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Question NO 4 :

Answer :

ROLE (F) PHYSIO THERAPIST

IN THE MANAGEMENT (F)
PATIENTS

- An effective relationship between Physiotherapist and Patients has greater impact on Patient's health.
- Physiotherapist are professionals who treat diseases, injury, or deformity by Physical methods but by providing proper management to patients, they can completely make them healthy.
- 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.
- They will also provide information to the patients about effective postures and exercises, in order to get them back to their Job / work / activities.

- They maintain health for people of all ages, helping patients to manage pain and prevent diseases.
- Physiotherapy is a science-based profession and takes a 'whole-person' approach to health and well-being, which includes the patient's general life style.
- You can benefit from Physiotherapy at any time in your life. Physiotherapy helps with back pain or sudden injury, managing long-term medical conditions such as asthma, and in preparing for childbirth or a sporting event.

Question NO 3:

Answer:

Screen Time Addiction

Affects in Our Mental Health

Just like tobacco and [alcohol]^x alcohol use, screen time can become an addiction that can damage your health and relationships if it's not kept in check.

Screen addiction is a group of behaviours that are negative, some negative outcomes, that can

happen when we use too much technology during our days.

"Prolonged use of watching TV, video games, scrolling through social media - all of that use acts like a digital drug for our brain"

Screen use releases dopamine in the brain, which can negatively affect impulse control. Studies have shown screen time affects the frontal cortex of the brain. Similar to the effect of cocaine. Similar to the drug, screen time sets off a pleasure/reward cycle that can have a negative impact on your life. Screen time exposure is highly popular and pervasive among young people. Evidence remains inconsistent

regarding the impact of ST and media exposure on mental health issues. Although a majority of previous researches on the effects of media has been on its negative impact.

High screen time is a significant predictor of a higher probability of anxiety, depression and psychopathological symptoms among young people.

- People who spend more time with screens may have behavioral, ^x(Cognitive) Cognitive, and Social issues, but another concern is mental health. People spending 7+ hours a day on screens were twice as likely to have been diagnosed with depression or anxiety. After 1 h/day of use, more hours of daily screen time were associated with lower psychological well being, including less curiosity, lower self-control, more distractibility, more difficulty making friends, less emotional stability, being more difficult to care for, and inability to finish task. So this addiction of screen time affects our mental health very badly.

Question NO 1:

Answer:

SOCIAL DETERMINATION (F)

HEALTH IN CURRENT CONDITION

(F) COVID - 19 :

The Covid-19 Pandemic is 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, to avoid the year-end scramble that many other experience.

But, with providers trying to keep patients out of the clinic and hospital, priorities have shifted elsewhere. In particular, many plans are taking a more holistic look at the well being of their members in an effort to keep them healthy at home. Understanding how social determinants of health lifestyle and environmental factors, such as job status, financial security and relationships. Impact a person's overall health can help

health plans tailor their programs to address the evolving needs of their member in this rapidly evolving time. Particular for health plans, this valuable information can help them target specific 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 wellbeing by providing the appropriate communications with actions that could keep them safe.

The SOCIAL GRADIENT:

Covid-19 is painfully exposing the existing and persisting health inequalities in our societies. This pandemic will have the heaviest impact on the lives of people living in deprivation or facing difficult socio-economic circumstances. Euro Health Net partners - the public bodies responsible for health are doing their utmost to protect citizens and contain the outbreak.

Stress:

The Covid-19 Pandemic is a rapidly evolving global crisis and there is much that is still emerging in terms of the psychosocial and mental health consequences for the diverse populations affected by this emergency. We all feel stress as added pressure. The overall stress response is designed to be a short-term reaction. When stress persists, however, it enters into the mix of threats posed by Covid-19.

So there is meditation, Yoga, and deep regular breathing, which are practices available to anyone. They can be easily done at home, with the intention of returning to be relaxed, balanced state.

SOCIAL SUPPORT NETWORK:

Social Support Network include our close relation (family and friends). So due to Covid-19, people are adopting social distance from their family and friends in order to protect themselves from this current viral disease. Due to Covid-19, people

become financially and emotionally weak.

Education :

The Covid-19 also affect our education system. We recognize that it is extremely challenging to make digital education work in low resourced settings and there are huge barriers to overcome. Most households in Pakistan now have access to at least one smart phone, but for most students in low-income households especially in rural areas the biggest constraint is data availability. We are therefore reaching out to leading Telecom Companies in Pakistan to ask whether they want to partner on a nation wide digital education emergency responses initiative to subsidize data for educational content through our website. Government action to make data plans available to low income households for educational purposes could also be extremely valuable.

Employment and Working Conditions:

Due to Covid-19, the working condition is very bad. Business is also affected. As we

already know that people who has jobs still gets their salary but those people who do business and that is their only way of earning cannot get any money due to Covid-19. because every-thing is closed.

Question NO 2:-

Answer:

SELF MEDICATION:

medication is a human behaviour in which an ^{er} [individual] 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 states rich and poor, educated and non-educated.

IMPORTANCE OF SELF MEDICATION

Self medication is important within health care 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 misdiagnosis, use of excessive drug dosage.

The latter may be problematic than the elderly.

Monitoring systems, a partnership between patients, physicians and pharmacists and the provision of education and information to all concerned on safe self medication are proposed strategies for maximising benefit and minimising risks

Disadvantages (F) Self

Medication: self medication is not a good practice in my opinion because;

If you are of the assumptions that self medication is good enough without a doctor prescription,

then you may be wrong

self medication has a number of flaws that can be devastating in the long run.

Basically, when medicines enter our body they get absorbed very quickly and can cause reactions. may be sometimes relief or later side effects. Self medication can be used for a good cause and sometimes be misused. Some drugs bought can be very addictive and dangerous.

Example 1 :

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 a good feel but this Syrup is sold only on doctor's prescription.

Example 2:-

Paracetamol which is antipyretic which is used in large doses can cause liver problems.

Example 3:-

major problem of self medication in emergence of human pathogen resistance micro-organisms world wide particularly in developing countries where

antibiotics are often used and available without prescription. Its over use increases the risk of adverse reactions and person may develop resistance to particular antibiotics, hyper sensitivity of drug with drawal symptoms and temporary masking of disease can delay correct diagnosis. Some medicines are banned in the market and use don't know and they go on consuming.

Example 4 :-

Taking Pain killers for long time without consulting doctor knowing the cause of headache.