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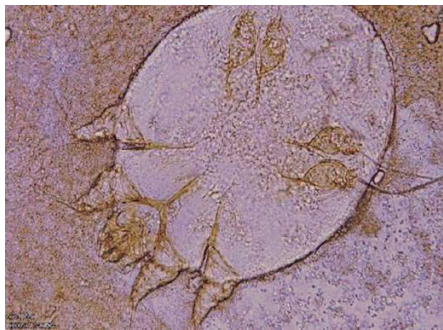
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Scabies is a highly communicable skin disease. It often occurs in communities , crowded nursing homes , long-term care institutions, and hospitals. Due to its long latent period, it is often overlooked at the time of initial diagnosis, resulting in delayed treatment. If effective treatment and isolation measures are not taken in a timely manner, it would become highly contagious.

Transmission pathway

Infection with scabies occurs when the skin comes into direct contact with scabietic mites, and infection may occur after intimate body contact, when turning over patients, or between family members. Infection can also occur when handling sheets, towels, bedding, or clothing of scabies patients.



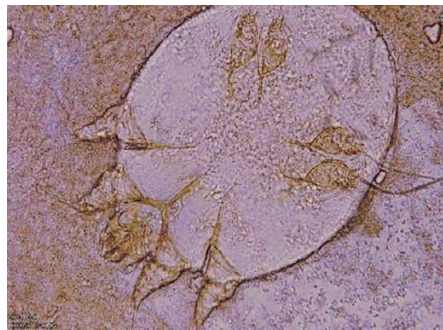
scabies mite under microscope 400X magnification

2

疥瘡是一種傳染性很高的皮膚病，常發生在一般社區、病人集中之安養院、長期照護機構、護理之家及醫院，由於潛伏期長，診斷時常被忽略導致治療延誤，若未適時採取有效的治療及隔離措施，會造成彼此交互感染的發生。

傳染途徑

疥瘡是經由皮膚直接接觸疥蟲而造成的傳染，如親密的身體接觸、替病人擦澡翻身，或家庭成員間互相傳染；接觸到被疥瘡患者污染的床單、毛巾、床褥、衣服等也會受到感染。



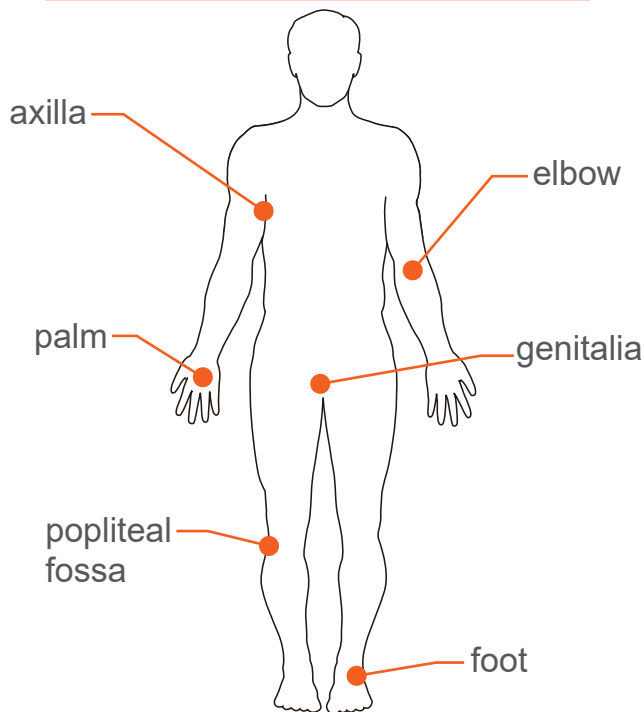
顯微鏡400倍率下的疥蟲影像

3

Symptoms

The most obvious characteristic of scabies is intense itchiness, particularly in the evening. Another characteristic is a progressive rash and itchiness, particularly in the gaps between the fingers, palms, inside of the wrist and elbow, armpits, perineum in men, and breasts in women. Patients infected with scabies begin to display a rash only after roughly 4-6 weeks, but may display symptoms within 24 hours after being infected again.

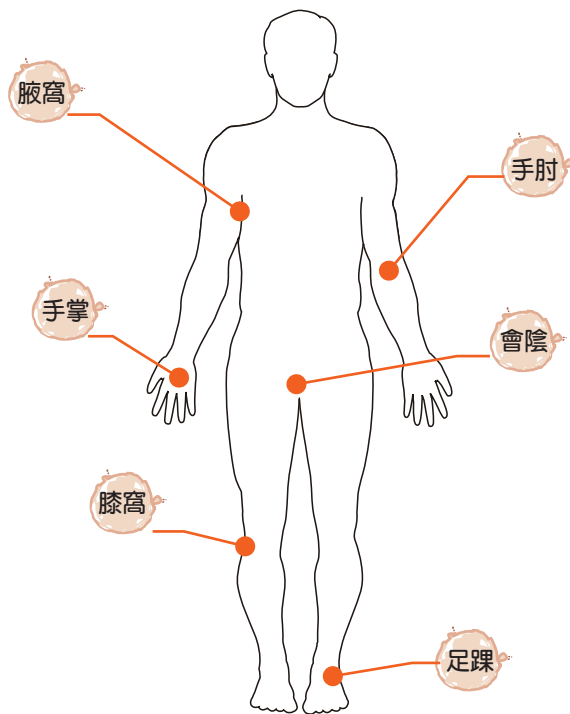
The common distribution of scabies



症狀

疥瘡最明顯的特徵是強烈的搔癢，特別是晚上；另一個特性為漸進性發疹及發癢，特別是指縫、手掌、手腕與肘的屈側、腋下、男性的會陰部與女性的乳房等部位。第一次感染疥瘡之病患約4-6星期後才會出疹，再次感染則於24小時內出現症狀。

疥瘡的好發部位



Treatment

Scabies can be treated directly through the anti-scabies medication. If the secondary infection, eczema, or intense itchiness occurs, the doctor can prescribe antibiotics, steroids, or antipruritic agents. Although treatment is generally effective within three days, in order to prevent recurrence, patients should continue to use medication for one week, and treatment should extend to two weeks in the case of keratotic scabies.

治療

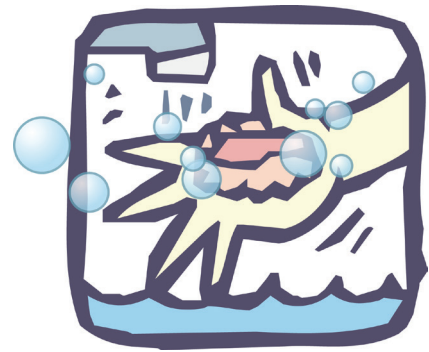
可直接使用抗疥藥劑於患處，若有續發性感染、嚴重濕疹及劇癢時，醫師會再配合抗生素、類固醇、止癢劑來使用，原則上治療三天即有療效，但為預防再度復發需持續用藥一星期；角化型疥瘡治療則須延長至兩星期。

Nursing and prevention

1. Correct use of medication: After bathing the patient and letting the skin dry, rub medication on the patient's entire body, starting from the neck. The patient may put on clothing after the liquid medication has dried.
2. Isolation of patient: All persons infected with or suspected of having scabies should be kept in isolation during treatment. All persons caring for scabies patients should wash their hands thoroughly before and after contact. All family members and work personnel who have come in contact with scabies patients should use preventive medication.
3. To alleviate their sense of itchiness, patients should not be covered with thick, heavy bedding at night.
4. Itchiness should be eased by light patting. To avoid breaks in the skin and possible infection, patients should not scratch with their hands.

護理與防治

1. 正確使用藥劑：先徹底沐浴，待皮膚乾後，藥劑由頸部塗擦至全身，待藥液乾後再穿上衣物。
2. 執行接觸隔離：所有感染或疑似個案均予以隔離治療，照顧病人前後須徹底洗手，曾接觸疥瘡病患之家屬及工作人員均應使用預防性藥物。
3. 夜間勿蓋厚重的被蓋，以降低劇烈搔癢感。
4. 搔癢時以輕拍方式止癢，勿用手抓以免破皮造成感染。



Precautionary notes for caregivers

1. All family members or cohabiting persons who have been in close contact with patients should be treated with a scabicide on an outpatient basis.
2. Persons in contact with patients should wear face masks and gloves, and should wash their hands faithfully after contact.
3. Disposal of articles used by the patient.
 - A. Household articles such as clothing and bedding should not be casually shaken when changed.
 - B. Wash items in hot water at a temperature of at least 60°C for 10 minutes, or iron with a hot iron, or dry in a clothes dryer.

照顧者應注意事項

1. 凡是和病人有密切接觸的家人或同住者，應至門診取殺疥劑使用。
2. 接觸患者時應戴口罩、手套，接觸後確實洗手。
3. 用物處理
 - A. 居家用物如衣物、被單等，更換時勿隨意抖動。
 - B. 以攝氏60°C以上之熱水清洗十分鐘，或使用熨斗燙或烘衣機處理。

- C. Clothing that cannot be washed in water should be sealed in plastic bags and allowed to sit for two weeks, or placed out in strong sunlight for at least eight hours.



- C. 不能用水洗滌之衣物，以塑膠袋密封靜置兩週，或在艷陽下曝曬八小時以上。



- D. Furniture and the living environment can be cleaned by wiping with bleach.
4. Give patients psychological support as much as possible.

- D. 家具及環境清潔可用漂白水擦拭。
4. 多給予患者心理支持。



佛教大林慈濟醫院
Buddhist Dalin Tzu Chi Hospital

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

認識疥瘡

Recognizing
Scabies

佛教慈濟醫療財團法人

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