

# Movement Against Stunting through Scabies Counseling at Cibunar Village Health Post

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## Movement Against Stunting through Scabies Counseling at Cibunar Village Health Post

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### ABSTRACT

Scabies is a skin disease that ranks third out of the twelve most common skin diseases in Indonesia. This disease typically affects individuals or groups with poor hygiene practices. The main symptom of scabies is itching which gets worse at night. It has been recorded that cases of scabies sufferers have increased in Indonesia, therefore all related parties must take preventive and curative measures quickly. Therefore, the UKI PkM (public health service) team consisting of lecturers and students conducted counseling activities on the topic of Scabies and their treatment. This activity aims to increase public knowledge about scabies, how to prevent them, and information on scabies medication by distributing leaflets as an educational medium. Based on the pretest results, the percentage of participants who answered correctly was 33.3%.

## INTRODUCTION

Scabies is a skin disease caused by infestation and sensitization reaction to the parasite *Sarcoptes scabiei* var. *hominis*. This skin disease is global, with an estimated more than 300 million people worldwide infected each year. The prevalence of scabies tends to be higher and more severe in tropical countries, reaching around 10%, even up to almost 50% in children. Scabies often appear endemic in school-age children, especially in rural areas and developing countries. In Indonesia, the prevalence of scabies is still quite high. Based on data from the Indonesian Ministry of Health in 2008, the prevalence of scabies in Indonesia ranged from 5.60% to 12.95%, making it the third most common skin disease out of 12. This data was obtained from health centers throughout Indonesia. Scabies is a highly contagious disease. Transmission can occur through direct contact with the sufferer's skin or through indirect contact with objects contaminated with mites.

Scabies often occur in tropical countries, including Indonesia. According to data from WHO, globally scabies can attack at least 200 million people at any given time. This figure is in line with the annual report which states that there are around 300 million cases of scabies each year. Based on a report from the Indonesian Ministry of Health in 2016, of the total population of Indonesia of 261.6 million people in that year, the prevalence of scabies ranged from 4.60% to 12.95%, placing scabies in third place out of the 12 most common skin diseases. Environmental cleanliness is closely related to the emergence of scabies in society. Efforts to maintain environmental cleanliness are carried out both individually and collectively to control external factors that can endanger health and threaten human life. Some steps that can be taken include providing clean water, preventing air, water, and soil pollution, and breaking the chain of disease transmission that can threaten human health.

Therefore, it is important to provide education to the community as a preventive measure and guidance in the use of scabies medication so that treatment is effective and prevents re-infection. This activity aims to increase public knowledge about scabies, and prevention efforts, and provide information about scabies medication through the distribution of leaflets as an educational medium related to scabies and how to use medication properly.

## IMPLEMENTATION AND METHODS

### Activity Targets

The targets of this community service activity through counseling about Scabies are parents or mothers who have toddlers in Cibunar Village, Sumedang Regency, West Java.

### Implementation Method

This activity is carried out in the form of counseling with the following stages of activity:

1. Presentation by resource persons (experts from UKI).
2. Initial and final tests (pre-test and post-test) regarding community knowledge regarding Scabies.

### Time and Place of Activity

This activity will be held at the Cibunar Village Health Post, Sumedang Regency, West Java, in September 2023.

### Participants

Participants in this counseling are mothers who have toddlers. The number of participants is 15 people. The methods used in this community service activity include distributing leaflets equipped with education to patients using the purposive sampling technique. In addition, patients will also be given pre-test and post-test sheets to measure understanding before and after receiving the leaflet.

### RESULTS AND DISCUSSION

The counseling was held at the Cibunar Village Health Post, Sumedang Regency, West Java. This community service aims to provide scabies education in the form of disease recognition, prevention, and use of scabies medication. Participants in this counseling were mothers with 15 toddlers. Participants were first given a pre-test sheet to measure patient knowledge about scabies. The next session was a presentation about scabies as well as the distribution of leaflets to support patient understanding.

The presentation was carried out by UKI lecturers together with students as documented in Figure 1 below:



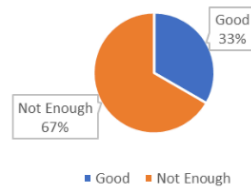
**Figure 1. Documentation of the Speaker's Presentation Session on Scabies**

Patients looked very enthusiastic in listening to the material presented, at the end of the presentation session, participants actively asked questions to the speaker. The pretest results are shown in Table 1 below.

**Table 1. Level of Participants' Knowledge of Scabies before Presentation (Pre-test)**

Knowledge about Scabies Before Exposure	Frequency	Percentage (%)
Good	5	33.3
Not Enough	10	66.7
<b>Total</b>	<b>15</b>	<b>100</b>

**Level of Knowledge of Participants in Scabies Counseling Before Exposure (Pre-test)**



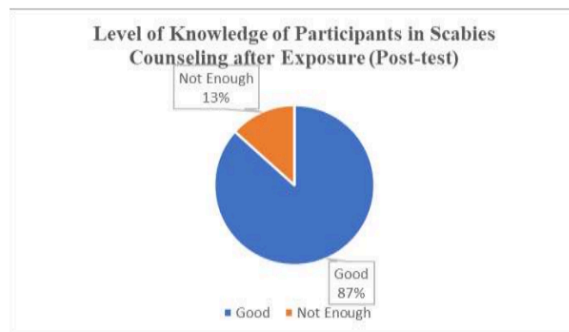
**Figure 2. Pie chart of pre-test results "Participants' Knowledge about Scabies"**

After the presentation, the post-test sheets were distributed to measure and compare the results before and after the presentation of the material. The results are shown in the following table 2:

**Table 2. Level of Participants' Knowledge about Scabies after Presentation (Post-test)**

Knowledge about Scabies Before Exposure	Frequency	Percentage (%)
Good	13	87
Not Enough	2	13
<b>Total</b>	<b>15</b>	<b>100</b>

**Level of Knowledge of Participants in Scabies Counseling after Exposure (Post-test)**



**Figure 2. Pie chart of pre-test results "Participants' Knowledge about Scabies"**

Scabies is a skin disease caused by infestation of the ectoparasite *Sarcoptes scabiei* var. *hominis*. This disease ranks third out of 12 most common skin diseases in Indonesia. Scabies generally attacks groups of people with poor personal hygiene. The main symptom is itching that gets worse at night. The diagnosis of scabies is confirmed through anamnesis and physical examination.

Treatment of scabies requires adequate education for patients because the available treatment options have quite a few side effects, while this disease is highly contagious. Scabies therapy includes the use of 5% permethrin cream, 1% lindane cream, 10% crotamiton ointment, 2-10% sulfur, and oral ivermectin. Oral ivermectin is also effective and has been approved in several countries, but its use in pregnant women or children weighing less than 15 kg is still not safe so it is not recommended before there is further safety data. At the beginning of treatment, itching usually increases for 1-2 weeks, so it is important for patients to be given an understanding of this. In Cibunar Village, Rancakalong District, Sumedang Regency, West Java, there were 15 mothers with toddlers who participated in counseling activities. Before the counseling, the majority of participants (10 out of 15 people or 67%) had poor knowledge, while only 5 people (33%) had good knowledge. After participating in the counseling, there was an increase in understanding, where 13 out of 15 participants (87%) showed a good increase in knowledge. This shows that the counseling material can be accepted and understood well by the community.

#### CONCLUSIONS AND RECOMMENDATIONS

Counseling about Scabies for mothers in Cibunar Village, Rancakalong District, Sumedang Regency, West Java has had a good impact, as indicated by an increase in participants' knowledge about scabies and how to prevent and treat it, with the category of good knowledge increasing from 33 percent to 87 percent.

#### ACKNOWLEDGMENT

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