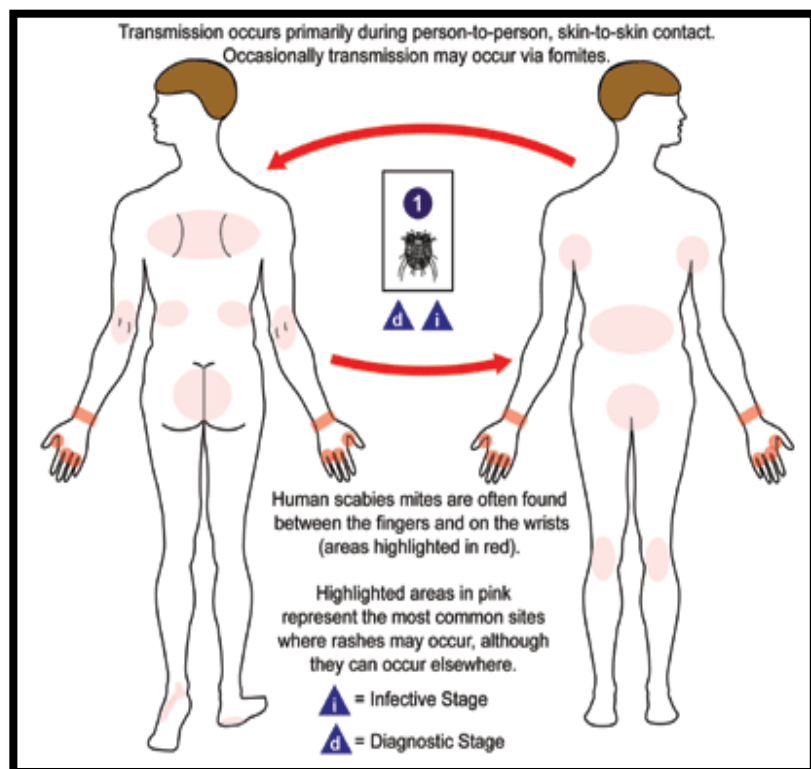


### What is Scabies?

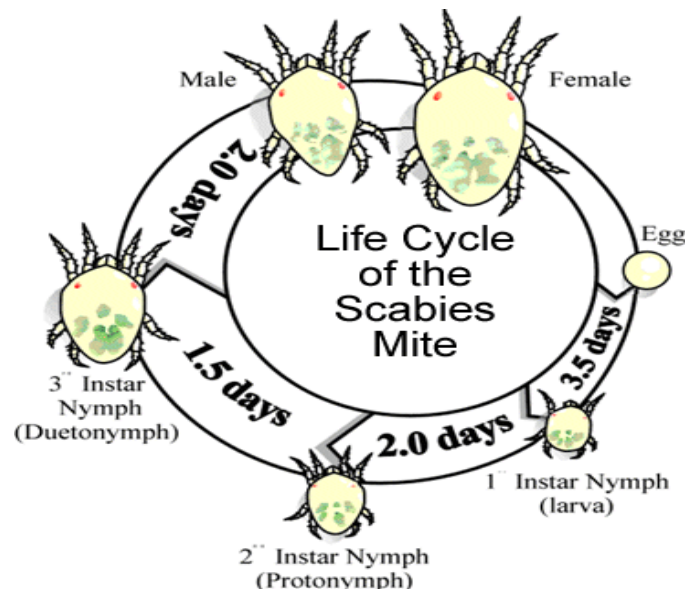
- **Infestation of the skin** by the **human itch mite** (*Sarcoptes scabiei*)
- The microscopic scabies mite burrows into the upper layer of the skin where it lives and lays its eggs.
- **Highly pruritic** and **contagious** parasitic disease.



*Sarcoptes scabiei*



- Transmitted through a **direct, prolonged skin-to-skin contact** with an infected person.
- It spread rapidly under crowded conditions where close body and skin contact is frequent.
- Most common symptoms are **intense itching** (during night time and when sweating) and a **pimple-like skin rash**.
- Possible parts of body affected by scabies are wrist, toes, finger webs, arm, buttock, breast (nipple), waist line and genitalia.

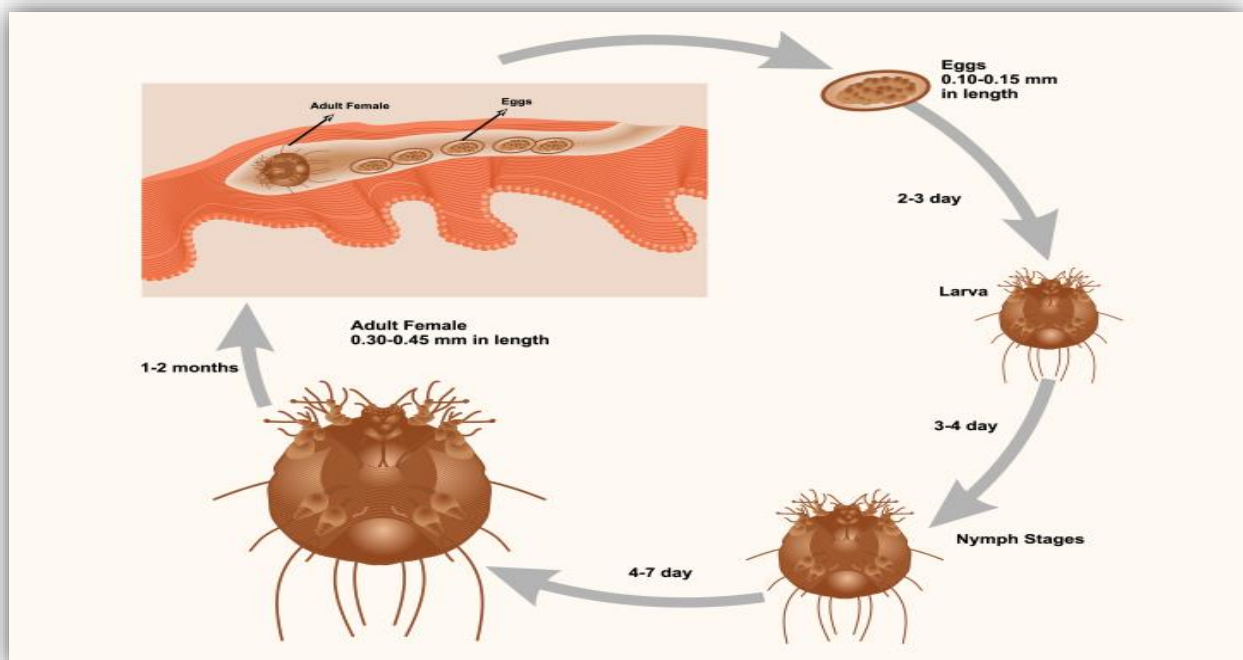


## Treatment of Scabies

- **Immediate treatment** for the patient (treat secondary infection first, as most scabicides are irritant).
- **Topical treatment** must be applied to the entire skin surface, from jawline downwards including all body folds, groin, navel and external genitalia, as well as the skin under the nails (especially crusted scabies).
- Patients with scabies and their **close physical contacts**, even without symptoms, should **receive treatment** at the same time.
- After completion of treatment, patients should **use fresh, clean bedding and clothing**.
- **Decontaminate** all linens, towel and clothing use in the previous 4 days by **hot water washing (60°C)** or **put under the sun** or **kept in a plastic bag** for up to **72 hours**, because mites that are separated from the human host will die within this time period.

### Treatment for Scabies according to patient's category

| Patient Category            | Recommended Therapy   |
|-----------------------------|---|
| Newborn to 2 months of age  | ✓ Crothamiton 10% cream   |
| Children (2 months - 2 y.o) | ✓ Permethrin 5%<br>✓ Crothamiton 10% cream                                  |
| Children (2-12 y.o)         | ✓ Emulsion benzyl benzoate 12.5%<br>✓ Permethrin 5%                         |
| Adult                       | ✓ Emulsion benzyl benzoate 25%<br>✓ Permethrin 5%                           |
| Pregnant women              | ✓ Permethrin 5%<br>✓ Crothamiton 10% cream (avoid massive & prolonged use ) |



### Crotamiton 10% Cream



|                          |   |
|--------------------------|---|
| <b>Mode of action</b>    | Scabicial agent   |
| <b>Side effects</b>      | Burning, itching, rash, redness, stinging, swelling, numbness   |
| <b>Counselling point</b> | <ul style="list-style-type: none"> <li>• Bathe and dab dry before applying crotamitone.</li> <li>• Apply over whole body except face and scalp; once daily, up to 7 days.</li> <li>• Avoid any contact with eyes or mucous membrane</li> <li>• Avoid massive, prolonged use in pregnant woman and infant</li> <li>• For nodular scabies; Apply to the nodules 3 times a day for 7-14 days.</li> </ul> |

### Emulsion Benzoyl Benzoate (EBB) 12.5% & 25%



|                          |  |
|--------------------------|--|
| <b>Mode of action</b>    | Benzyl benzoate exerts toxic effects on the nervous system of the parasite, resulting in its death. It is also toxic to mite ova, though its exact mechanism of action is unknown. <i>In vitro</i> , benzyl benzoate kills the <i>Sarcoptes</i> mite within 5 minutes.   |
| <b>Side effects</b>      | Burning sensation, rashes, skin irritation   |
| <b>Counselling point</b> | <ul style="list-style-type: none"> <li>• Apply from neck to soles, avoid head and face area</li> <li>• Apply on the skin surface continuously for 24 hours for 2-3 days.</li> <li>• Rinse off after 24 hours and then reapply, with a bath taken in between each application.</li> <li>• A third application may be required in some cases i.e. HIV/ immunocompromised patients</li> <li>• Wash off thoroughly after the recommended time period</li> <li>• Use of EBB is contraindicated in pregnancy, breast feeding woman and infant of &lt;2 years old.</li> </ul> |

## Permethrin 5% Lotion



|                          |   |
|--------------------------|---|
| <b>Mode of action</b>    | Pyrethroid insecticide  |
| <b>Side effects</b>      | Burning, itching, rash, redness, stinging, swelling, numbness   |
| <b>Counselling point</b> | <ul style="list-style-type: none"> <li>Apply over whole body include face, neck, scalp and ears in infants &amp; HIV patients who has scabietic lesions on the head. Otherwise in normal adults, apply from neck to soles.</li> <li>Wash off after 8 - 12 hours</li> <li>Repeat 1 week later</li> </ul> |

## Prevention

- ✚ Avoid direct skin-to-skin contact with an infested person or with clothing and bedding used by an infested person.
- ✚ All household members and potentially exposed persons should be treated.

## References

- Guidelines for Management of Scabies in Adult and Childrens. February 2015. Ministry of Health Malaysia.
- Topical Preparations Counselling Guide for Pharmacist. 1<sup>st</sup> ed 2018.
- Scabies. Retrieved December 13, 2023 from <https://www.cdc.gov/parasites/scabies/index.html>

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