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Q No 1: Discipline DPT sec (A)

Ans: Role of Social determinant:

Social determinants play an important role in current condition. 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 others experience. But with providers trying to keep patients out of clinic and hospital, priorities have shifted elsewhere. In particular, many plans 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 life style 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 evolving needs of their member in this rapidly evolving time. Particularly 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 social isolation, food insecurity or job losses and to assist them with improving total health and well being by providing appropriate communications with actions that could keep them safe.

The effect of social determinants of health and COVID-19 morbidity is perhaps underappreciated. Yet, the great public health lesson is that for centuries pandemics disproportionately affect the poor and disadvantaged. Additionally, mitigating social determinants—such as improved housing, reducing overcrowding, and improved nutrition—reduces the effect of infectious diseases, such as tuberculosis, even before the advent of effective medications. It is projected that recurrent winter time outbreaks of SARS-CoV-2 will likely occur after this initial wave, necessitating ongoing planning over the next few years. Moving forward, as the lessons of COVID-19 are considered, social determinants of health must be included as part of pandemic research priorities, public health goals, and policy implementation.

While the relationships between these variables needs elucidating, measures that affect adverse determinants, such as reducing smoke exposure, regular income support to low-income households, access to testing and shelter among the homeless, and improving health care access in low income neighbourhoods have the potential to dramatically reduce future pandemic morbidity and mortality, perhaps even more so among individuals with respiratory conditions such as ~~an~~ asthma. More broadly, the effects of covid-19 have shed light on the broad disparities within our society and provides an opportunity to address those disparities moving forward.

Examples of social determinants of health include:

- Income level
- Educational opportunities.
- Occupation, employment status and work place safety.
- Gender inequity
- Racial segregation.
- Access to housing and utility services.
- Food insecurity and inaccessibility of nutritious food choices.

End

Q NO 2: SELF Medication

Ans: 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 consulting a doctor.

SELF-medication is a good practice for those who are professionals. Families, friends, neighbors, the pharmacist, previous prescribed drug or suggestions from an advertisement in newspapers or popular magazines are common sources of SELF medications. Now-a-days SELF medication should be seen as the desire and ability of people/patients to play an intelligent, independent and informed role, not merely in terms of decision-making but also in the management of those who preventive, diagnostic and therapeutic activities which concern them.

Some governments are increasingly encouraging self-care of minor illnesses, including self-medication. Although responsible self-medication help to reduce the cost of treatment, travelling time as well as doctor's time i.e. consultation time. Major problems related to self-medication are wastage of resources, increased resistance of pathogens and causes serious health hazards such as adverse reaction and prolonged suffering. Antimicrobial resistance is a current problem world-wide particularly in developing countries where antibiotics are available without any prescription. Hence the government should take necessary steps to regulate responsible self-medication. This can be done by making availability of safe drugs along with proper instructions about its use and if in need consulting a physician.

Self-medication is an obvious choice of healthcare service. Self-medication is very common now a days and it is being used world-wide. Self-medication is very common among educated population. Self medication is very common and a number of reasons could be enumerated for it. Urge of self care, feeling of sympathy toward family members in sickness, lack of time, lack of health services, financial constraint, ignorance, misbeliefs, extensive advertisement and availability of drugs in other than drug shops are responsible for growing trend of self-medication.

Factors influencing:

Self-medication is influenced by many factors such as education, family, society, law, availability of drugs and exposure of advertisements.



Good self-medication can also provide benefits such as:

→ Saving scarce medical resources from being wasted on minor conditions.

→ Lowering the costs of community funded health care programs.

→ Reducing absenteeism from work due to minor symptoms.

→ Increase the availability of health care to populations living in rural or remote areas.

Proper examples of self-medication:

Examples of self-medication include:

- caffeine, nicotine, alcohol
- prescription medications
- over-the-counter medications
- simple carbohydrates such as sugar.

Q NO 3:

ANS: Screen time Addiction:

Just like tobacco and alcohol use, screen time can become an addiction that can damage our 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 we use too much technology during our day. 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. Screen time affects the frontal cortex of the brain, similar to the

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

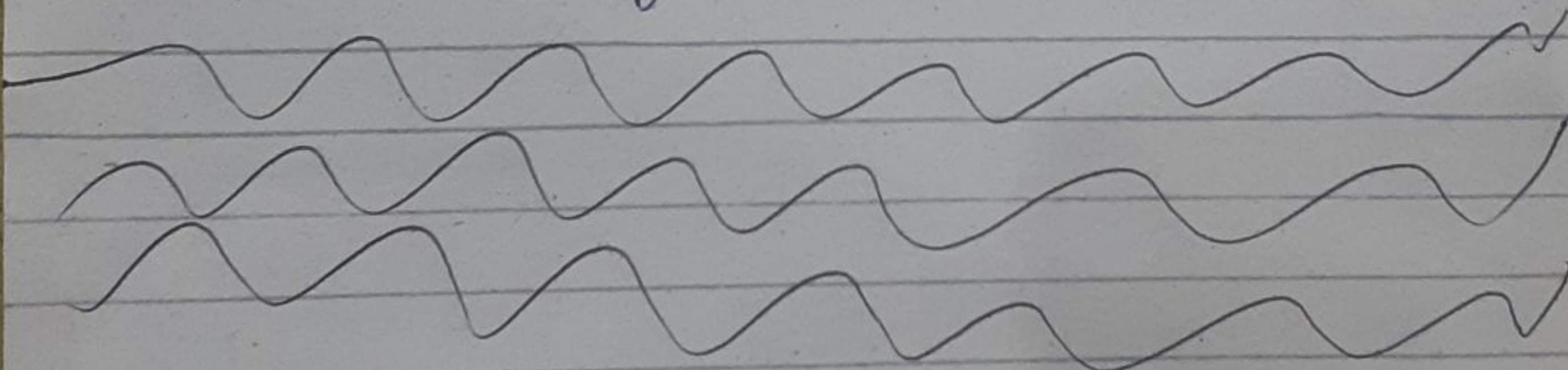
Long term effects:

In children, effects of screen addiction may include:

- Speech delay.
- Cognitive impairment.
- Difficulty with problem-solving and creative thinking.
- Cyber bullying and exposure to predators.
- Body weight issues and poor bone health due to lack of physical activity, which later in life can add up to heart disease and other health conditions and conditions.

→ Depression and anxiety.

In terms of the relationship between screen use and physical and mental health outcomes. There have been several studies that suggest higher levels of screen use in children and adolescents is associated with reduced physical activity, increased risk of depression, and lower well-being.



Q No 4: Role of Physiotherapist.

Ans: Role of Physiotherapist in management of patients:

An effective relationship between 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 advice or education to patient and family enabling them to adjust and adopt consequences of the illnesses 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.

