

Q No 1 :-

What is the role of "social determinants of health" in Current condition of Covid-19?

Answer:-

Social determinants are the condition in the earth, work social encouraging groups of people, play neighborhood's and physical condition and the condition which individuals develop, conceived, live, work and age.

Social determinants have a significant effects on wellbeing particularly for the most nearable populace. factors,

For example;

Tolerant training, salary level and condition must be viewed as while giving treatment and care.

⇒ Determinants of Health include :-

1. Policy Makers. (6) Life expectancy
2. Behaviour (7) Addiction
3. Health administration (8) Food.
4. Science and heredity qualities.
5. Transport

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⇒ Canadian Government proclamation on Social determinant of Health:-

There is a solid proof showing that factor outside the human services framework.

These determinants of health incorporate pay and economic wellbeing, social encouraging groups of people, individual health practice and adapting aptitudes solid kid improvement. A well-being administrations sexual orientation and culture.

⇒ Why Emphasize Social Determinants:-

→ Social Determinant of health have an immediate effects on health.

→ Social determinants foresee the best extent of health status differences.

→ Social determinants of health structure health practices.

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→ Social determinants of health interface with one another to create health.

→ Social determinants of health in the time of COVID-19:

It has been more than a long time since the Spanish influenza spread over the globe. In spite of the fact that we cannot make an immediate correlation among at that point and now.

There are contributing elements in the quick. The day to day environment of an individual assume a major job in the mortality and seriousness of those failed with an old 100 years back Spanish influenza.

Extraordinary neediness, helpless sanitation, cleanliness, congestion, malnourishment and restricted access to assets.

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⇒ Risk And Factors ⇒

pre-existing social inequities in health may increase risk of severe COVID-19 outcomes, such as hospitalization and death.

Examples:-

1) Homeless population:-

People experiencing homelessness have higher prevalence of comorbidities and mortality related to diabetes.

2) Socioeconomic Status:-

Low SES is associated with obesity, hypertension, diabetes, cardiovascular disease and chronic respiratory disease in Canada.

3) Incarcerated populations:-

Incarcerated individuals, experience limited access to medical care. Further, racialised populations and adults who identify as an indigenous people are overrepresented in corrections in Canada.

QNO2 :->

In your opinion "SELF-MEDICATION" is a good practice or not? In both cases, justify your answer with proper explanation and example.

Answer :->

SELF MEDICATION:-

-> "Self medication is a human behavior in which an individual uses a substance to self-administer treatment for self-diagnosed physical or physiological conditions or symptoms".

-> The most widely self-medication substances are over-the-counter drugs used to treat common health issues at home, as well as dietary supplements.

⇒ Advantages :-

• Several benefits have been linked to appropriate self-medication:

1. Increased access to medication and relief for patient.

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2. Active role of the patient in his or her own health care.
3. Reduce health expenditure linked to treatment of minor health conditions.
4. It moves patients towards greater independence in making decisions about management of minor illnesses, thereby promoting empowerment.

⇒ Disadvantages :-

- Potential risks of self-medication practices include:
 1. Incorrect self-diagnosis.
 2. Delays in seeking medical advice when needed.
 3. Infrequent but severe adverse reaction/side effects.
 4. Dangerous drug interactions.
 5. Incorrect dosage and choice of therapy.
 6. Masking of a severe disease and risk of dependence and abuse.

QNO3:-

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

Answer:-

Screen Time addiction:-

A Screen time addiction is a gathering conduct that are negative. Some negative results that can happen when we utilize a lot of innovation in a day.

So delayed utilization of sitting in front of the TV, Videogames, looking through online life the entirety of that utilization demonstrations like a computerized medication of our mind.

Screen Time Affects:-

1. Brain are still developing until people are in their 20s. Childrens cannot self-regulate will making them highly susceptible to become addicted to screens.
2. A person who reported more than two hours in a day of screen time got lower scores on thinking and language tests.

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3. Studies have found that excessive screen time can harm mental health of a person.
4. Kids Crave low effort, high rewarded activities. which makes them Susceptible to becoming addicted to screen devices. TV's , iphones, ipads , Tablets etc.
5. Research has found that teens who use electronic media at night are more at risk for sleep disturbances and symptoms of depression .
6. Screen addiction have been found to be associated with depression, anxiety, mood disorders, insomnia and decreased supervision .
7. Electronic screen syndrome refers to children who are impulsive, moody and can't pay attention due to excessive screen time .

8. Those people may miss out on invaluable social skills due to excessive engagement with virtual stimulation instead of face to face human contact.

9. Engaging too much in screen time can cause brain deterioration and impaired cognitive development.

10. Signs of screen addiction can include:
loss of interest in other hobbies,
withdrawal from family and friends.
unable to cut down on time spent on screens. continuous screen time in spite of impacting social life.
tells lies, negativity impacting school performance have to play to alleviate negative mood. worsened family relations.

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QNO4 → Describe the role of physiotherapist in the management of patients?

Answer:- A connection among physiotherapist and patient and more prominent effect on patient's wellbeing.

Physiotherapist are experts who treat sickness, injury, or distortion by physical strategies yet by giving legitimates administration to patients, they can totally make them solid.

physiotherapist have a job in giving guidance or training to patient and family empowering them to change and embrace results of the sickness sufficient instruction and advising to patients and their families.

They will likewise give data to the patients about powerful stances and activities, so as to get them back to their activity/work/exercises.

JOB OF PARTICIPATION ON THE ADMINISTRATION OF PATIENT:

Medical clinic chaperons, assists patients with performing routine errand like

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eating or moving around and help the emergency clinic staff and dealing with significant obligation, including keeping rooms clean and conveying food to the correct patients.

PHYSIOTHERAPIST MANAGEMENT GOALS:

OBJECTIVES: →

1. To teach appropriate stance.
2. Teach safe methods of moving and lifting.
3. To forestall a decrease in bone mass and forestall cracks.
4. To increment the quality in bones.
5. To keep up or improves balance.
6. To improve adaptability.
7. To assistance decline the pressure put on the bones by close muscle.
8. To improve generally portability.
9. To control torment and step by step returning back to normal exercises.

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7. A medicine can bind to more than one receptor site. Thus, a medicine may be toxic for some receptor sites -

⇒ Conclusions:-

- Medicines cause harmful effects when taken in higher doses than recommended. As a result, medicines may be poisonous in such cases. Hence, medicines should not be taken without consulting doctors.