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DEPT = DPT (2nd Sem) Sec B

Question No 1:

What is the role of "Social determinants of Health" in current condition of Covid-19? Explain with examples.

Answer:

SOCIAL DETERMINANTS OF HEALTH:

"The economic and social conditions in which people are born in which they live, learn, work, play, worship and age that affect the health, life outcomes and the risks."

→ There are 11 social determinants of health;

1. The social gradient.
2. Stress.
3. Early life.
4. Life expectancy.
5. Social support networks.
6. Education and literacy.
7. Social environment.
8. Employment.
9. Addiction.
10. Food.
11. Transport.

- Neighbors.
- Advertisement.
- Pharmacist.
- Internet.

Self medication is good or bad :

In my opinion self medication is both good and bad.

Following are the advantages and the disadvantages of self medication.

Advantages of Self Medication :

Following are the advantages of self medication.

1. Self medication helps to treat the symptoms of the diseases that donot require a doctor.
2. Self medication reduces the cost of treatment as it donot require a doctor.
3. Self medication is an immediate relief. as it is done at home and donot need visit to a doctor.

# ROLE OF SOCIAL DETERMINANTS OF HEALTH IN COVID-19 :

Following are the ~~role~~ of social determinants of health in Covid-19.

## 1. The Social Gradient :

Social gradient of health refers to the social status. Its role in covid-19 is that social gradient was not available in the areas who are not more advantaged so it spread so fast.

## 2. Stress :

People took so much stress about the covid-19 situation which was the root cause of this pandemic disease.

## 3. Early Life :

From early life it means the pre natal health, the emotional attachment with parents. It has also a great role in covid-19.

## 4. Life Expectancy :

Life expectancy is the time that an organism has to live. Life expectancy is greater in those areas where people are rich. In those areas covid-19 didn't spread.

For the spread of Covid-19.

### 10. Food:

Unhygienic food and intake of chemicals makes our immune system weak due to which Covid-19 spread.

### 11. Transport:

Transport specially public transport is the root cause of Covid-19 where the people travels from different places. They are sitting very close so the risk of Covid-19 increases.

### Question No 2:

### Answer No 2:

### SELF MEDICATION:

When a person takes drugs or some home remedies on their own initiative or on someone's advice and without consulting a doctor.

### Sources of Self Medication:

Following are the common sources of self medication;

- Friends.
- Family.

widely because the people had an access to medical care.

#### 5. Social support Networks:

Social support network i.e. family and friends were also involved in the spread of covid-19. Those who are affected.

#### 6. Education and Literacy:

Lack of education was also involved in the spread of covid-19 because the people were unaware. They are illiterate so can't find a doctor.

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#### 7. Employment :

Unsafe working condition is the root cause of covid-19. Because their all the people work together in the offices.

#### 8. Social environments:

Social environment include every kind of environment which is responsible for the spread of covid-19.

#### 9. Addiction:

Different addictions like drug, gambling, sex, food addiction lead to different issues. These are responsible

4. It is useful in rural areas and hilly areas where there is non-availability of health care.

5. Self medication saves our time i.e. the time which is spent in travelling a doctor or the doctor's consultation time.

### Disadvantages of self medication:

Following are the disadvantages of self medication.

1. Self medication may be a risk i.e. when the diagnosis is not correct, when the person takes excessive drugs dose, when the dose is taken for long time.

For example:

- Paracetamol is an antipyretic and analgesic which is used in large doses causes acute liver failure.

- Valsartan is an anti-hypertensive drug. It works when it is used in a limited quantity. The overuse of this drug causes hypotension which lead to heart failure and renal failure.

2. The drug which you choose without the consult of doctor can cause damage

3. The interactions of drugs may be dangerous.

4. When there is a delay in medical advice for a disease so after that it won't work.

Question No 3:

Answer:

Screen time addiction:

Same like tobacco and alcohol addiction, screen time addiction can also damage one's physical and mental health.

Negative impacts of screen time addiction:

Screen time addiction has so many negative impacts when the technologies are used too much.

These technologies when used so much acts as a digital drug for our brain.

# Affects of Screen time addiction on Mental Health:

Following are the affects of screen time addiction on mental health.

## 1. Weakness Brain activities:

Too much screen time weakens our brain and makes it unable to perform different activities such as planning, organizing, learning and other matter.

## 2. Lowering Impulse control:

Too much screen time result in loss in volume of striatum which as a result weaken the ability to manage one's behaviour. It is very worrying because due to this a person will trap in screen time addiction.

## 3. Slower the emotional processing:

The white matter connects the brain centres which are responsible for different brain functions. So when this white matter is altered due to screen time addiction it has damaging impact on a person's daily life.



#### 4. Depression and Anxiety:

Too much screen time i-e Social media, TV etc cause many problems with depression and anxiety. A person become depressed. One become unable to do anything except spending time to screen.

#### 5. Difficulty with problem solving and creative thinking:

Screen addiction makes a person unable to solve their problems and also one cannot think creatively. A person become bounded to the Internet.

#### Question No 4:

Answer:

#### Role of Physiotherapist in the management of Patient:

Physiotherapist helps the patient affected by injury, illness or any other disability through movement or any exercise therapy and advice.

• They help people of all ages in maintaining their health, helping them to manage pain.

• Physiotherapist makes assessment of the patient's physical problems caused by illness, any injury, disability or aging.

• Physiotherapist also educates the patient's family members that how to prevent the illness and injury and live healthy.

• Physiotherapists assist the patients with trauma to walk again. They help them with a healthy lifestyle.

• Physiotherapists treat the patient through physical methods like exercises, massage and other treatments.

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