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(Question no. 2)

Self Medication

Self medication is a human behaviour in which an individual uses a substance or any exogenous influence to self-administer treatment for physical ailment.

Definition:-

⇒ "Self medication is the selection & use of medicine by person to treat self-recognized illness or symptoms."

(1/3/02)

- This broadly includes self-prescription, consulting friends and acquiring medication without prescription, consulting friends & relatives, social group sharing medicine.

Advantages

- ⇒ It helps to prevent and treat symptoms and ailments that don't require a doctor.
- ⇒ Patient can immediately relief.
- ⇒ This reduce the pressure of medical services where health care.
- ⇒ Increase the availability of health care in rural rural areas or hillly areas.
- ⇒ Patients get control over the chronic disease.
- ⇒ Good for patient wellness.
- ⇒ Economic improvement for employers.
- ⇒ Cost saving and time saving to health care of people.

"Disadvantages"

1⇒ Once medicines are entering human body, get absorbed rapidly. At the same time medicine gets sold rapidly through a power of marketing and no or less control over medicine.

2⇒ They are used, miss used and over used for different type of illness.

Example :-

Taking painkiller for long time out consulting of doctor and over used for different type of out knowing the cause of headach.

3⇒ It increase the risk of adverse reaction. (irrational use).

4⇒ Self medication is emergence of human pathogen resistance.

5⇒ Our chosen drug may cause side effects.

6⇒ Own diagnosis may be wrong.

(Ans # Q2)

78 ⇒

Because of incorrect medication purchased and incorrect diagnosis, there would be financial losses and delayed recovery, which is going to be more costly.

(Question no. 3)

"Effects of Screen Time Addiction"

Eg

- ⇒ Eye strain and headaches.
- ⇒ Insomnia and poor sleep.
- ⇒ Neck, shoulder and back pain.
- ⇒ Tendonitis, carpal tunnel and other repetitive use injuries.
- ⇒ Sedentary life style, which has been linked to heart disease, obesity and other problems.

Explanation:

- 1 ⇒ Screen time linked to depression
As little as a one-hour annual increase in social media is associated with more ~~severe~~ severe depressive symptoms and lower self-esteem.

(Q#3)

2⇒

Screen time effect on children's mental health :-

Higher level of screen use in children and adolescents is

- associated with reduced physical activity,
- increase risk of depression
- lower well being.

3⇒

Too much Screen time is effects on our mental Health :-

We know that anxiety and depression are correlated with high level of screen time.

The content on the Screen time matters just as much as the amount of time spend on them.

4⇒

Effect on impulse control:

Screen use, releases dopamine in the brain, which can negatively effect impulse control.

(Q#3)

5⇒ Effect on frontal cortex:-

Screen time affects the frontal cortex of the brain.

Similar to effect of cocaine.

Long term Effects

- 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.
- Depression and anxiety.



(Question no: 4)

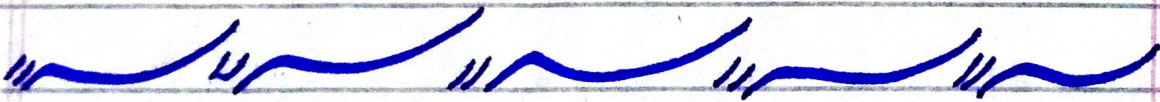
Role of Physiotherapist

"Physiotherapy is a professional field which is the treatment of injury, diseases and disorders through ~~the~~ the physical method."

- Physiotherapists provide treatment for people suffering from physical problems arising from injury, disease, illness and ageing.
- A physiotherapist may have to assess the ~~implement~~ physical condition of a patient to diagnose problems and implement treatment plan.
- They could also be re-training patients to walk, or helping others to cope with crutches, walking frame or wheelchairs.
- Education is also an essential role in physiotherapy.

(CP #4)

- Physiotherapists spend much time educating people (patients), their families and the community to prevent injuries and to help people lead healthy life style.
- Physiotherapist also provide information to the patients, about effective postures & exercise.
- A physiotherapist may also plan and implement community fitness programmes.
- Finally, physiotherapists can also issue sick leave certificates should it be deemed to necessary to do so.



Question no. 01

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Social Determinations of Health

The Covid-19 is changing the way we think about care and total wellbeing support.

- At this time, progressive health plans would normally be trying to close gaps in clinical care.
- Providers trying to keep patients out of clinic & hospitals, priorities have shifted elsewhere.
- Most effective determinants are:
 - ✓ working conditions.
 - ✓ Social support network.
 - ✓ Health services.
 - ✓ Coping skills.
 - ✓ physical environment.
 - ✓ Income & social status.
 - ✓ Education.
- In particular, many plans are taking a more holistic look at the wellbeing of members.

(Ans # Q-1)

- Particularly, for health plans tailor their programme to address the evolving needs of their members in this rapidly evolving time.
- This valuable information can help them target specific people who may be at higher risk of contracting Covid-19.
- These may be experiencing health issues related to social isolation, food insecurity or job losses.
- They assist them with improving their total health and wellbeing by providing the appropriate communication with actions that could keep them safe.

Examples:

- * Income level.
- * Educational opportunities.
- * Gender inequity.
- * Racial Segregation.
- * Access to housing and inaccessibility of nutritious food choices.
- * Food insecurity and utility services