most patients feels drowsy, but many began use this as a drug for a good feel which is a dangerous operation. but it mean without doctor prescription no use any type of medicines. but it have many benefits but more side effect.

## Question "3"

How "Screen Time Addiction" affect our mental health?  
Explain in detail.

### Screen Addiction:-

when screen use become so compulsive that it leads to impaired daily functioning it is when we use too much technology during our day, so prolonged use of watching TV, videos, games, scrolling through social media all of that use acts like a digital drug for our brain.

### How "Screen Time Addiction" affect our health:-

just like tobacco and alcohol use, screen time can become an addiction that can damage



Our relationships.

Screen addiction is a group of behaviours that are negative, some negative becomes, when we use too much technology.

## Screen Time and kids :-

Screen Time addiction affect poorly the kids health.

If children are relying on screens for their entertainment, that could be a warning sign that there are they addicted to screen.

## Effect on Health :-

Speech delay.  
Difficulty with problem solving and creative thinking.

Cognitive Impairment.  
Body weight issues.  
poor bone health due to  
lack of physical activity.  
Depression.  
Anxiety.

### In ADULT :-

A recent report shows that older adults love their screens 'as much as children.

These are the potential side effects of screen addiction.

### Effects :-

leads to weak memory.  
poor eye sight.  
Relation issues.  
Harassment.  
cyber crime.  
Depression.  
Disrupted sleep.

## Question no "4"

Describe the role of a physiotherapist in the management of patients. Physiotherapists help people affected by injury, illness or disability through movement and exercise, manual therapy, education and advice. They maintain health for people of all ages, helping patients to manage pain and prevent disease.

Physiotherapy is a degree-based health care profession. Physios use their knowledge and skills to improve a range of conditions associated with different systems of the body. First of all, there is a need for an effective relationship between the doctor, the physiotherapist and the patient. This relationship has a greater impact on the patient's health.

The work of the physiotherapist is that to educate the patient and advise them about its bad posture or other any disease; it can treat them and provide them some exercise. In order to back them their activities.

---

---

---

---

The End