# Skin Diseases: Prevalence and Impact in the Quality of Life of the Community Members in a Rural VDC

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**Background**

Skin diseases are the most common health problems, for which community members seek health care in Nepal. Skin diseases are responsible for severe disabilities and are among the major cause of social stigmatization. There is significant impact of skin diseases in the quality of life of the community members. Most skin diseases are preventable and treatable.

**Methods**

This is a community based cross sectional descriptive study. First a baseline household survey was done in Talku dudhechaur VDC. Then 4 health camps were conducted in the same VDC, during which skin diseases were diagnosed. The patients diagnosed with chronic and/or severe skin diseases were interviewed with Dermatology Life Quality Index questionnaire with additional questions.

**Results**

The overall prevalence was 20.1%, with a slightly higher prevalence in females (22.5%) than males (18%). The prevalence of skin diseases in children was 28.1%. The Dermatology Life Quality Index score ranged from 7 to 19 with a mean score of 10.7±3.2. Among all skin diseases, five groups of disorders – eczemas, pigmentary disorders, acne, urticaria & pruritus – were the skin problems with highest prevalence and highest impact on the quality of life of the community members. The 10 most common skin diseases seen were eczemas, pigmentary disorders, p.alba, acne, urticaria, moles & lumps, pruritus, viral infections, pyodermas & fungal infections.

**Conclusions**

Common skin problems are easily preventable and treatable at the community and primary health care level. A coordinated and timely intervention towards prevention and management of skin diseases is essential for overall health development of the Nepalese population.

**Keywords:** impact; management; prevalence; prevention; skin diseases; skin problems; quality of life.