

NAME :- SANIA GUL

STUDENT ID :- 16727

SUBJECT :- SOCIOLOGY

INSTRUCTOR :- MR. SHAHZAD ANWAR

DEPARTMENT :- DPT 2nd SEMESTER

DATE :- 29-6-2020

QUESTION NO 1

ANSWER:-

Role of "SOCIAL DETERMINANTS OF HEALTH" In Current Condition of Covid 19.

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 essential occupations both of which make physical distancing more

difficult and challenging. Related factors include:-

STRUCTURAL SOCIAL INEQUITIES:-

Structural factors, such as colonization, racism, social exclusion and repression of self-determination are important structural determinants of increased COVID-19 risk, for example in Indigenous and Black population in Canada. This unequal starting point acts. Inuit and Black populations are over represented among Canadians with low socioeconomic status. (education and occupation) a risk factor for increased risk 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 workers are 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.

INDIGENOUS POPULATIONS

Unsuitable housing and resulting crowding can increase COVID-19 risk. Approximately 23% of First Nations people live in unsuitable housing, a figure that is as high as 52% in Inuit Nunangat, and is higher on reserve (37%) compared to off reserve (15%).

REQUIRING ASSISTANCE

The Public Health Agency of Canada warns that other vulnerable population may include anyone who has difficulty reading, speaking, understanding or communicating; accessing health advice; doing prevention activities; accessing transportation; has ongoing specialized medical care; need specific medical supplies; or requires supervision to support independence.

HOMELESSNESS

Shelter settings, are often crowded and limited opportunities for proper hygiene and physical distancing. Further community-level public health measure may differently impact people experiencing homelessness, including reducing access to public spaces and health or social services.

increasing fear of involuntary hospitalization and risk of fines or arrest.

INCARCERATED POPULATION

People who are incarcerated have restricted movement in crowded and confined spaces, with reduced opportunity for physical distancing and hygiene. Individuals may be reluctant to identify symptoms because of fear of being isolated and losing privileges. Further, resource limitations and policy constraints may impact the ability of the facility to identify, prevent or respond to a COVID-19 outbreak in some settings.

QUESTION NO 2

ANSWER

SELF MEDICATION

Self Medication is a process to treat a person without any prescription of the doctor, to treat self recognized or self diagnosed condition or symptoms. Self Medication has traditionally been defined as:

"The intake of drugs, herbs, or home made remedies on one's own initiative, or on the advise of another person, without any prescription of the doctor.

Is Self Medication its Good Practice OR Not?

Self Medication is an alarming concept. Self Medication would be safe, if the people who are using it, have sufficient knowledge about its does, time of intake, side effects, or over dose, But due to lack of information it can cause serious effects such as antibiotic resistance, skin problem, hypersensitivity and allergy.

In my opinion Self-Medication is not good practice, because, developing country like Pakistan where we have poor economic status, education status as well as, poor health care facilities. People have less knowledge regarding risks ~~are~~ associated with their self-medication. We are on the edge of sword whether to promote self-medication or not, Hence it is recommended that holistic approach should

taken to prevent this problem, which includes proper awareness and education regarding the self-medication.

QUESTION NO 3

ANSWER:-

SCREEN TIME ADDICTION AFFECTS MENTAL HEALTH

Just like tobacco and alcohol use, screen time can become an addiction that can damage mental health and relationship if it's not kept in check.

Screen addiction is a group of behaviours that are negative, some negative outcomes, that can happen when we use too much technology during our day.

Prolonged use of watching TV, video games, scrolling through social media, all of that use acts like a digital drug for our brain.

Screen use releases dopamine in the brain, which can negatively affect impulse control. Studies have shown screen

affects the frontal cortex of the brain, similar to the effect of cocaine.

Similar to the drugs, screen time sets off a pleasure, reward cycle that can have a negative impact on our life.

Screen time addiction can cause side effects such as headaches or migraines, sensitivity to light, sore neck, and dry eyes.

According to Psychology Today, another one of the fundamental consequences that a large amount of screen time has on adult is restructuring of the matter that make up the brain.

Specifically, atrophy in the gray area (where processing occur) and compromised white matter translate into the loss of communication within various areas of the brain, such as the ~~can~~ cognitive and emotional brain center.

QUESTION NO 4

ANSWER:-

ROLE OF PHYSIOTHERAPIST IN THE MANAGEMENT OF PATIENTS

Physiotherapy help people affected by injury, illness or disability through movement and exercise, manual therapy, education and advice,

Physiotherapist maintain health for people of all ages, helping patients to manage pain and prevent disease.

The professional helps to encourage development and facilitate recovery, enabling people to stay in work while helping them remain independent for as long as possible.

Physiotherapy is a science based on the profession and takes a 'whole person' approach to health and wellbeing, which includes the patient's general lifestyle.

At the core is the patient's involvement in their own care, through education, awareness, empowerment

and participation in their treatment.

Physiotherapy helps with "back pain"^u
or sudden injury, managing long term
medical condition such as "asthama"^u
and in preparing for childbirth or
a sporting event.

THE END