



PREVALENCE AND CHARACTERIZATION OF DERMATOLOGY DISORDER OF SCABIES AT A RURAL TERTIARY CARE CENTRE

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ABSTRACT

Scabies is a not unusual communicable disorder of the skin due to a mite. It is a mistreated tropical parasitic disease that is an essential public health problem internationally and in particular in resource-poor areas. As WHO document, 2018 indicated scabies is a routine public health problem that affects about 200 million people globally, with a predictable prevalence that ranges from 0.2 to 71%. To study the prevalence and characterization of dermatology disorder of scabies at a rural tertiary care centre, this is a cross-sectional study conducted in the period of 6 months from March to August 2021, diagnosed patients attending skin OPD with clinical features suggestive of scabies. Out of 120 patients, 63.3% were males. The most common age group affected was 21-40 years, in 40% patients. Maximum 53.6% adults had small effect on quality of life while 69.5% children reported minimal effect on quality of life. Even though the best knowledge of scabies, the level of fear towards scabies is high. If not attended timely and adequately can affect the quality of life in the form of work affection, sleep disturbances and psychosocial problems in patients and their family members. Further educational programs suggested decreasing the negative effect of scabies on the community and the individuals' quality of life.

Key Words:- Scabies, Contagious Nodular Scabies, hyper keratotic, Lymph node.

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INTRODUCTION

Scabies is a not unusual communicable disorder of the skin due to a mite. This mite, *Sarcoptes scabiei* variety *hominis* is now and again called the human itch because of the intense itching prompted when the

pregnant female mite burrows into the pinnacle layer of pores skin and lays eggs. It is a mistreated tropical

parasitic disease that is an essential public health problem internationally and in particular in resource-poor areas. As WHO document, 2018 indicated scabies is a commonplace public health problem that affects about 200 million people globally, with a predictable prevalence that ranges from 0.2 to 71%.²

Which is transmitted by way of either direct or indirect contact through sharing towels, bedding, clothing, or any other objects.³ So, scabies transmission may be restrained by fending off pores and skin to pores and skin contact, heading off sharing private devices and enhancing personal hygiene, especially in crowded locations.⁴ The most frequent symptom of scabies is pruritus, which is especially irritated at night time. Also, it'd present with a papular rash and excoriations.⁵ The scabies burrow is a pathognomonic sign that is valuable for the definitive diagnosis of classical scabies.

There are five types of scabies together with Scabies incognito, infants and newborn scabies, Crusted

scabies, Nodular Scabies and Clean man scabies. Crusted Scabies is experiential mostly in immune compromised sufferers. It is characterised via hyper keratotic pores and skin crust that appears on the arms, soles, extensor surfaces, and underneath the fingernails.⁶ Nodular Scabies is as a result of a allergic reaction to scabies mites.⁷ It appears as chronic pruritic nodules generally within the axilla, Genitalia, and scrotum.^{8,9} Clean man scabies takes place in a easy environment and no longer secondary to awful hygiene. It is gift as pruritus without scabetic lesions. Infants and newborn scabies characterized via vesicles and pustules in fingers and soles. Also, it's far rare to see the burrows besides inside the scalp and face. The last bizarre kind is Scabies incognito. This type of infection occurred in a patient who used topical or systemic corticosteroid, which relieves itching. So, it isn't smooth to diagnose.

Over the beyond few years, there has been an increasing interest in assessing the high-quality of life of patients with pores and skin infections as well as in the improvement of strategies of assessment.¹⁰ Patients with skin diseases may additionally have their lives affected in lots of ways. This was proven in a study where majority of the patients said itching and pain along with sleep disturbance.¹¹ It changed into also validated that pores and skin illnesses can reason tension, despair, anger and embarrassment, which lead to social isolation and absenteeism at work and school.¹² This observe changed into undertaken with the objective to Prevalence and characterization of dermatology disorder of Scabies at a rural Tertiary Care Centre.

MATERIAL AND METHOD

Study area and period:

It was a non-interventional, cross-sectional study conducted at the Department of Dermatology, in a rural based tertiary care center.

Study design:

We conducted the study for a period of 6 months from March to August 2021, after obtaining ethical clearance from the ethical committee of the hospital. It included all newly diagnosed patients attending skin OPD with clinical features suggestive of scabies.

Source population:

All adults and children greater than 5 years of age with diagnosis of scabies were included in the study.

Eligibility criteria

Inclusion Criteria:

Patients included itching, most severe in the night time, family history of itching, and characteristic

lesions like papules, excoriations and burrows at classical sites like finger webs, genitals, etc.

Exclusion criteria:

Patients with atypical and crusted scabies, pregnant and lactating women and children less than 5 years were excluded from the study. Patients concurrently having other persistent cutaneous and systemic situations like bronchial asthma, epilepsy, diabetes, high blood pressure, acne, psoriasis, and so forth had been also excluded from the examiner.

An informed consent was taken from all the patients in those clinical findings, family history and past history was noted in predesigned proforma. Questionnaire about exceptional of existence impairment become given to the sufferers to be filled and unique analysis changed into executed. Modified Dermatology Life Quality Questionnaire (mDLQI) for scabies by Worth et al., was modified slightly as per the requirement of Indian population.¹³

We graded the impact on excellent of existence in sufferers of scabies. The total rating was calculated by using summing the score of every five queries ensuing in a likely maximum of 15 and a minimum of zero. The higher the rating, the extra the satisfaction of lifestyles is impaired.

- A score of zero-one shows no impact at all on the patient's existence.
- two-five translates to slight first-class of lifestyles impairment.
- 6-10 indicates mild impairment
- 11-15 demonstrates intense impairment.

The descriptive statistical analysis within the SPSS program was hired to symbolize the demographic facts and the distribution of understanding by way of frequencies and chances. Also, manner and general deviations (SD) were used to calculate the entire worry of scabies scale rating-10. Chi-rectangular check became used to compare the level of knowledge and FSS-10 consistent with the demographic records. Partial correlation was used to evaluate dating among FSS-10 and stage of information. We considered P-value ≤ 0.05 to be statistically enormous.

RESULTS

Total of 120 new scabies patients attending skin outpatient department during 6 months duration were included in the study. Out of total 120 patients, 76(63.3%) were males and 44(36.3%) were females. The most common age group affected was 21-40 years in 45(44.11%) patients [Table/Fig-2].

Out of total 68(56.6%) patients were literate. 43(35.8%) students were affected followed by 22(18.3%) housewives. Fifty six (46.6%) patients

belonged to urban area and 64(53.3%) belonged to rural area.

Out of 43(35.8%) patients presented with history of similar complain in the past. Sixty nine (57.5%) patients gave positive family history of similar complaints. Secondary infections were present in only 58(48.3%) patients. Lymph node involvement was seen in 44(36.6%) cases. Out of total 59(49.1%) patients

presented with itching and 45(37.5%)patients had night aggravation of itching leading to sleep disturbance.

Multiple sites were affected in almost all patients. Most common site affected was interdigital cleft in 78(65%) cases followed by hands in 65(54.1%)and genitals in 43(35.8%)cases

Table 1: Demographic details

Age	Number
5-13	46(38.3%)
13-20	5(4.1%)
21-40	48(40%)
41-60	13(10.8%)
61-80	3(2.5%)
sex	
Male	76(63.3%)
Female	44(36.3%)
Urban/rural	
Urban	56(46.6%)
rural	64(53.3%)
Literacy	
Literate	68(56.6%)
liberated	52(43.3%)
Occupation	
Student	43(35.8%)
House wife	22(18.3%)
Worker ,former	10(8.3%)
Business	5(4.1%)
job	23(19.1%)
Professional	4(3.3%)
Retired	5(4.1%)
others	16(10.6%)

Table 2: Clinical profile of patients with scabies

Complaints	Number (%)
itching	59(49.1%)
Night aggravation	45(37.5%)
Skin lesion	16(13.3%)
Family history	
Present	69(57.5%)
Absent	51(42.5%)
Lymph node involvement	
Present	44(36.6%)
absent	76(63.3%)
Secondary infection	
Present	58(48.3%)
absent	62(51.6%)
Past history	
Present	43(35.8%)
absent	77(64.1%)

Table 3: Topographical Distributions

SITES	NO
Interdigital cleft	78(65%)
Hands	65(54.1%)
Wrist	31(25.8%)
Arms	34(28.3%)
Forearms	35(29.1%)
Elbow	14(11.6%)
Axilla	15(12.5%)
Foot	21(17.5%)
Abdomen	11(9.1%)
Thorax nipple	4(3.3%)
primammillary	12(10%)
Back	13(10.8%)
Buttocks	19(15.8%)
genitails	43(35.8%)
inguinal	7(5.8%)
Face	4(3.3%)

DISCUSSION

Scabies is a frequent parasitic invasion across the world, view of 300 million instances stirring yearly¹⁴. It has been considered to be a public health hassle in the growing countries for decades; nonetheless, there has been little development within the manage on a worldwide scale. It occurs commonly in tropical climate, in negative individuals who stay in crowded conditions and cannot undertake right hygienic measures.

Transmission of scabies takes place through pores and skin-to-pores and skin contact, which may additionally soak up to 20 minutes¹⁵, so unfold particularly occurs inside households in which kids, proportion a sound asleep space, or within the adult population thru sexual touch. Type IV allergy response to mite allergens reasons pores and skin infection ensuing in papules and pruritus. Excoriation of the lesions ends in secondary bacterial infections, eczema and lengthy-term health outcomes in the shape of put up streptococcal glomerulonephritis.¹⁶

In present study, the most common age group affected in 21-40 years in 40% patients followed by 5-13 years of age group in 38.3% patients which is correlated with Das S et al., study found 9% patients were in the 0-5 years age group, 22% in both 6-15 years and 16-30 years of age group.¹⁷ Fifty three percent patients in our study belonged to rural area where there is shortage of water. Which leads to poor personal hygiene and increased risk of transmission of scabies correlated with Scheinfeld N et al, study¹⁸.

Sambo et al., reported almost equal male to female ratio of 1:1 contrast to present study. Pruritus is particularly severe at night in scabies and thus sleep disturbances are common. Total 37.5% patients had night aggravation of itching leading to sleep disturbance.

Most common lesion seen in our study was papules in 84.3% followed by excoriations in 81.3% cases. Complications in the form of eczematization were seen in 50% cases and secondary infections were seen in 21.56% patients. Chatterjee T, et al., found papular lesions in 76% cases, papulovesicular and eczematous lesions in 23 and 24% cases respectively.

In present study results multiple sites were affected in an individual. Most regularly exaggerated site was interdigital cleft in 65% followed by hands in 54.1% and genitals in 35.8% cases similar Study by Sunil Agrawal et al., showed generalized involvement in 25(60.97%), webs spaces in 07(17.07%), wrists in 04(9.75%), glans in 01(2.43%) and umbilicus in 01(2.43%) cases.

In the growing international, scabies has become a widespread part of everyday existence. Infestations with scabies notably affect the exceptional of lifestyles. Worth et al., have advised that during many areas where scabies is endemic, nice of life is so bad that human beings do no longer bear in mind scabies to be a hassle and infestation is taken into consideration habitual. Patients with skin illnesses may also have their lives affected in many ways leading to anxiety, melancholy, anger and embarrassment, which lead to social isolation and absenteeism at paintings and faculty. Scabies infestation has a poor effect at the excellent of lifestyles for infected people ensuing in considerable stigmatization and ostracism in addition to affecting social and sporting sports. Data of Jin-gang et al., affirm that scabies patients frequently sense restrictions of their private relationships¹⁹.

However it's a disorder which gets cured when taken proper treatment, it influences the pleasant of existence even though for less period of time. It is crucial to emphasise to sufferers about the want for remedy to all

family individuals concurrently to avoid recurrent infections. Assessing first-rate of life can assist offer patients with better carrier, by way of acknowledging their real needs and interfering with treatment selections.

CONCLUSION

The maximum obvious locating to emerge from this take a look at is that the extent of worry and soreness closer to scabies is high, in spite of the coolest level of information regarding the disorder. Further academic

packages are recommended to avoid the poor effect of scabies at the community and the nice of an man or woman's lifestyles. Hence, delaying in management of suspected instances should reinforce and lively surveillance must be started out in any respect clusters. Health schooling need to accept to improve the attention of community in prevention and manage of scabies and get right of entry to to safe water need to be stepped forward.

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