

QUESTION: 1

ANSWER:

DETERMINANTS OF HEALTH:

- Conditions in the social, physical and economic environment in which people are born, live, work and age including the access to the health care.

SOCIAL DETERMINANTS OF HEALTH IN THE TIME OF COVID-19:

- It has been over 100 years since the Spanish Flu spread across the globe. Although we cannot make a direct comparison between then and now, there are contributing factors in the past have persisted into our current pandemic.

The living conditions of an individual played a large role in the mortality and severity of those infected with the Spanish Flu: extreme poverty, poor sanitation and hygiene, over crowding, malnourishment and limited access to resources. Looking at Covid-19 today, we see these same socioeconomic factors that infection and mortality rates.

- Pandemics are not an individual problem but largely a social problem. Social determinants of health (SDOH) subjectively contribute to 80 percent of our health outcomes.

- Data points for these SDOH are critical predictors of the outcome of a pandemic for an individual, a community and society as whole.

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• The trickle-down effect of **COVID-19** will drive those numbers up, as millions are filing for unemployment, food bank lines are longer than ever, and housing and food insecurity is increasing.

⇒ Crisis has a way of shining a light on weaknesses; the capturing of SDOH in electronic health records (EHRs) is one of them. The COVID-19 pandemic is highlighting that SDOH have been neglected.

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⇒ While the current COVID-19 crises may appear to be diverting attention from SDOH, at the same time it is making clear the need to include SDOH in the overall strategy to combat the pandemic's spread.

⇒ One day (hopefully soon) the COVID-19 pandemic will be brought under control. In order to derive "lessons learned" from it, data must be collected comprehensively, accurately and to be usable.

FOUR WAYS COVID-19 WILL EXACERBATE THE IMPACT OF SOCIAL DETERMINANTS OF HEALTH:

As a result, coronavirus is poised to exacerbate the

social determinants of health in four ways:

- 1- Housing instability.
- 2- Food insecurity.
- 3- Social isolation.
- 4- Prejudice and discrimination.

IMPACTS OF COVID-19:

Particularly for health plans, this valuable information can help them target specific people who may be at higher risk of contracting COVID-19, or those who may be experiencing health issues related to social isolation, food insecurity or job losses, and to assist them with improving their total health and well being by providing the appropriate communications with actions that could keep them safe.

QUESTION: 2

ANSWER:

SELF MEDICATION:

- "Self-medication is a human behaviour in which an individual uses a substance to self-administer psychological conditions or systems."

IMPORTANCE OF SELF

MEDICATION:

⇒ Self medication is becoming an increasingly important area within health care.

Self medication also has advantages for health care systems as it facilitates better use of clinical skills, increases access to medication and may contribute to reducing prescribed drug costs associated with publicly funded health programmes.

INTRODUCTION:

- self medication is major form of self care. It involves use of medicines by the persons to treat self recognized minor illness both gender (male and female), socioeconomic states rich and poor, educated and non-educated.

DISADVANTAGES OF SELF-MEDICATION:

In my opinion self-medication is not a good practice; because;

Once medicines are entering human body, get absorbed rapidly. At the same time medicines gets sold rapidly through a powerful marketing and no or less control over medicine. They are used and miss used and over used for different type of illness.

1.e.g.:

Taking painkillers for long time out consulting of doctor and out-working knowing the cause of headache!

2.e.g.: Paracetamol is antipyretic and analgesic which is used in large doses can cause liver problems (toxicity).

3.e.g.: Major problem or disadvantages of self medication is emergence of human pathogen resistance micro-organisms worldwide particularly in developing countries, where antibiotics are often used and available without prescription. Its irrational use increases the risk of adverse reactions. And person may develop resistance to particular antibiotics, hypersensitivity of drug with withdrawal symptoms and temporary masking of disease can delay correct diagnosis.

Some medicines are banned in the market and use doesn't know and they go on consuming.

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Potential risks of self-medication practices include:

- In correct self-diagnosis.
- Delays in seeking medical advice when needed.
- Infrequent but severe adverse reactions.
- Dangerous drug interactions.
- Incorrect manner of administration.
- Incorrect dosage.
- Incorrect choice of therapy.
- Masking of a severe disease and risk of dependence and abuse.

Recommendation:

Drug regulatory health authorities have to inspect and dedicate time to raise awareness of people general on pro and cons responsible for self-medication. So that they can improve their attitude towards practice of self medication.

- It can be added in student's curriculum also.
- Health education of peoples, students, pharmacists.
- This may help in including the practice of self-medication.
- Need for strict law enforcement to limit purchase of medicines out prescription.
- Pharmacists should be made aware about media legal aspects, consumer's protection act and human rights about self self-medication.

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- Improving communication and improving a referral system between pharmacists and physicians is an important issue.

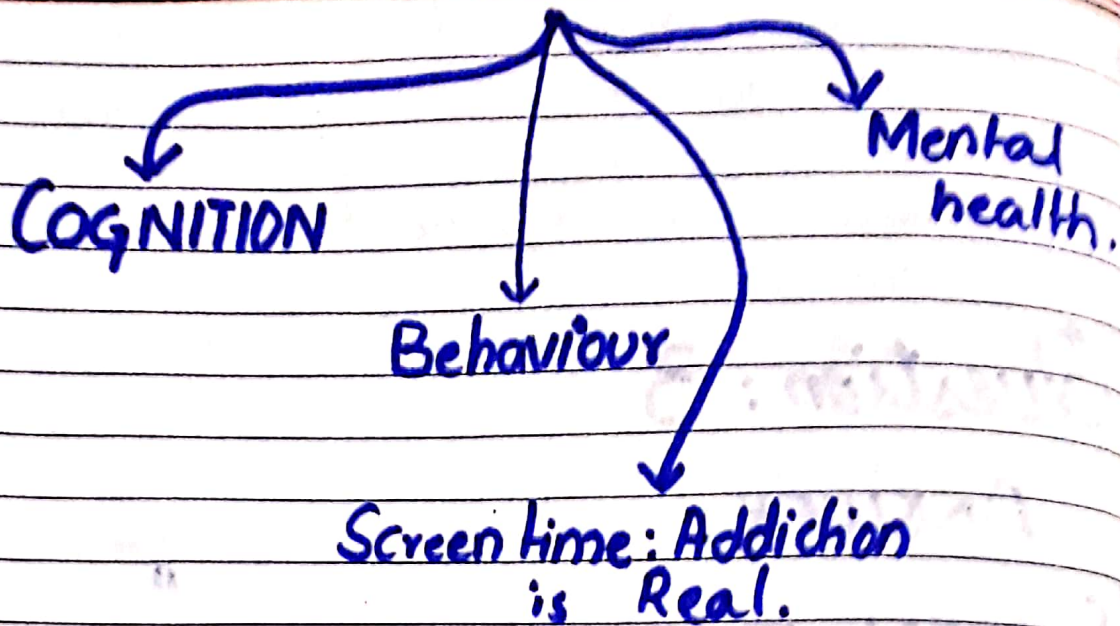
Question: 3

ANSWER:

"SCREEN TIME ADDICTION:"

AFFECTS OUR MENTAL HEALTH:

⇒ Increased screen time has been proven to cause concern with physical well being in both adults and children. While physical complications are an issue, perhaps the most worrisome effects take place in mental and social blockages. Far less easily proven or identified, many people may be suffering from the mental effects of screen time without even knowing it.



1. COGNITION:

- The implications of screens when children are in the pivotal ages (3 years and under) could be more than imagined.
- Young children need stimuli from the real world to develop critical cognitive skills. Several studies like link cognitive delay with excessive screen time exposure.
- Some parents believe that the screens can help improve development, which can be true for fine motor skills. Too much screen time too soon, however, could be

the very thing hindering the development these parents so badly want to see. Without the natural interaction of daily life, children lose the ability to focus, read and understand people's reactions and communication cues, and ultimately, the ability to communicate successfully.

2- BEHAVIOUR:

- Behavior is another mental aspect that can be affected by screen time. Recent studies have linked increased device use to attention disorders, outburst, and other behavioral issues.
- Some ~~res~~ researchers have even gone as far as linking excessive media consumption to violent or aggressive behaviour.
- Some experts have coined the term electronic screen syndrome (ESS) to explain the behavioural

problems that can arise from excessive screen time, including:

- Outbursts.
- Poor sportmanship.
- Bossy or controlling behavior.
- Extreme competitiveness.
- Begging attitudes.
- Perceived hostility (eg: believing someone into them on purpose).

3- SCREEN TIME: ADDICTION

IS REAL:

When people use devices, the brain releases dopamine, a neurochemical that makes us feel happy and is the "reinforcement" factor of addiction. The brain reacts similarly to drugs. The instant gratification experienced with screens creates an unrealistic expectation of the world, especially for children and teens who may not be emotionally equipped to understand the difference.

"We have, as a society, gone all-in on tech. We don't want some buzz killing truth sayers - telling us that the emperor has no clothes and that the devices that we've all so fallen in love with can be a problem."

4. MENTAL HEALTH:

Children who spend more time with screens may have behavioral, cognitive, and social issues, but another concern is mental health. Teens spending 7+ hours a day on screens were twice as likely to have been diagnosed with depression or anxiety.

* Children who were heavily involved in online gaming reported the lowest levels of happiness.

QUESTION:

ANSWER: 5

- CONTRIBUTION OF "SOCIOLOGY"
TO MEDICAL FIELD:

* INTRODUCTION TO

MEDICAL SOCIOLOGY:

- The study of the effects of social and cultural factors on health and medicine.
- If sociology is the systematic study of human behaviour in society, medical sociology is the systematic study of how humans manage issues of health and illness, disease and disorders, and health care for both the sick and the healthy.

MEDICAL SOCIOLOGY IMPORTANCE:

One of the important tasks of medical sociology consists in explaining how the social environment affects human health. Theoretical models are instrumental in identifying those aspects within the complex social reality that accounts for increased or reduced health risks in populations.

SOCIAL FACTORS INCLUDE:

- Income and social status.
- Education and literacy.
- Unemployment.
- Physical environments.
- Social environments.

CULTURE FACTORS INCLUDE:

- Language.
- Religion and spiritual beliefs.
- Gender.
- Socio economic class.
- Age.
- Education.

CONTRIBUTION OF SOCIOLOGY TO MEDICAL FIELD:

- Health care in the united states is a complicated structure of social roles, processes, and communication, involving both patients and professionals. Understanding the social dimensions of health care processes can assist health professionals in providing better care to their patients.
- Structures of the groups involved, including their roles and norms, the process by which groups, involved to individuals operate.
- Health is the state of complete physical, mental and social well being not merely the absence of disease or infirmity.