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Question: 1

• Social Determinants of Health:

All those factors that affect the Physical, social and economic environment in which people are born, work and age including the access to health care are called Social determinants.

• Role of Social Determinants in COVID-19:

1. Social Gradient:

The inequality in the social status leads to inequality in health status.

- According to social gradient, people with more facilities and capabilities have less mortality rate. They are able to take the softest precautions and stay at home, thus many of the people with high social status are saved from coronavirus.

On the other hand, the mortality rate is more in the less privileged people. They cannot afford to stay home because of lack of facilities and due to not taking safety precautions, they are more prone to Covid-19.

eg: A farmer's family is more prone to Covid-19 as compared to a business man's family.

Because a business man's family is staying at home in this pandemic condition while a farmer has to go out and work in order for his family to eat hence he can catch the virus frequently affecting his family too.

2. Stress:

Stress is a factor responsible for weak immune system.

- The imbalance in psychological and physiological aspects can lead to headaches, weakness, eating disorder, insomnia, heart diseases even cancer.

- A person already stressed is more prone to corona virus.

because of his weak immune system.

- Stressed person has low will power and is psychologically disturbed due to which he/she is already sick and in this situation of Covid-19, a weak stressed person is affected more.

- Eg: A mentally depressed person who has low will power and won't take care of him is more likely to be infected rather than a mentally fit and psychologically healthy person, who has a healthy and strong immune system.

3. Early life:

A happy life is important for healthy life.

- People who have had difficulties in their early life such as low family support, domestic violence, bullying, physical and sexual abuse also suffer in their adult life.

- This factor is also a major cause of Covid-19. Such people are more aggressive and frustrated which leads to insecurities and anxieties and this affects a

person's immune system. As they are physiologically weak hence they are easily infected.

Eg: A person who have experienced domestic violence suffers in his adult life, he develops insecurities, lack of confidence and trust issues also the person have either an aggressive personality either the person lives a life with fears. Such person will be more exposed to corona virus rather than someone who had a happy and healthy life.

4 Life Expectancy:

The average life span of a person depending on his region, economic status and sex.

• Regional Variations:

- life expectancy is different in different parts of world depending on the public health, medical care and diet
- The mortality rate is different in different regions. an area with high expectancy of life

has less mortality rate due to Covid-19 than an area with less life expectancy.

eg: The number of people affected by corona in USA is less than people infected in Pakistan, because USA has more and advanced health care than Pakistan.

Economic circumstances:

As the life expectancy is more in the richest and wealthiest people than the poor areas.

• The mortality rate is more in the underprivileged areas than the upper class rich areas.

eg: People who live in well organized, high class societies are less affected than the people who lives in tents and are homeless.

Sex difference:

As women are more resistant to infections and viruses. Therefore the men are infected more than women.

Social Support Networks:

- Social support networks are play an important role in Covid-19 situation.
- Social support network includes are close relations which can help us in every situation.
- People who lack these supports are more exposed to Covid-19.
- Mortality rate is more in the group of people who do not have emotional support, financial, informational and companionship.

Eg: A person suffering from Covid-19 who don't have any friends or family and is all alone will be depressed and will get sick more and more day by day and eventually will die.

On the other hand a person suffering from corona virus who have his family and friends by his side will have encouragement and more will

power and he will recover fastly.

6. Education and literacy:

People with no education and literacy have no awareness and cannot find a suitable doctor hence are more infected

Eg: A professor will take all the important safety precautions for his family because he has education, upon illness he will know who to consult and how to consult. Whereas a person who is not educated eg a farmer would not know who to consult and will get sick.

7. Working Conditions:

- Work stress and poor relations with colleagues can make a person anxious
- Difficulties in work can affect ones life and can cause mental health issues which can make a person weak and exposed to Covid-19.

Eg: Employee who has work load

and him is more exposed to covid-19 than the Boss who does not go through these difficulties more often.

Food:

Food affects a person more than anything else can. People who don't take healthy diet can affect themselves than the people who take care of their diet.

Question: 2

Self-Medication:

The act of diagnosing oneself and then taking medicines without consulting a doctor.

Risk of Self-Medication:

In my opinion, self-medication is of great risk and is not a good practice.

One should not take the risk of diagnosing themselves based on the physical symptoms.

- As the literacy rate in Pakistan is very low, the people have little knowledge, prescribing medicines without consulting a doctor can affect one's health in a dangerous way.
- If their diagnosis is incorrect it can be harmful; as their diagnosis is based on the physical symptoms and they don't know what's happening inside their body.
- Self-medication can affect a person's knowledge and can prevent him to consult a doctor.
- As the person don't have proper knowledge, he/she don't know the allergic or side reactions that can be caused by the medicines they are taking.

Example:

A person is suffering from stomach-aches and it gets worse day by day, he don't go to the doctor and takes medicines, the medicine

he is taking shows an adverse affect and later on he finds that he has stomach cancer. Because he has delayed in seeking a doctor, his condition got even worse.

Question: 3

Screen Time addiction:

- Prolong exposure to technology, watching TV, video games, scrolling through social media is called screen time addiction.

Affects of Screen Time Addiction:

Mobiles, computers, laptops and ipads have made our lives alot easier but on the other hand excess of everything is bad. This has affected everyone, people spend more than half time of their day in front of screens.

This has become an addiction and is found nowadays in every age group either its a 4 year old or 40 year old.

- Whenever someone feels overwhelmed, stressed, they turn on their phones, computers or video games to escape reality.
- This is a digital drug and is as dangerous as alcohol or any other drug.
- The effects of screen time addiction are:

- Eye sight problems:

Screen time addiction is the main cause of poor eye sight. Prolong exposure to the bright light of screen can cause weak eye sight.

- Feelings of guilt:

Addicts suffer from the feelings of guilt as they spend most of their time on social media, they develop a feeling of insecurity and guilt.

- Depression:

Most common cause of depression nowadays is screen time addiction. People forget to be thankful for what they have.

and they desire for what other people have which develops feelings of anxiety and depression.

• No sense of time:

Constantly using phones and computers affects the schedule of a person. He/she loses the sense of time which disturbs their sleeping pattern, appetite and many more.

• Weight gain or loss:

Sitting all day in front of computers can affect a person physically. People might gain weight or lose weight.

Question: 4

Role of Physiotherapist

Physiotherapist:

Physiotherapy is the treatment of injury, disease and disability through physical methods.

- The role of physiotherapist is to improve a person's life quality using variety of treatments to restore function.
- They are trained professionals who treat disease, injury or deformity by physical methods and by providing proper management to the patients.
- They provide awareness and information to the patient and patient's family about effective posture and exercise.
- Apart from the treatment they spend most of their time in educating the people to prevent injuries and to help people maintain a healthy lifestyle.
- They also plan and implement community fitness programs.

THE END!