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SUBJECT : SOCIOLOGY
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"QUESTION : 04"

→ ROLL OF PHYSIOTHERAPIST IN THE MANAGEMENT OF PATIENTS :

- As physiotherapist has an effective relation with the patient and that relation has a greater impact on a patient health.
- Physiotherapist are professional who treats or help people affected by injuries, illness, exercise, manual therapy, education and advice.
- Physiotherapist plays or have a vital role in providing advice to patient and family enabling them to adjust and adopt consequences of illness.

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- They also provide information to patients about effective postures and exercises in order to get them back to their jobs or work.

→ RESPONSIBILITIES OF PHYSIOTHERAPIST:

The responsibilities of physiotherapists include planning treatments, reviewing recovery and conducting therapeutic exercises with patients.

- These are other responsibilities as well like playing a vital role in ICU, covid-19, management of non-specific back pain and neck pain.

“ QUESTION 803 ”

“ SCREEN TIME ADDICTION ”

Screen addiction is a group of behaviours that are negative, some negative outcomes that can happen when we use too

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much technology during our day. So prolonged use of watching TV, video games, scrolling through social media. All of that uses acts like a digital drug for our brain.

→ HOW SCREEN TIME AFFECTS OUR MENTAL HEALTH:

When it comes to technology especially new technology its only natural to worry that how could it affect us. After all, our brains are still developing, and its hard to say with any certainty how our rapidly changing world might impact us.

The habits we adopt everyday could have a massive impact on us then we realize.

It includes our screen time.

i.e watching TV, texting on your phone, or playing games on your computer.

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There are some important things to consider as we decide how much time to spend enjoying these activities.

→ TOO MUCH SCREEN TIME COULD CONTRIBUTE TO DEPRESSION

In a recent study published in preventive medicine reports, researchers discovered a "significant association between TV watching / computer used with moderate or severe levels of depression." After controlling for other variables, the chances for developing depression were highest for those who watched TV or played video games for more than 6 hours per day.

→ EXCESSIVE SCREEN TIME CAN MAKE YOU LESS HEALTHY

The benefits of exercise aren't much of a secret. We've long known that

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even light physical activity can have a positive impact on our health but by the same token, the opposite is true. A sedentary lifestyle, such as sitting in front of computer or TV, can put you at a greater risk of illnesses like diabetes.

→ SCREEN TIME BEFORE BED CAN MESS WITH YOUR SLEEP CYCLES:

The temptations to check your phone one last time at the end of the day can run high. And what's the harm? Sure, maybe run high. A rabbit hole on Facebook and get caught up reading emails using too much mobile phones at night can greatly affect our sleeping cycle and mental health.

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"QUESTION 2"

→ SELF MEDICATIONS

DEFINITIONS

"Self medication is defined as the self consuming of medication without getting advice from a physician for either diagnosis or treatment."

→ IS SELF MEDICATION A GOOD PRACTICE OR NOT?

According to my opinion, self medication is a bad practice because it can cause more harm than good to one's health. Taking medications without proper medical consultation can lead to drug interactions.

→ POTENTIAL RISKS OF SELF MEDICATIONS

Potential risks of self medication practices includes:

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Incorrect self diagnosis, delays in seeking medical advice when needed, infrequent but severe adverse reactions, dangerous drug interactions, bad manner of administrations, incorrect dosage, incorrect choice of therapy, masking of a severe disease and risk of independence and abuse.

→ EFFECTS OF SELF MEDICATIONS

The dangers of self medication can be life threatening when inaccurate dosages are taken. When you estimate your own dosage, you are at risk for taking enough to result in an accidental overdose.

- Some medicines can cause liver failure such as high or large doses of paracetamol. paracetamol toxicity is most common cause of acute failure.
- Hypertension is caused when high

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amount of valsalan drug is taken.

- Your own diagnosis may be wrong.
- Your chosen drugs may cause side effects.
- Financial losses and indelayed recoveries may occur which is going to be more costly.

→ EXAMPLES:

Example of self medication is given below:

Use of paracetamol without the prescription of physicians can cause liver damage which is a serious threat to humans.

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QUESTIONS 1

→ ROLE OF "SOCIAL DETERMINANTS OF HEALTH" IN CURRENT CONDITIONS OF COVID-19

Further discussing the role of social determinants of health in covid-19 first we should know about the term social determinants of health.

• SOCIAL DETERMINANTS OF HEALTH:

it is the condition or phases in which people are born, grow, live and work. All these circumstances are shaped by the distribution of wealth and resources of wealth and international and local levels.

• ROLE OF SOCIAL DETERMINANTS

In covid-19 the social determination plays a vital role in shaping the life

pattern and the way to survive. As covid-19 has challenged the modern way of life and it brought an unexpected change in people. In 2003, the World Health Organization (WHO) suggested the social determinants of health include:

1. The social gradients
2. Stress
3. Early life
4. Life expectancy
5. Social support networks
6. Social environments
7. Addiction
8. Food
9. Transport.

As world health organization considered the above as social determinants of health but in this covid-19 we may observe that societies which are awarded and have the social

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healthcases have responded actively & quickly.

CONCLUSION:

A disease caused due to a virus can be controlled easily, but a disease caused due to social determinant cannot be controlled easily. Same is the case here with covid-19. That it could be controlled easily by lockdown. But without lockdown, as we all know, it spreads a lot.