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Q How "Screen time addiction" effect our mental health?

SCREEN TIME ADDICTION

Screen time addiction is define as the when Screen Use becomes so compulsive that it leads to impaired daily functioning in terms of productivity, social relationships, physical health, or emotional well being

Mental Impact Of Screen Time

Growing Screen time in both adults and children has been shown to cause concern for physical health. Although physical problems are a concern, mental and social blockages likely have the most alarming impact. Much less easily confirmed or established, many people without even

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realizing it can suffer from mental effect of screen. Following are some of the effects of screen time.

1 Behaviour:

Behaviour is a mental aspect that can be affected by screen time.

Recent studies have linked increased device use to attention disorders, outburst and other behavioural issues.

Some other behavioural signs including

- outbursts
- Poor sportsmanship
- Extreme competitiveness
- Begrudging attitudes
- Perceived hostility
- Impatience
- Frustration

2 Social Skills:

Socialization has been a necessary skill to have to fulfill the natural drive to belong, but digital devices and social media have reduced the need for face to face interaction. Before children who struggled with social interaction were

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forced to practice the skills necessary for communication. While children today are in vicious cycle: social awkwardness, retreating to screen, not learning/losing communication skills and continued social awkwardness

3 COGNITION:

young children need stimuli from the real world to develop critical cognitive skills. Several studies link cognitive delay with excessive screen time exposure

Think of screens almost like a cognitive crutch: Instead of having to use their imagination to picture a story, a digital device shows pictures, words, and sounds all at once leaving little work for children's mind to perform.

4 Mental Health:

children who spend more time with screens may have behavioural, cognitive and social issues but another concern is "mental health". Teens spending 7+ hours a day on screen

were twice likely to have been diagnosed with depression or anxiety. Also a report says that "children who were heavily involved in online gaming reported the lowest levels of happiness"

5 Mood & Sleep

children with more screen time exposure were found to be edgy, agitated and moody. Some other research work based on screen addiction reveal that people with smartphones and social media are victim of sleep problem.

Q4 Describe the role of physiotherapist in the management of patients?

PHYSIOTHERAPIST:-

physiotherapy is a health care profession which assist people to restore, maintain and maximize their strength, function, movement and overall well being and the person who study physiotherapy is known as physiotherapist.

5 Role Of Physiotherapy

physiotherapy is an essential branch of medical whose importance cannot be neglected. Following are some of the roles of physiotherapist which he or she plays in the management of patients. It includes:

- Rehabilitation
- Prevention of injury
- Promotion of health and fitness

A physiotherapist will treat all manner of people including children with cerebral palsy, premature babies

- pregnant women
- people undergoing rehabilitation
- athlete
- the elderly
- those needing help following heart disease
- stroke or major surgery

Physiotherapist In Management Of Patients

Physiotherapist help people

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affected by injury, illness or disability through movement exercise, manual therapy, education and advice.

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

Following are some of the methods Physiotherapist adopt in management of patients

- massage to ease soft tissue pain
- Mobilization or manipulation of joints
- Exercise to strength weak areas
- Cold to reduce inflammation
- Heat to increase circulation
- Ultrasound therapy to ease muscle spasms
- Electrical stimulation to help muscle contract that cannot do so effectively on their own.

Note that physiotherapist donot just work with people after an injury, but can be found working in many fields of specialty.

Q In your opinion "Self medication" is a good practice or not? In both cases justify your answer with proper explanation

SELF MEDICATION:

Self medication means the act or process of medicating oneself especially without the advice of a physician. This is a dangerous phenomena and should be avoided.

My Opinion About Self Medication:

Self-medication is an important component of healthcare system and its practice is widespread. In my opinion it is not a healthy and safe thing to try. However the major problem with self medication is the detrimental consequences due to its inappropriate use.

Explanation

As consumer prefer to manage their common health problem using self medication as it is easier, cost effective and time efficient.

Media Internet and extensive advertisement by the pharmaceutical manufacturers also play an important role toward practicing self medication which then leads to different health problems.

Also inadequacies in the health care delivery system especially in low income countries such as inaccessibility, unregulated distribution of medicines, lack of health care professionals, high cost and patients' attitudes toward health care providers are some of the common key drivers of self medication.

This all factors could lead to adverse medicine reactions, development of resistance

- Inadequate or excessive dosage
- Food and drug interaction
- Rare but severe effects
- Incorrect choice of therapy
- Incorrect self diagnose
- Failure to recognize or report adverse drug reaction

Prevention of Potential Risks Associated With Self Medication.

The risk of self medication can be lowered if we adopt the following ways or get education about its effects on our health.

- 1) Role of health professionals
- 2) Therapeutic advice
- 3) Education about self medication
- 4) Pharmacists educate his customers about the proper use of medicine
- 5) If we supply good quality of drugs that are less harmful if use.

Drug authorities must make it a rule for people to avail medicines only on the basis of prescription

Example

Some drugs bought can be very addictive and dangerous. For example, Behedral Syrup is very famous syrup used to cure bad cold sore throat. But without proper prescription from doctor

When consumed most patients feels drowsy, but many began use this as a drug for a good feel. which is a dangerous operation.

Also when painkillers are purchased with a doctor's consultation, it can mean that the prescription may be old and that the tablets taken maybe have adopted to your body and cause future pain. So always consult a doctor before you opt for taking any medicine

Q4 what is the role of "Social Determination of Health" in current condition of covid 19?

Social Determinants Of Health:-

Social determinants of health are the condition in which people are born, grow, live work and age. These circumstances are shaped by the distribution of

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of money, power and resources
at global, national and local levels.

Determinants of health fall under
several broad categories. It is
the interrelationship among these
factors that determine individual
and population health.

Social Determinants In Covid-19

Following are some of
the social determinants which affect
the health of individual in this covid
19 situation

1 Social Gradient:-

Covid-19 is painfully exposing
the existing and preexisting health
inequalities in our societies. This
pandemic will have the harshest impact
on the lives of people living in
deprivation or facing difficulty in
socio-economic circumstances.

2 Stress

Globally we know that this pandemic is causing people to feel anxious, distressed or worried in fear of contracting the virus or family becoming sickened and other reasons. In war zones and communities affected by violence, many people are already experiencing huge psychological stress.

3 Unemployment.

More than one in six young people have stopped working since the onset of the coronavirus pandemic which leads to major health issues in community due to lower activity of physical and mental health.

4 Food:

As people are at home and all businesses are stopped the lower class suffer of malnutrition as they don't have proper food which leads to poor health.

5 Education

The covid 19 pandemic is first foremost a health crises. Many countries have decided to close schools colleges and universities. Clearly these barriers will affect students inequality is likely to increase among students. Their discipline and the flow of study is also disturb.

Social Support Networks

As social beings we need each other. During stressful time that become apparent social support and sense of belonging served as protective factors. They give us support financially emotionally and morally as well.

Example

In This covid virus is the example of social determinants of health. As it is effecting the whole society.