

# Prevalence of Skin Diseases among School going Children of 5-13 Years in a Private School, Cuddalore

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**Abstract:** Introduction: Skin diseases are common in school going children and lead to significant morbidity. AIM: To find out the prevalence of skin disease among school going children of cuddalore district. Materials and Method: A cross sectional study was conducted among school children of cuddalore district. A total of 320 students were included in the study. Diagnosis was made through proper history and examination. **RESULTS:** The age of the selected individuals were between 5 to 13. Skin disorder were observed in 202 children yielding a prevalence of 63 % and 118 (37 %) were clinically free from disease. 135 (42 %) of boys were affected and 67 (58 %) of girls were affected. Infectious disease accounted for 25.7 % (83), non infectious disease accounted for 16 % (35) and infestation accounted for 26 % (84). More than one lesion was seen in 14 (4.3 %). Conclusion: Prevalence of skin disease was found to be high among school going children. Health education of children, teacher and caregivers regarding signs and symptoms of dermatoses for early detection and timely intervention.

**Keywords:** dermatoses, school children, infectious, non-infectious, infestation

## 1. Introduction

Skin diseases are a major health problem in children, which is associated with significant morbidity<sup>[1]</sup>. Most of the skin disorders are non-lethal yet chronic, prevalence is an important tool for research purposes. In children and adolescents the skin disorders vary markedly from those in adults. Low socio-economic status, malnutrition, overcrowding and poor standards of hygiene are important factors<sup>[2]</sup>.

## 2. Aim And Objective

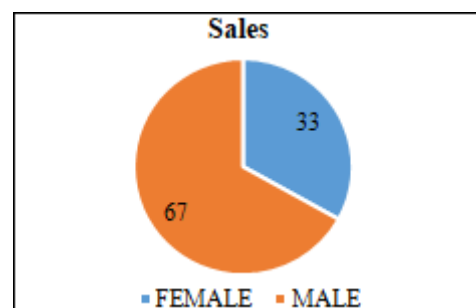
To study the prevalence of skin diseases among school going children of 5-13 years in a private school, Cuddalore.

## 3. Materials and Method

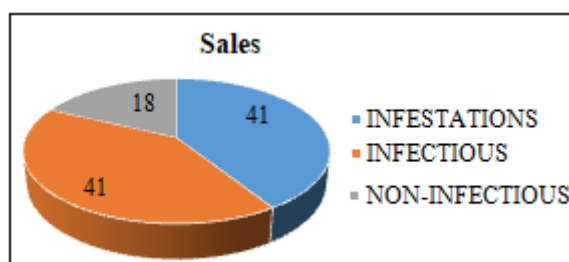
- 1) A cross sectional study was conducted among school children.
- 2) A total of 320 students were included in the study.
- 3) The ages of selected individual were between 5 to 13.
- 4) Diagnosis was made through proper history and examination.
- 5) Data were entered in Microsoft excel and analysed using IBM SPSS version 17.

## 4. Results

- 1) Skin disorder were observed in 202 children yielding a prevalence of 63% and 118 (37%) were clinically free from disease.
- 2) Among 202, 135 (66.8%) were boys and 67 (33.1%) were girls. Infectious disease accounted for 41% (83), non infectious disease accounted for 17.3% (35) and infestation accounted for 41.6% (84). More than one lesions were seen in 14 (6.9%).



Infestation	Percentage
Scabies	15.80%
Pediculosis Capitis	25.70%
Noninfectious Disease	Percentage
Pityriasis Alba	1.90%
Atopic Dermatitis	6.90%
Acne Vulgaris	3.50%
Vitiligo Vulgaris	0.40%
Seborrheic Dermatitis	6.90%
Premature Greying Of Hair	0.40%
Post Inflammatory Hyperpigmentation	6.40%
Ichthyosis	0.90%



Infectious Disease	Percentage
Pyoderma	12.30%
Tinea Corporis	13.80%
Pityriasis Versicolor	8.40%
Folliculitis	1.40%
Wart	2.40%
Molloscum Contagiosum	0.90%

## 5. Discussion

Dermatological problems, such as infectious dermatoses, affect a great proportion of school children in developing countries like India. Skin disorders in children may cause discomfort, parental anxiety, and embarrassment to the child and unwanted absence from school and work. This may lead to losing of confidence and disruption of social relations, feeling of stigmatization, and bring about changes in lifestyle<sup>[3]</sup>. Sociodemographic factors such as age, gender, economic status, and overcrowding play an important role in determining the pattern of skin disorders in this age group.<sup>[4]</sup> There was a higher prevalence of infectious skin disorders among school children with pediculosis capitis being the most common disorder. Lack of medical intervention reported by symptomatic students was unexpectedly high. Therefore, it is useful to monitor the epidemiology of skin problems in children so that relevant skin health education programs and preventive measures can be planned and implemented effectively. The prevalence of skin disorders, especially infectious dermatoses, was high among the school children in our study area which is a reflection of the prevalence in the overall population of that area. It is mainly attributed to a lack of proper hygienic measures and health awareness which has to be addressed promptly for the improvement of that area. Health education of children, teacher and caregivers regarding signs and symptoms of dermatoses for early detection and timely intervention.

## References

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