

**ORIGINAL ARTICLE****Analysis of Skin Infections among School Children**Ankit Kapoor<sup>1</sup>, Bhawna Kapoor<sup>2</sup><sup>1</sup>Assistant Professor, <sup>2</sup>Senior Resident, Department of Dermatology Mayo Institute of Medical Sciences Gadia, Barabanki, UP**ABSTRACT:**

**Background:** School going children are more concerned about their esthetics. The presence of skin infections on face decreases self confidence. The present study was conducted to determine skin infection among school children. **Materials & Methods:** The present study was conducted in the department of dermatology on 840 school students of both genders. General information such as name, age, gender etc was recorded. General examination was done in all students. Skin examination was done to assess any skin diseases. **Results:** Out of 840 students, boys were 380 and girls were 440. The difference was non-significant (P=0.41). Age group 10-12 years had 130 boys and 150 girls, age group 12-14 years had 90 boys and 115 girls, age group 14-16 years had 160 boys and 175 girls. The difference was non-significant (P>0.05). Common skin infections were scabies (20%), acne vulgaris (27%), seborrhea (15%), taenia (8%), vitamin deficiency (13%), impetigo (8%), pythiasis alba (7%) and worm infection (2%). The difference was significant (P<0.05). 102 literate mothers had skin infection in their children while 220 illiterate mothers had not. 190 literate mothers had skin infection in their children while 328 illiterate mothers had not. The difference was non-significant (P>0.05). **Conclusion:** School children develop skin infections very frequently. Proper hygiene is required not only at home but at school too. Mothers education play important role in maintaining personal hygiene.

**Key words:** Acne vulgaris, Seborrhea, Taenia

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**INTRODUCTION**

The skin has major importance in our perception of body image so that the psychological disturbances induced by skin problems may be out of proportion to their medical significance. Very often, skin diseases offer diagnostic clues to major systemic disorders. Many skin diseases ex: Acne vulgaris, Psoriasis, Pityriasis alba, etc can be quickly diagnosed by their clinical features and need little or no further investigations.<sup>1</sup>

A person is more likely to suffer from acne than any other disease; previous estimates have suggested a prevalence as high as 100%. The implications of such a common disease for health care are important, and any change in the prevalence or incidence should be noted. Over the past few years we have found it increasingly difficult to recruit young adolescents for clinical trials in acne owing to an apparent decrease in the severity of acne. In the process of active learning health education is an essential part. It includes personal hygiene, home, and environmental sanitation and nutritional hygiene.<sup>2</sup>

Personal hygiene education is one of the important aspects. If proper measures are not taken for keeping the body clean, the body is liable to various skin infections and it may hamper the physical well-being of the individual. Due to ignorance or lack of proper education, proper hygiene

methods may not be practiced. Management of infinite variety of skin disorders range from simple reassurance to explanation through the gamut of tropical and systemic remedies. Harmful environmental factors may be associated with skin diseases and a public health approach is important.<sup>3</sup>

School going children are more concerned about their esthetics. The presence of acne on face decreases self confidence. It is more common among young growing children. It is one of the common skin diseases.<sup>4</sup> The present study was conducted to determine skin infection among school children.

**MATERIALS & METHODS**

The present study was conducted in the department of dermatology. It included 840 school students of both gender. All were informed regarding the study. Ethical clearance was obtained from institutional ethical committee. General information such as name, age, gender etc was recorded. General examination was done in all students. Skin examination was done to assess any skin diseases. Results thus obtained were subjected to statistical analysis using chi square test. P value less than 0.05 was considered significant.

**RESULTS**

**Table I** Distribution of subjects

840		
Boys	Girls	P value
380	440	0.41

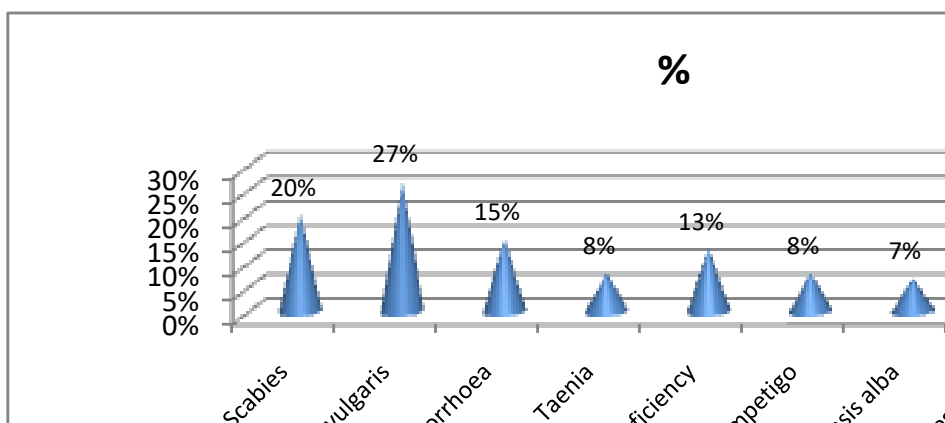
Table I shows that out of 840 students, boys were 380 and girls were 440. The difference was non-significant (P=0.41).

**Table II** Age distribution of subjects

Age group (Years)	Boys	Girls	P value
10-12	130	150	0.1
12-14	90	115	0.4
14-16	160	175	0.8
<b>Total</b>	<b>380</b>	<b>440</b>	

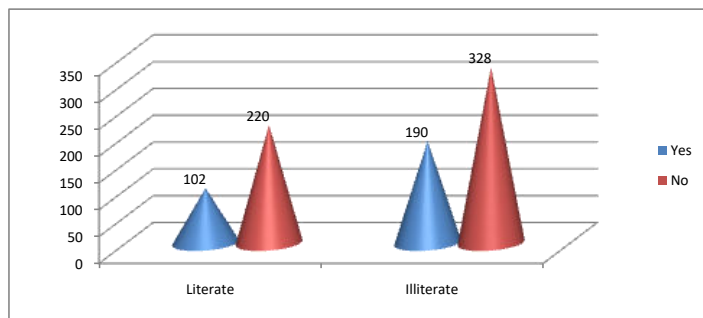
Table II shows that age group 10-12 years had 130 boys and 150 girls, age group 12-14 years had 90 boys and 115 girls, age group 14-16 years had 160 boys and 175 girls. The difference was non-significant (P>0.05).

**Graph I** Distribution of skin infections



Graph I shows that common skin infections were scabies (20%), acne vulgaris (27%), seborrhea (15%), taenia (8%), vitamin deficiency (13%), impetigo (8%), pythiasis alba (7%) and worm infection (2%). The difference was significant (P<0.05).

**Graph II** Education status of mothers



Graph II shows that 102 literate mothers had skin infection in their children while 220 literate mothers had not. 190 literate mothers had skin infection in their children while 328 literate mothers had not. The difference was non-significant (P>0.05).

## DISCUSSION

School children are more prone to develop skin infections. Acne vulgaris is a long term skin disease that occurs when hair follicles are clogged with dead skin cells and oil from the skin. It is characterized by black heads or whiteheads, pimples, oily skin and possible scarring. Skin infections can affect physically, psychologically and socially. All these infections can lead to depression and confidence loss in children.<sup>5</sup> The present study aimed at determining skin infections among school children.

In this study, out of 840 students, boys were 380 and girls were 440. We found that age group 10-12 years had 130 boys and 150 girls, age group 12-14 years had 90 boys and 115 girls, age group 14-16 years had 160 boys and 175 girls. Similar results were seen in study by Shakya et al.<sup>6</sup>

We observed that common skin infections were scabies, acne vulgaris, seborrhea, taenia, vitamin deficiency, impetigo, pytiasis alba and worm infection. This is in agreement with Charuhas et al.<sup>7</sup> Scabies also known as seven year itch, is a contagious skin infestations by the mite *Sarcoptes scabiei*. The most common symptoms are severe itchiness and a pimple-like rash. Tiny burrows may be seen in the skin. Seborrhea is long term skin disorder. Skin becomes red, scaly, greasy, itchy and inflamed.

We found that 102 literate mothers had skin infection in their children while 220 literate mothers had not. 190 literate mothers had skin infection in their children while 328 literate mothers had not. Impetigo is a bacterial infection that involves the superficial skin. The most common presentation is yellowish crusts on the face, arms or legs. There may be large blisters which affects the groin or armpits. Pytiasis alba refers to flaking of the skin. It manifests as red, itchy skin, which is painful. Taenia is a fungal mycoses. It is often called ringworm because the rash is circular with ring like appearance. It is sometimes equated with dermatopytoses.<sup>8</sup>

A study by Ganapathy<sup>9</sup> reported acne and pytiasis alba as common skin infections in school going children. He observed that students age ranged 12-16 years are more likely to develop skin infections.

## CONCLUSION

School children develop skin infections very frequently. Proper hygiene is required not only at home but at school too. Mothers education play important role in maintaining personal hygiene.

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