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### Question no 1st:-

What is the role of "Social Determinants of Health" in current condition of Covid-19? Explain with examples.

### Answer:-

#### Social determinants of Health:-

It is the condition in which people are born, grow, live, work and age. These circumstances are shared by the distribution of money, power and resources at global, national and local levels.

Goal:- To create social and physical environments that promote good health for us.

## Its role in Covid-19 :-

The Covid-19 pandemic is changing the way we think about care and total wellbeing support. At this time, progressive health care 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 the clinic, hospitals, priorities have shifted elsewhere. In particular, many plans are taking a more holistic look at the wellbeing of their members in an effort to keep them healthy at home. Understanding the (SDOH) 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 members in this rapidly evolving time. This information can help them who may be at higher risk of contracting COVID-19, or those who may be experiencing health issues related to social isolation.

Consumers fear the uncertain future, and traditional models of communicating with members are not feasible in the current environment. It's essential that health plans think critically about how the lives of their members are changing during the current pandemic.

Communication with other members is more important now than ever.

For example: Regulation are being relaxed to more

allow patients to use telehealth services, however many people may not be aware of telehealth resources available to them.

For some people, staying home is not an option if they work in an essential industry. So bombarding them with messages about self-quarantining is irrelevant and results in wasted effort. Or if someone loses their job, a lack of income could put them at risk for food, insecurity or homelessness. The first order of business should be address those factors before sending a generic reminder to fill their prescriptions. Personalized and empathetic communication are essential.

Planning for future need:  
During the covid-19 pandemic,

many health plans have stepped up their offerings to members and found ways to help ensure continuity in clinical care.

This is a time of unprecedented and scary change for so many people. Health plans have a clear opportunity to make a meaningful impact in the lives. The greater connection of the people with their members and adjusting the programs to meet their current and future needs. Understanding the SDOH for their members is resources with the highest potential for having a positive impact, on wellbeing.

## Question no 2nd:-

In your opinion, "Self-Medication" is a good practice or not? In both cases, justify your answer with proper explanation and examples.

## Answer:-

### Self-Medication:-

#### Definition:-

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."

#### OR,

The taking of drugs, herbs or home remedies on ones own

initiative or on the advice of another person, without consulting a doctor.

Self-medication is both have a good practice or bad practice.

### Good Self-medication:-

Good self-medication can also provide benefits such as;

- Reduce costs associated with doctor consultation and faster relief of symptoms
- Saving scarce medical resources from being wasted on minor condition.
- Lowering the costs of community funded health care programs.
- Reducing absenteeism from work due to minor symptoms.
- It increases the active role of ~~the~~ his or her own health care.

## Self-medication as Bad:

When we take prescription or over the counter medications that have expired, you are taking a risk of not receiving enough of a dose to relieve or manage your symptoms. In some medication chemical reactions can occur as they expired, making them dangerous to consume.

### Example:-

I want to give my own example when I take one medicine on my own choice for headache. I was not confirmed about the expiry date of that medicine but after some time it starts its reaction on my body.

It is not a safe practice



and can cause more harm than good to one's health. Without doctor consultation, it is easy to misdiagnose a condition for something else entirely.

### Question no 3rd:-

How "Screen time addiction" affects our mental health? Explain in detail.

### Answer:-

### Screen time addiction:-

When screen use becomes so compulsive that it leads to impaired daily functioning in terms of productivity, social relationships, physical health or emotional well-being.

⇒ Screen time addiction is a group of behaviours that are negative. Some negative outcomes that can happen when we use too much technology during our daily or complete day. So prolonged use of watching TV, video games, scrolling through social media all of that use acts like a digital drug for our brain.

### Mental health affection:-

Some youth report playing games up to 18 hours daily, and in the developing brain of children, failure to gain in person social experiences may lead to depression and moodiness. While these characteristics mirror those suffering from a substance abuse disorder, withdrawal effects

quickly subside.

Screen time addiction also leads to weak memory, poor eye sight, relation's issues, harassment and cyber crimes.

### Question no 4th :-

Describe the role of Physiotherapist in the management of patients?

### Answer :-

#### Role of Physiotherapist :-

Physiotherapist helps restore movement and function when someone is affected by injury, illness or disability.

Physiotherapists help people affected by injury, illness or disability through movement and exercise, manual therapy, education and advice.

They maintain people of all ages, helping patients to manage pain and prevent disease.

The profession helps to encourage development and facilitate recovery, enabling people to stay in work while helping them remain independent for as long as possible.

Physiotherapy is a science based professional doctors and takes a whole person approach to health and wellbeing, which includes the patients general lifestyle.

Physiotherapists treat injury or dysfunction (that limits their abilities to move with exercises and perform functional activities in their daily lives), and other physical treatments of the disorder of the individuals or sportspersons.

### Importance :-

- To promote physical activity and recovery.
- For health promotions.
- For injury prevention and rehabilitation.
- For safe and effective exercise prescription, etc.

### General Role :-

- Immediate care
- Relieves pain and heal injury.
- Increase mobility, build strength, improve balance and enhance performance.

- Make individual independent for his/hers activity of daily living.
  - Helps in gait analysis and posture correction.
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