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QUESTION:- 1

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

ANSWER:-

SOCIAL DETERMINANTS OF COVID-19

The underlying reason for increased risk Covid-19 exposure and infection may related to crowded Living conditions and the need to continue to work in certain assential occupation both of which make physicall distancing more diffipclt and challenging Related includes.

structural factor such as colonization, racism, social exclusion and repression of self-determination and important structural determinats of increased COVID-19 risk for example in Indigenou and Black population in canada. This unequal starting points acts Inuit and

black population in Canada, this population is over represented among Canadians with low socioeconomic status. (Education and Occupation) a risk factor for increased of COVID-19.

ESSENTIAL SERVICE OCCUPATION.

Worker deemed essential can be at the increase risk of COVID-19 infection, particularly if they are unable to work from home or practice physical distancing and do not have access to personal protective equipment. This is pressing in public facing work with high proximity to others, such as sales and services occupations, where women, low-income and racialised worker and often overrepresented.

For example outbreaks of COVID-19 of 558 confirmed cases in a meat packing plant and 49 confirmed cases in migrant farm workers.

EXAMPLE:-

Some drugs bought can be very addictive and dangerous for example Behedrol syrup is very famous syrup used to cure bad cold sore throat. But without proper prescription from doctor when consumed most patients feels drowsy, but many began use this as a drug for a good feel. which is a dangerous operation.

QUESTION : 2

ANSWER:- SELF MEDICATION

Although self medication can offer several benefits such as reduced costs associated with doctor consultation and faster relief of symptoms. It is not safe practice and can cause more harm than good to one's health. Self medication can be dangerous because it only masks underlying feeling instead of addressing the causes and problems.

Additionally - A person who's self medication may result in the uses of the dangerous medicines it cannot know about it. it can cause chronic health concerns.

However self medication is far from being a completely safe practice in a particular in the case of non-responsible self medication.

Self medication is a process to treat a person ourself or the others family members or friends without any prescription of the doctor to treat self recognized or self diagnosed conditions or symptoms. Self medication has traditionally been define as "the taking of drugs, herbs, or home remedies on the advice of another person, without any prescription of the doctor. self medication can have a negative impact on mental health and does very little to treat the underlying condition.

GOOD OR BAD:-

Although self medication can offer several benefits such as reduced costs associated with doctor consultation and faster relief of symptoms. It is not a safe practice and can cause more harm

than good to one's health. Taking medications without proper medical consultation can also lead to drug interactions, result, medications may be poisonous in such cases. Hence, medicines should not be taken without consulting a doctor.

QUESTION NO 3:-

ANSWER:-

SCREEN ADDICTION:-

When screen use become so compulsive that it leads to impaired daily functioning. It is when we use too much technology during our 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.

"SCREEN TIME ADDICTION" AFFECT OUR HEALTH :-

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

Screen addiction is a group of behaviours that are negatives. Some negative becomes, when we use too much technology.

EFFECTS ON HEALTH OF KIDS

- Speech delay.
- Difficulty with problem solving and creative thinking.
- Cognitive impairment
- Body weight issues.
- poor bone health due to lack of physical activity.

I N A D U L T S :-

A recent report shows that older adults love their screen as much as children.

These are the potential side effects of screen addiction.

E F F E C T S :-

- 1) Leads to work memory.
 - 2) poor eye sight.
 - 3) Relation issues.
 - 4) Harassment.
 - 5) Cyber crime.
 - 6) Depression.
 - 7) Disrupted sleep.
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QUESTION 24:-

ANSWER :-

physiotherapists help people affected by injury, illness or disability through movement and exercise manual therapy education and advice. they maintain health for people of all ages, helping patient to manage pain and prevent diseases.

physiotherapy is a degree-based health care profession. physio use their knowledge and skills to improve a range of conditions associated with different system of the body. First of all need an effective relationship b/w the doctor of physiotherapist and patient has greater impact on the patient health.

The work of the physiotherapist is that to educate the patient and advise them about it's bad posture or other any disease it can treat them and provide them some exercise in order to back them their activities.