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Sociology (Paper)

ANSWER NO 1

Role of SOCIAL DETERMINENT OF HEALTH :-

- Assume Overall responsibility to ensure that all necessary preventive and protective measures are taken to minimize occupational safety and health
- provide information, instruction, and training on occupational safety and health, including;
 - => refresher training on infection prevention and control (IPC).
 - => Use, putting on, taking off and disposal of personal protective equipment
 - => provide adequate IPC and PPE supplies (masks, hand sanitizer, soap and water, cleaning supplies) in sufficient quantity to those caring for suspected or confirmed COVID-19

patients, such that workers do not incur expenses for occupational safety and healthy requirements.

=> familiarize personal with technical update on COVID-19 and provide appropriate tools to assess, triage, test and treat patients, and to share IPC information with patients and the public.

=> provide appropriate security measures as needed for personal safety.

=> provide a blame-free environment in which health workers can report on incidents. Such as exposures to blood or body fluids from the respiratory system or causes of violence, and adopt measures for immediate follow up including support to victims.

=> advise health workers on self-assessment, symptom reporting, and staying home when ill.

=> maintain appropriate working hours with breaks;

=> consult with health workers on occupational safety and health aspect of their work, and notify the labour inspectorate of cases of occupational disease.

=> Allow health workers to exercise the right to remove

themselves from a work situation that they have reasonable justification to believe presents an imminent and serious danger to their life or health, and protect

Health workers exercising this right from any undue consequences: not require health workers to return to work situation where there has been a serious danger to life or health until any necessary remedial action has been taken.

=> Honour the right to compensation, rehabilitation, and curative services for health workers infected with COVID-19 following exposure in the workplace.

Considered as an occupational disease arising from occupational exposure;

=> provide access to mental health and counselling resources; and enable cooperation between management and health workers and their representatives.

ANSWER 2

SELF-MEDICATION :

Self medication is defined as selection use of medicines without any doctors prescription by people or over the counter medicines for their minor illness or symptoms. Or According to WHO self medication is selected and use of non prescription medicines by individuals to treat self recognized illness or symptoms. It is practiced world wide.

REASONS FOR SELF-MEDICATION:

The reason for self medication medicines used for symptoms, most commonly used medicines, who all use self medication, name of the medicines and from where they get information about medicine most commonly used medicines are pain killers antipyretics, cough cold remedies, anti allergies antacids, vitamins and tonics. All though some medicines are risk free and useful for treatment of minor health

problems, their excess and regular use may lead to some serious health problems their excess and regular use may lead to some serious health problem and side effects and adverse reactions. The practice of self care may change locality and region. It is more in younger and educated people because they have no time to go to doctor and no patience to wait.

ADVANTAGES OF SELF-MEDICATION:

- ⇒ It help to prevent and treat symptoms and ailment that don't require a doctor.
- ⇒ patient gets immediate relief. This reduces the pressure of medical services where health care services are not available and insufficient.
- ⇒ Increase the availability of health care in rural area or remote area hilly areas.
- ⇒ patient gets control over the chronic disease.
- Good for patient wellness and productivity.
- Economic improvement for employer.

DISADVANTAGES OF SELF-MEDICATION:

⇒ Once medicines are entering human body, get absorbed rapidly. At the same time medicine 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.

e.g: Taking pain killers for long time out consultation of doctor and out knowing the cause of headache.

e.g: Paracetamol is antipyretic and analgesic which is used in large doses can cause liver problem.

e.g: Major problem of disadvantage of self medication is emergence of human pathogen resistance microorganisms worldwide particularly in developing countries. Where antibiotics are often used and available without prescription its irrational use increases the risk of adverse reaction. And person may develop resistance to particular antibiotics, hypersensitivity of drug withdrawal symptoms and

temporary masking of disease can
delay correct diagnosis. Some
medicines are banned in the market
and user does not know and
they go on consuming

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ANSWER NO 43

SCREEN ADDICTION

AFFECTS MENTAL HEALTH

Just like tobacco and alcohol use, screen time can become an addiction that can damage your health and relationships 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.

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

Screen use releases dopamine in the brain which can negatively affect impulse control.

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

→ Part of limiting kids screen time is setting a good example as a parent

Dr Lorenz recommends monitoring and limiting your own screen usage. She adds:

'Don't have the TV on in the background, behind all of our activities. If I do that my kids are staring off between questions of their homework. So model turning the TV off.'

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ANSWER : 4

ROLE OF PHYSIOTHERAPIST :

As a physical therapist, you will diagnose and treat the patients who have health conditions that limit their ability to move and perform everyday activities. Through your work as PT you can help patients avoid surgery and reduce the need for prescription drugs. In many cases you'll form long term relationships with patients and be rewarded by seeing their hard work pay off.

What Physical Therapists Do :

During a patient's initial appointment you'll ask about their medical history, evaluate their symptoms and develop a rehabilitation plan that aligns with the patient's personal needs and goals. Throughout the treatment process you'll work directly with the

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Patient. to teach them different
functional tasks and exercises
intended to strengthen or stretch
As a physical therapist, you'll
be a vital member of healthcare
team all working together to help
patients with both acute and
Chronic Conditions.

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