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Subject : Sociology

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Q1: What is the role of "social determinants of Health" in current condition of Covid 19? Explain with example.

Answer:

Role of Social determinants of health in current condition of Covid 19:

It has been over 100 years since the Spanish flu spread across the globe. Although we cannot make a direct comparison between then and now, there are contributing factors in the past that have persisted.



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into our current ~~pad~~ pandemic. The living conditions of an individual played a large role in the mortality severity of those infected with the Spanish flu: extreme poverty, poor sanitation and hygiene, overcrowding, malnourishment and limited access to resources. Looking at COVID-19 today, we see these same socio-economic factors infection ~~and~~ and mortality rates.

- Boroughs of New York like the Bronx, Brooklyn and Queens are suffering the largest mortality rate.
- Individuals with a low economic status, food insecurity, reliance on public transportation and poor situation are suffering more.

Pandemics are not an individual problem but largely a social problem. Social determinants of health (SDOH) subjectively contribute



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to 80% of our health outcomes. Data points for these SDOH are critical predictors of the outcome of a pandemic for an individual, a community, and society as a whole.

Currently there are over 28 million people in the U.S. The trickle-down effect of Covid 19 will drive those numbers up, as millions are filling for unemployment, food bank lines are longer than ever, and housing and food insecurity is increasing. Crisis has a way of shining a light on weakness; the capturing of SDOH in electronic health records (EHRs) is one of them. The Covid 19 pandemic is highlighting that SDOH have been neglected.

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Q2: In your opinion, "SELF-Medication" is a good practice or not? In both cases justify your answer with proper explanation and examples.

Answer:

Self medication:

The selection and use of medicines by individual (or a member of the individual's family) to treat self-recognized or self-diagnosed conditions or symptoms.

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 ~~than~~ harm than good to one's health. Without doctor consultation it is easy to misdiagnose a condition for something else entirely.

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Advantages:

Self medication is becoming an increasingly important area within healthcare. Self medication also has advantages for healthcare systems as it facilitates better use of clinical skills, increases access to medication and may contribute to reducing prescribed drug costs associated with publicly funded health programmes.

Disadvantages:

Due to self-medication practices include: incorrect self-diagnosis, delays in seeking medical advice when needed, infrequent but severe adverse reactions, dangerous drug interactions, incorrect manner of administration, incorrect dosage, incorrect choice of therapy, masking of a severe disease.

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Sources of self medicated person:

From friends, relatives, TV advertisement, books, internet, person who work in pharmacy.

Q3: How "screen time addiction" affects our mental health? Explain in detail.

Answer:

Screen time addiction:

It is a group of behaviors that are negative, some negative outcomes that can happen 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.

Affect on mental health:

Surveys are showing that they also face more



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anxiety, depression, and other mental health struggles than previous generations. "We know that anxiety and ~~depp~~ depression are correlated with high levels of screen time," Dr. Scallan says. The content on the screen matters just as much as the amount of time spent on them.

On children's mental health:

In terms of the relationship b/w screen use and physical and mental health outcomes, there have been several studies that suggest higher levels of screen use in children and adolescents is ~~so~~ associated with reduced physical activity, increased risk of depression, and lower wellbeing.

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Q4: Describe the role of physiotherapist in management of patients?

Answer:

Role of Physiotherapist:

Physiotherapist help people affected by injury, illness or disability through movement and exercise, manual therapy, education and advice. They maintain health of people of all ages, helping patients to manage pain and prevent disease.

Physiotherapist assist patients in rehabilitating physical problems caused by illness, injury, disability or aging, through treatment. The responsibilities of physiotherapists include planning treatments, reviewing recovery and conducting therapeutic exercise with patients.

