

# FINAL TERM ASSIGNMENT PAPER (2020)

Name: Sana Ali Shah ID: 16286

Subject: Sociology

Instructor: Sir Shahzad

Department: DPT (2nd)

## QUESTIONS/ANSWERS:-

### QUESTION No 1:-

What is the role of "Social Determinant of Health" in Current condition of COVID-19?

## SOCIAL DETERMINANT OF HEALTH (Definition)

Social determinant of health are conditions in which peoples <sup>born</sup> environment, also in which peoples live, work, play, learn, worship, and age " " which effect a wide range of health, quality of outcomes, functioning and risk.

## CONDITIONS:-

These are three condition of social determinants of health.

- 1 Physical.
- 2 Social.
- 3 economic

## EXAMPLES OF SOCIAL DETERMINANTS:-

- ⇒ Quality of education and job.
- ⇒ Access to health care services.
- ⇒ Social support.
- ⇒ Social norms and attitudes (e.g. discrimination, racism and distrust of government).
- ⇒ Public safety.

## EXAMPLES OF PHYSICAL DETERMINANTS:-

- ⇒ Natural environment, such a green space (e.g. trees and grass).
- ⇒ Physical barriers, especially for people with disabilities.
- ⇒ Aesthetic elements (e.g. good lighting, trees and benches).
- ⇒ Exposure to toxic substances and other physical hazard.
- ⇒ Housing and community design.

# EXAMPLE OF ECONOMIC DETERMINANTS

- ⇒ The price of the good or service.
- ⇒ Consumer's expectation with regard to future prices.
- ⇒ The income of buyers.
- ⇒ The preference of the buyer and the population of the buyer.
- ⇒ The tastes or preferences of consumer will drive demand.

## SOCIAL DETERMINANT OF HEALTH DURING COVID-19:

The world health organization (WHO) established the condition on social determinants of health -

Nowadays, the global health partners in addressing the social factors leading to ill health and health inequities during COVID-19.

### Food:-

During COVID-19 the access of food, nutritious food. The social determinant

of health that has direct impact on a patient's well being. Some of the individuals who cannot or do not obtain quality food rich in vitamin and runs the developing risk of chronic illnesses during Covid-19 due to lockdown.

## TRANSPORT:-

Transport is a critical factor that influences people's health and health of a community. People invest in side walk, trails, bike lanes and other infrastructure that supports physical activity. During Covid-19 the people avoid the local transportation due to social distances. Also the noise pollution from horns and engines leads to psychological problems because all people are at home due to lockdown during Covid-19.

## STRESS:-

During Covid-19 pandemic in which all world is in a challenging situation, which is now an individual

parts of today's life. During lockdown all the peoples are in stress and according to social determinants stress is a root cause of many physiological illnesses.

## LIFE EXPECTANCY:-

The social life expectancy in social determinants of health the statistical measurement of life expectancy of a average of time an organism is expected to live. based on the year of its birth, its current age and other factors including regional variations, Economic variations, Sex differences.

## EDUCATION AND LITERACY:-

In educational determinants the following characteristics like research, age, interest, perception pattern, family background and incomes are important contributors, but due to this Covid-19 all people are at home some of them lefts their jobs the income were stop so the poor students

facing a lot of problems. On the other hand the literacy of social determinant of health shows a positive correlation between the limited skills and conditions including diabetes and cancer. Unable to understand about taking medications follow up the visit.

## QUESTION No 2:-

In your opinion, "Self medication" is a good practise or not? In both cases. Justify your answer in proper explanation and example?

### SELF MEDICATION:-

The self-medication is a human behavior in which an individual uses a substance or any endogenous influence to self-administer treatment for self-diagnosed physical or physiological condition and symptoms.

## SELF MEDICATION IS GOOD:-

The good self medication can also provide benefits such as saving scarce medical resources from being wasted on minor conditions.

## SELF MEDICATION IS BAD:-

The bad self medication can have a negative impact on mental health and does very little to treat the underlying condition. In some medications, chemical reactions can occur as they expire, making them dangerous to consume.

## OPINION ABOUT SELF-MEDICATION

My opinion about self-medication is good at some times but not all time. The self medication is also bad because if a person having symptoms of brain tumor but he/she treated in their self at home as

They having a low blood pressure but it was a brain tumor so it is not safe practice and can cause more harm to the person's health. Taking medicines without doctor's prescription can also lead to drug interaction.

## DISADVANTAGES OF SELF-MEDICATION

These are some following disadvantages to self-medication.

- ⇒ Self-medication is associated with risks such as misdiagnosis, use of excessive drug interactions and poly pharmacy.
- ⇒ Your own diagnosis may be wrong.
- ⇒ Your chosen drugs may be cause side effects.
- ⇒ Paracetamol, an antipyretic and analgesic in large doses can cause liver failure. Paracetamol toxicity is the most common cause of acute liver failure.
- ⇒ Valsartan is an anti-hypertensive drug. It is highly effective when used in recommended quantities. The main consideration is that over drug may cause hypotension.



# PREVENT SELF MEDICATION:-

- These are some simple ways can stop self-medication.
- ⇒ Create awareness on social media about the cause.
  - ⇒ Stop buying non-prescribed medicines.
  - ⇒ Drugs authorities must make it a rule for people to avoid medicines on the basis of prescription.
  - ⇒ Read about the advantages and disadvantages of self-medication, and caution you're surroundings.
  - ⇒ The topic of self-medication must be added to students curriculum.

## CONCLUSION:-

Self medication with a large of drugs from the conventional paracetamol and antimicrobials. being that practise of self medication is inevitable, health authorities and professionals are highly demanded to educational awareness to public not only on the advantages and disadvantages of self-medication but on its proper use.

# QUESTION No 3:-

How "Screen Time Addiction" affects our mental health? Explain in detail?

## SCREEN TIME ADDICTION:-

Screen Time Addiction is a technology using too much electronic device can be harmful and addictive which has many negative outcomes. Its when screen uses becomes so compulsive that it lead to impaired daily functioning in terms of productivity, physical health, social relationships, and emotional well-being.

## EXPLANATION:-

The media habits and plan time for alternative play and activities. Encourage daily "screen-free" times. Turn off the screen when they are not in use. Parents should keep a check on the children wheathere they are using too much technology (playing games, watching videos). Because the technology

addiction is not less drug addiction.  
The screen time addiction is not good for health.

## AFFECTS OF SCREEN TIME ADDICTION ON PHYSICAL AND MENTAL HEALTH:-

Just like tobacco and alcohol use, screen time can become an addiction that can damage health and relationships.

"Screen addiction is a group of behaviours that are negative, some negative outcomes that can happen when they are used to much.

"prolonged use of watching TV, videos, games, scrolling through social media. All of that use act like a digital drug for our brain.

Also in childrens effects of screen addiction may include.

- ⇒ Depression and anxiety.
- ⇒ Speech delay.
- ⇒ Cognitive impairment.
- ⇒ Cyber bullying and exposure to predators.

## QUESTION No 4:-

Describe the role of PHYSIOTHERAPIST in the management of patients?

### PHYSIOTHERAPIST:-

Physiotherapists help people effected by injury, illness and disability through movements and exercise, manual therapy, education and advice. The Physiotherapist maintain health for people of all ages helping patients to manage pain and prevents disease.

### ROLE OF PHYSIOTHERAPIST:-

Physiotherapist have a role in providing advice or education to patient and family enabling them to adjust and adapt consequences of the illness adequate education and counselling to patients and their families. The Physiotherapists include planning reviewing recovery, treatment and conducting therapeutic exercise with patients. The role of Physiotherapist is not only exercises but to provide

verbal support and treatment. He must have good communication skills and high rate at tolerance and patience because he has to deal with the patient and other families who belongs to different background and speaks different language. He has to give some good advises to the patient. So the patient can perform his daily routine exercise without any hurdle.

The Physiotherapist also deals with the physical activity and mental health. The relationship between physical and mental health has been widely investigated

⇒ Stress relief.

⇒ Improved cardiovascular fitness.

⇒ Improved mood.

⇒ Increased energy and reduced tiredness

⇒ Better endurance.

⇒ A positive influence on metabolic syndrome and diabetes.