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(10-1)

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

ANSWER:

Social determinants of health encompass a wide range of factors.

- House instability/homelessness :-

difficulty paying rent or affording a stable place of one's own; living in crowded or run-down conditions. ^{Having}

Example.

- Utility needs:-

Not being able to regularly pay utility bills.

Example:-

Electricity, gas, water, phone.

- Food insecurity (hunger and nutrition):-

Lacking reliable access to enough affordable, nutritious food because in COVID-19 all the world is disturbed.

Example:-

markets get closed early.

- Education:-

Experiencing access barriers to high school or other training centres. All education centres are closed due to COVID-19 and the education system has gone to other places.

Example:-

(Q-2)

"Self-Medication" is good practice or not?

Answer

Self medication is a global phenomenon and potential contributor to human pathogen resistance to antibiotics. The adverse consequences of such practices should always be emphasized to the community and steps to curb it. Rampant irrational use of antimicrobials without medical guidance may result in greater probability of inappropriate, incorrect, or undue therapy, missed diagnosis, delays in appropriate treatment, pathogen resistance and increased morbidity.

This review focused on the self-medication of allopathic drugs.

It would be safe if the people who are using it, have sufficient knowledge about its dose, time to intake, side effect or over dose.

Example:-

Antibiotic resistance, skin problem; hypersensitivity and allergy.

(Q.3)

Screen Time Addiction?

(Answer)

Just like tobacco and alcohol use, screen time can become an addiction that can damage your 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 when 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 digital drug for our brain."

Screen use release dopamine in the brain, which can negatively affect impulse control. Studies have shown screen time affects the frontal cortex of the brain, similar to the effect of cocaine.

(Q-4)

Role of PHYSIOTHERAPIST in the management of PTI Patients?

(Answer).

Physiotherapy is a science based profession and takes a "whole person" approach to health and well-being, which includes the patient's general lifestyle. At the core is the patient's involvement in their own care, through education, awareness, empowerment and participation in their treatment.

Every physiotherapist has a role in the management of patient as seeing a patient of good service, talking him in very humble way.