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Question No # 4

## ★ ROLE OF 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.
- ★ They maintain health for people of all ages, helping patients to manage pain and prevent disease.

## ★ Physiotherapists TREATMENTS :-

- ★ Physiotherapist is the treatment of disease and disorders through physical methods — such as exercise, massage, manipulation and other treatment. Over-medication and surgery.

## ★ Reduce Pain :-

- ★ A programme of specific exercise
- ★ General advice on increasing your activity level and avoiding exercise-related injuries.

\* Pain relief treatment such as heat or ice packs, Tens (Transcutaneous electrical nerve stimulation) machines, massage, manipulation, acupuncture or taping.

### Benefits of Physiotherapists:-

- Reduce or eliminate pain.
- Avoid surgery
- Improve mobility
- Recovers from a stroke
- Recovers from or patient a sports injury.
- Improve your balance and prevent falls
- Manage diabetes and vascular condition.
- Manage age-related issue.

### Effects of ICU stay:-

- Physical inactivity leading to muscular atrophy and generalized weakness.
- Diaphragmatic weakness due to prolonged mechanical ventilation.
- Pressure ulcers.
- Compromised cardiac and respiratory function.
- deep vein thrombosis
- Infections.

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Physiotherapist work to maintain  
and improve respiration and cardiac  
functions and latter on aid  
in rehabilitation.

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## QUESTION No :- 3

## Screen Time Addiction :-

Screen addiction is the addiction of technology. Using too much technology can become harmful and addictive, which has many negative outcomes. Patients should keep a check on their children either they are using too much technology (addiction) (playing video games, watching TV etc) because technology addiction acts like drug addiction and is not good for the mental health. If the kids are choosing screen over his toys and books which they used to play with it's a sign that they are getting addictive to the screens. Same goes for the adult if they are choosing screen over social interaction it means screen addiction.

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## Screen time effect our Mental health :-

After one 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 tasks.

x ————— x ————— x

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Sociology :-

Q What is the role of "SOCIAL DETERMINANT OF HEALTH" in current condition of covid-19?

Before moving towards the role of social determinants of health in covid-19, we have to understand this concept.

- Now this is a very important concept to understand because it impacts on health of individual and population of different groups.

"HEALTH IS QUIET VARIABLE"  
in individual and also in different population groups.

→ According to a research in 2015 the life expectancy in Sierra Leone of a child is 50 years while in Australia it is 83 years, but it is changed within country i.e. the indigenous people have 10 year less life expectancy than the non-indigenous people of Australia.

Good health:

It is highly dependant on:

- higher income
- higher education and
- occupation

### Migrants:

It also says that the migrant of the country have different rate of disease and risk factors with the native one's.

- The gravest of a contemporary example of inequity, which the world is witnessing in real time is within the US during our Corona virus Pandemic:

"In NY city, the virus is killing black and Latino residents at twice the rate its killing white residents. In a report released April 8 by the city, officials revealed that the COVID-19 death rate for Hispanic residents was nearly 23 per 100,000 people, and for black residents, it was 20 per 100,000 people.

So why ??? such difference?

A person's health is influenced by alot of factor which are called Determinant of Health.

They are:

- Who they are like age, sex, genetic makeup and.
- What they do which is their health behaviour. It includes smoking, physical act, alcohol and diet.

## **Social Determinant of Health:**

Health is also influenced by the condition in which a person is born, grows, live, work and age. These include:

- Social and community networks,
- Socioeconomic
- Culture
- Environment and also the.
- Health system.

These all are collectively called social determinant of health.

SODH are ultimately shaped by money, power and resources at international, national and local level. They have a marked influence on health inequities which is the unfair and avoidable health difference between the groups of people



in countries or within the country.

## Role of SDOH in COVID-19:

Now as we have learn that SDOH is a platform through which we can see a person's background and observe the rate of getting diseases or any illness in them.

- By the help of SDOH we have seen the emerging rate of COVID-19 through their race, gender, Neighbourhood & physical environment and also their childhood experiences.

### • Race/culture/Ethnicity:

A recent report by the CDC suggests that the disease is mostly found more in Black African American than the white or Asian person. In addition, among COVID-19 death rate among Black/African American persons and Hispanic/Latinos persons were substantially higher than that of white or Asian persons.

From the research and data collection we have some

notable information which is

- COVID-19 infection rates are higher in health regions with a higher percentage of black residents.

- Its death rates are higher in communities with higher proportions of adults aged 65 years and older.

→ Research found that during the 2009 H1N1 pandemic, higher hospitalization rates were observed in people with lower education, of indigenous ethnicity, and who were living in deprived neighbourhoods.

Q In your opinion "SELF-MEDICATION" practice, is good or not? In both cases justify your answer with proper explanation & examples?

Generally speaking, self-medication is defined as "the use of drugs to treat self-diagnosed disorders or symptoms, or the intermittent or continued use of a prescribed drug for chronic or recurrent disease or symptoms."

- These don't require a doctor's prescription to obtain.

### Medicines:

Medicines are truly a wonderful invention that has saved billions of lives all over the world. Medicines can treat almost any health conditions known to man and can help a variety of symptoms like pain and itchiness. They have gone a long way from the use of mere plants and herbs to synthetic drugs that are now widely used.

## Self Medication is bad:

Some medicines can be bought over the counter but some need some prescriptions from a doctor. Some medicines may interact with other drugs, supplements and even food and it can also be harmful to individuals with preexisting health conditions.

• Although self medication can offer several benefits such as reduced costs associated with doctor consultation and faster relief of symptoms, it is not a safe practice and cause more harm than good to one's health.

## Negative Effects of self medication:

Without doctor consultation, it is easy to misdiagnose a condition for something else entirely. A wrong self-diagnosis can lead to wrong medicines and wrong medicines can cause the wrong effects on the body.  
→ There is also the possibility

of taking the wrong route for medicine as in the case of swallowing it orally when it is supposed to be used sublingually or put under the tongue. → Self medication also lead to wrong drug dosages, especially when the medicine dosage should be based on the weight of an individual.

Some medicines like anti-depressants, stimulants and pain killers can produce the same effect as illicit drugs especially when taken in increased quantities.

Some disorders with increased risk of self medication includes

### ① Depression:

It is a mood disorder associated with feeling of sadness, anger or loss that impact daily life and are difficult to manage.

The practice of self-medicating ~~symptom~~ could worsen symptoms because a key component

of appropriate treatment for depression is proper counseling from a trained professional.

② **Bipolar:** Bipolar disorder is a severe psychiatric disorder that involves variation of mood. Bipolar disorder should be managed by a trained health-care and self-medication would harm it.

③ **Anxiety:** Anxiety and stress are very common. These type of disorders need proper counseling from a professional and also proper medication with doctor's prescription.

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