

SOCIOLOGY (FINAL TERM)

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DEPARTMENT: AHS (DPT)

Q1: What is the role of "Social Determinants of Health" in current condition of Covid-19? Explain with examples?

SOCIAL DETERMINANT OF HEALTH:

Social determinants of health are the conditions in the environment (social, economic and physical) in which the people live, work, are born and age including the access to the health care.

IMPORTANCE

Social determinants are very important, they play a vital role in the health status of an individual. Most importantly for the people who have poor health, factors as education, environment and income level should be kept in mind while providing treatment.

8 SOCIAL DETERMINANT ACCORDING TO WHO:

According to WHO following are some of the Social determinants.

1. Food
2. Stress
3. Transport
4. Employment
5. The social gradient
6. Social environment
7. Life expectancy
8. Education/Literacy.
9. Social support networks

FOOD:

Food has a very huge impact on a person's health. The health of a person depends on food in time like these. If a person does not obtain or consume quality food with lots of vitamins, his immune system can become weak and he will be at the risk of being affected by covid 19.

TRANSPORT:

In the ongoing situation of covid, transport has quite big role in health issues, local transport has many people on board which opposes the sop of social distancing due to which people can be affected by covid.

STRESS:

People are quite stressed because of the current situation of the world. They are staying at home with no fresh air which can be frustrating and can lead to many psychological issues, aggression is taking birth and depression/anxiety is also ~~result~~ a result of quarantine due to corona.

EMPLOYMENT:

Many people are losing their jobs due to this world wide crisis. Businesses are facing loss and are unable to pay the employees. Proper management and communication between the employees might save the business from collapsing and employment might save the employees from depression and lack of food.

SOCIAL GRADIENT:

Social gradient is one of the social determinants of health. Social gradient is a term which describes that the people who are poor have worse health condition than the rich. Societies and communities which have overcome the social gradient issue are controlling and trying their best to overcome the pandemic quite well. There should be equality because poor or rich, everyone deserves to live.

SOCIAL ENVIRONMENT:-

Social environment plays an important role in the moral and health support of a person suffering with covid-19. If an environment is healthy and comforting the patient will get the confidence to fight from this disease and also environment like these help the community to fight from this pandemic.

EDUCATION:

Education of the students is greatly affected in this covid-19 pandemic. The students are not being provided by the proper education, some students are deprived of the education because they don't have the facility of the internet to attend the classes. The development of a country depends on the education. This is the reason that many educated countries are having control over this outbreak while the countries with poor education systems are suffering.

SOCIAL SUPPORT NETWORKS:

Social support Network has play the greatest role in this outbreak of covid-19. Everyone is helping their loved ones or even strangers financially to give them a proper treatment in order to fight from the disease.

QUESTION: 2

* In your opinion, "SELF MEDICATION" is a good practice or not? In both cases, Justify your answer with explanation and examples?

SELF MEDICATION:

Self medication is a human behavior in which a person diagnosis his physical or mental condition and treats ~~him~~ it by himself with his own choice of medicine or drugs, without any prescription from a qualified doctor. The common self medication drugs are known as over-the-counter drugs, These are directly sold to the costumers without any requirement from a prescription from the doctor.

OPINION:

In my opinion self medication should not be practiced because sometimes it can lead to complication and further damage and it has many disadvantages which can be deadly

EXPLANATION:

Self medication can be dangerous sometimes. In most cases the self diagnosis is wrong due to which all the problems occur. When a person starts treating himself with the wrong medicines the symptom becomes worse and worse and when he finally decide to visid the doctor it is too late because he has wasted a week or two practicing self medication. sometimes, symptoms of a deadly desiese can be a mild heacahes or other aches, and we start to consume painkiller to cobtrol the pain. In reality we are not treating ourself we are just covering the dangerous or deadly unlying disease by thinking its just a headache it will go away. Incorrect dosage can also happen in practicing self medication. Some drugs are reactive and have severa side effects so the doctor makes sure to know our history, or sensitivity before giving us any medicine, but if we decide to do self medication we won't know about that and can have a reaction. If medicines taken in high dose can be poisonous, so it is not a good idea to do self medication.

EXAMPLE:-

If a person is experiencing cough, he starts taking any cough syrup thinking it might be a cold or something, then after some days he experiences nausea and vomiting from time to time and thinks that it was food poisoning, then the symptoms start to get worse and worse he than has no choice other than going to the doctor. After getting some test and check up done

he gets to know that he has cancer. If he had gone to the doctor earlier his chances of staying alive would be much much higher.

QUESTION 3

How "SCREEN TIME ADDICTION" affects our mental health?

SCREEN TIME ADDICTION:-

Screen addiction is the addiction of technology. Using too much technology can become harmful and addictive which has many negative outcomes. Parents should keep a check on their children whether they are using too much technology (Playing video games, watching TV, visiting social apps etc) because technology addiction is no less than drug addiction and is not good for the mental health. If the kids are choosing screens over their toys and books which they used to play with its a warning sign that they are getting addicted to the screens. Same goes for the adults, if they are choosing screens over social interaction it mean they are developing screen addiction

EFFECTS OF SCREEN TIME ON MENTAL HEALTH:-

Screen time addiction has many harmful effects on our brains. Cognitive impairment is one of them, a screen addicted person can not remember things. Concentration for that person becomes a huge task, He becomes weak in making

decision of his life. Sometimes, the creativity skills of this person is affected badly in result of screen addiction. The main and common cause of depression and anxiety is this addiction, our generation is depressed mainly because of it. They are developing aggression and mood swings. The sleep cycle due to the screen time addiction is disturbed. Mental health as well as cardiovascular health is affected. It has been proven that this addiction can lead to some serious health problems like diabetes and cancer. Screen addiction is known for increasing the mortality ~~rate~~ risks. Looking constantly at the digital screens can cause computer vision syndrome. Its symptoms include, blurred vision, dry and strained eyes. Also sitting for hours in front of the computer makes the posture poor which can lead to neck and back aches. Cyber crime is also another reason for keeping the children away from the internet.

QUESTION 4

Describe the role of **PHYSIOTHERAPIST** in the management of patients?

PHYSIOTHERAPIST

A physiotherapist is a person who treats physical injuries and deformities with the help of massage and exercises, some treatments may include heat. If a physiotherapist has a good and effective bond with his/her

patient he help him recover in a short amount of time.

ROLE OF PHYSIOTHERAPISTS :-

The first step is to know and understand the history of the injury only then he would know the proper treatment to recover help the patient recover. A physiotherapist examines the injury in order to plan the treatment for it. with the passage of time after the treatment is started he takes notes of the recovery rate of the injury from time to time. He directs the exercises which are involved in the treatment. The role of a physiotherapist is not only to offer exercises but to provide verbal support and treatment. He must have good communication skills and high rate of tolerance and patience because he has to deal with the patients and their families who belong to different background and speak different language. He has to give some good advices to the patient. Telling the patient and his family about the do's and don't. is a responsibility of the physiotherapist. Making the patient healthy is the goal so he makes sure to give instruction about some exercises to perform at home he also directs some exercises in the clinic in his supervision. to get them in a proper shape. and so that the patient can perform his daily routine without any hurdle.