

UBL #5

- ↳ stressors have significant impact on physical + mental health when measured
- ↳ key diseases assoc. w/ stress = heart disease + hypertension
- ↳ stressors disproportionately affects women, minorities, unmarried, lower SES indiv.
- ↳ minorities face additional health burdens from discrimination → physical + mental
- ↳ stressors can accumulate + proliferate over time / across generations
 - (childhood stress → greater stress exposure + poor health in adulthood)
- ↳ High levels of personal mastery, self esteem, social support can buffer stress (disadv. groups lack resources)
- ↳ upstream interventions (poverty / discrim) needed
- ↳ downstream as well (enhance coping skills + support sys) + special attent. to children in pov.

UBL #7 ↓

- ↳ COVID = global stressor → mental health issues thru. isolation, fear of illness, etc
- ↳ pandemic increased mental health disparities, disproport. affecting low income pop., minorities, + frontline workers → greater risk + less resources
- ↳ isolation / lockdowns → increased stress / anxiety (loneliness, depression)
- ↳ pandemic strained mental health care services → CALL for more integrated care
- ↳ sociology → advocating for research to find social causes of mental health + role of inequality in shaping mental h. outcomes
 - ↳ combine physical + mental health care during crisis
- ↳ authors argue the need for public health policies that not only address physical health, but for mental as well. (expanding MH services esp. for vulnerable pop. and ensuring they're accessible)

UBL #8 ↴

- ↳ "moral injury" → doctors feel they are forced to act against ethical principals due to institutional pressures. → Decisions influenced by financial incentives, bureaucracy, or restrictions on time + resources
- ↳ physicians feel burnout from moral distress when they feel unable to provide best patient care
- ↳ financial/commercial aspects → ethical dilemmas
- ↳ doctor's autonomy increasingly eroded w/ insurance companies, hospital admin, corp. structures exerting control over med. decisions.
- ↳ doctors spending less time w/ patients
- ↳ calls for reform to address moral injury
(financial incentives, reducing bureaucratic burdens, patients > profits)

UBL #9 ↴

- ↳ unequal access to healthcare services = critical issue for marginalized groups
- ↳ article focuses on RURAL communities
- ↳ Tech improvements: Telemedicine increasing access but deepen disparities for those w/o tech.
- ↳ Healthcare sys relying more on preventive care + managing chronic diseases

UBL #10 ↴

- ↳ need for more patient centered approach
- ↳ effective comm. needed + trust
- ↳ guidelines need to address cultural differences
- ↳ mutual patient - doctor decision making
- ↳ psychosocial factors need to be included (stress, mental health)
- ↳ ethical challenges should be reflected in med guidelines

