

Q-1) Importants of Social Determinants of Health.

Social determinants have a major impact on health outcomes, especially for the most vulnerable populations. Factors such as patient's education, income level & environment must be considered when providing treatment & care.

Social determinants role in covid-19.

The covid-19 pandemic means that many of us are staying at home & doing less in terms of social interactions & exercise. This can have a physical & mental negative effect on our health.

1) The Social Gradient: In this pandemic people with higher Socioeconomic status, have better healths than people with lower status. As they can afford every kind of treatment, whereas others are suffering due to financial issues and cannot treat themselves.

2) Stress: Our mental health is effected the most in this pandemic. People of every age group are dealing with depression & stress because of unemployment, health issues, no physical & mental activity. It is causing physiological illness among people and destroying their inner peace.

3) Early life :- Before this pandemic showed up, lives were different. People were able to meet & greet each other. Weekends were hooked with outdoor activities including shopping, dining alfresco and many more. All these factors helped them emotionally to get strong and joyful and lively.

4) Life Expectancy :- Due to this pandemic, the life expectancy of people is getting worse. People with resources are able to fight with this virus whereas others are dying due to sickness. People of young age are expected to be least infected to the virus than older ones.

5) Social Support Networks :- In this pandemic, social support networks are playing an important role. We cannot go out & meet each other but we can keep a check through social networks. Providing aid through financial assistance. Help each other by giving necessary information.

6) Education & Literacy :- Education plays an important role as well because we need to get have proper knowledge about everything going around us. Online means of communication are helping us, whereas illiterate are not even willing to believe this virus & consider everything as a myth.

7) Employment / Working conditions: Due to increasing rate of unemployment, shelter settings are often crowded & limited opportunities of proper hygiene are provided. Working condition is getting worse day by day, and it's becoming difficult to even provide food to one's family.

8) Social Environments: In this pandemic, we should aid each other. People with strong economical background should help the poor, by providing food & other important resources. This is how we can show our culture, & traditions, norms & values.

9) Transport: Travelling has become tough these days as all of the transport system is closed. People are stuck in different countries and cannot move back to their own.

Q-2) Self Medication: It is a human behaviour in which an individual uses a substance or any exogenous influence to self-administer treatment for physical or psychological ailments.

The most widely over the self medicated substances are over the counter drugs used to treat common health issues at home. These do not require doctor's prescription & are available in supermarkets.

The field of psychology surrounding the use of psychoactive drugs is often especially in relation to the use of recreational drugs, alcohol, comfort food & other forms of behaviour to alleviate symptoms of mental distress, stress & anxiety. Products are marketed by manufacturers as useful for self-medication sometimes on the basis of questionable evidence. Claims that nicotine has medical values, have been used to market cigarettes as self administered medicines.

Advantages of Self Medication:-

- (i) Help to prevent & treat symptoms & ailments that do not require a doctor.
- (ii) Reduce the pressure on medical services where health care personnel are insufficient.
- (iii) Increase the awareness of health care to populations living in rural or remote areas.
- (iv) Enable patients to control their own chronic conditions.
- (v) Hay fever, headache, indigestion, mouth ulcer, nausea, cough, acne, can be treated by self medication.
- (vi) For healthcare systems as it facilitates better use of clinical skills, increases access to medication & may contribute to reduce prescribed drugstore costs associated with publicly funded health programs.

Disadvantages of Self Medication.

- (i) Self Medication is associated with risks such as misdiagnosis, use of excessive drug dosage, prolonged duration of use, drug interactions & poly pharmacy.
- (ii) Paracetamol, an antipyretic and analgesic in large doses can cause liver failure.
- (iii) Paracetamol toxicity is, by far, the fast most common cause of acute liver failure.
- (iv) The diagnosis may be wrong.
- (v) The drug may cause side effect.
- (vi) Financial losses, delayed recovery is ultimately more costly.

Q.3) Screen Time:- Increased screen time has been proven to cause concern with physical well being in both adults & children

Cognition:- Young children need stimuli from the real world to develop critical cognitive skills. Several studies link cognitive delay with excessive time exposure. Without the natural interaction of daily life, children lose the ability to focus, read & understand people's reaction & communication cues, & ultimately the ability to communicate successfully.

Behaviour: It is another mental aspect that can be affected by screen time. Studies has linked increased device use to attention disorders, outburst & other behavioral issues. Researchers have even gone as far as linking excessive media consumption to violent or aggressive behaviour. Devices give children instant gratification, which can contribute not only to attention issues, but impatient & ill-mannered tendencies like losing interest quickly in a conversation or becoming frustrated when things take longer than few seconds!

Social Skills: Socializing has been a necessary skill to have to fulfill the natural drive to belong, but digital ^{ole} services and social media has reduced the need of face-to-face interaction. Children today are in a vicious cycle of social awkwardness, retreating to screens, not learning or losing communication skills.

Screen time Addiction: When people use devices, the brain releases dopamine, a neurochemical that makes us happy and is the reinforcement factor of addiction. The brain reacts similarly to drugs. The instant gratification experienced with screens creates an unrealistic expectation of the world, especially for children & teens.

Mental Health: Children who spent more time may have behavioral, cognitive, & social issues but another concern is mental health. Teens spending seven plus hours a day on screens were twice as likely to have been diagnosed with depression or anxiety.

Q-4) Physiotherapists:- They help people effected by injury, illness or disability through movement & exercise, manual therapy, education & advice.

Role of Physiotherapists in the management of patients:-

An effective relationship between physiotherapist & patient has greater impact on patient's health. They are professionals who treat disease, 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 & family enabling them to adjust & adapt consequences of the illness adequate education & counselling to patients & their families. They also provide information to the patients about effective postures & exercises, in order to get them back to their job or work.

They maintain health for people of all dxu ages, helping patients to manage & prevent disease. They encourage development & facilitate recovery, enabling people to stay in work while helping them remain independent for as long as possible.

Physiotherapists spend time educating patients, their families & the community to prevent injuries & help people lead healthy lifestyles. They also provide fitness programs to their patients.