

Scabie- Wash- Project

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1.what we found:

Many migrants here or in other places suffer from scabies infection. They don't have sufficient access to medicine. They live close together in small facilities. Their bodies are weakened through physical and emotional stress, malnutrition, bad hygienic and weather conditions, fears to be detected, emotional and physical traumata.

Some of them have higher resilience than others. Money has to be saved for reaching their destination.

In countries of origin like Pakistan, Afghanistan and Sri Lanka scabies is an endemic disease concerning 15 to 70 percent of the population. It is not life threatening.

Scabies treatment has been done (as far as we know) through handing out Permethrin 5% cream (Infectoscab 5%). It is an insecticide and needs a prescription.

One application is generally curative.

It bans the itching very quickly and kills the acarian.

Often only the persons were treated but not the surrounding and so the people were reinfected.



2. facts about the infection

Can take place through large area, long and continuous skin to skin contact in dimension of 5 to 10 minutes.

→ **Handshaking, welcome kisses and hugs as well as a short examination of the skin is without risk.**

Theoretically it is possible to transmit scabies via sleeping bags and blankets. But because of the fast reduction of infectivity it happens very seldom.

But with immunoreduced people it might happen.

3. Problems with conventional treatment

- Migrants don't have free access to the medicine because it is only sold in pharmacies normally on prescription of a doctor.
- Dependency on volunteer structures develops: Without volunteers (or doctors) no treatment
- a weak body might suffer from the exposure to this treatment and itching and skin irritation can increase
- failure of the method because of remaining scabies in sleeping bags/blankets

4. Demands on treatment

Requirement of a treatment that fulfills the following criteria:

- it should fight scabies (not totally but at least to individuals or small groups)
- it should be in reach to the people themselves
- it should be affordable
- it should do no harm to body and surrounding
- it should lay the responsibility of health in the hands of people and not of medical staff
- it should be usable in other situations and living conditions all over the world

REMEMBER:

This scabies-treatment should bring empowerment to the people!

Scabies infected is the person who says: I have scabies.

(no need to examine. Trust!)

(even if the person should not be infected the scabie-wash is a protection)

5. Requirements

personal: 3 volunteers

one: assistant of the wash in the "bathroom"

second: gives out one by one the plastic bags with fresh clothes to the one whose turn it is to do the skabie-wash. Protects fresh sleeping-bags or blankets from being taken away and getting mixed with scabies-blankets.

third: works as stand-by-person. Gets things from the car, helps with cutting washcloth, holds flashlight

time needed: 4 hours for the first treatment and full change of underwear and sleeping bags/blankets

material:

- waschbowl (cut a water bottle in half and use lower half)
- Vinegar
- Water
- thin fleece blanket or other sheet (for wash cloth and "shower"curtain)
- wash cloth made of this blanket
- big 120 l garbage bags (also use one as a curtain for the changing room) for storing scabies-sleeping bags and blankets
- small light shopping plastic bags for individual clothes
- gaffer tape (strong adhesive tape)

- black marker to label scabies-blanket-bags and new clothes bags
- crepe tape to write on (see above)
- clothes line with clothespin
- flashlight

Receipe vinegar-water:

one part vinegar + one part water

Rooms (areas): or adjust to the situation

the **common room** is split in two to three zones:

a. zone for everybody with space for personal belongings. No blankets and sleeping bags. (they go in to the big plastic sacks)

b. „clean“-zone, in which fresh things can be deposited and new sleeping areas can be established.

Ideally both zones are identical.

c. small **storage** zone with fresh clothes, fresh sleeping-bags and fresh blankets that volunteers look after.

"**shower-room**": (see also page 9 and 11)

split up into 4 areas: the whole room is secured through a big plastic bag preventing glances from outside

a. changing room and room to stay for assistant (volunteer)

b. "clean" zone to deposit the personalised fresh laundry bag and the clothes the person will wear again (jacket, trousers) after the scabie-wash.

c. "unclean" zone to deposit scabies-clothes

d. intimate-"shower"-area for own and personal scabie-wash.

Attention: only here (without any glance from anyone) is a need to undress completely and to put the underwear through throwing in the "unclean" zone.

6. Procedere

Select an infected spot where a more or less consistent group of people live (not more than 10)

Day 1:

- introduce yourself
- organize a meeting with the inhabitants of that place
- introduce your offer of scabie-wash
- if people are interested in this treatment explain the method. (see below)

(bring with you: one bottle of the cheapest vinegar you can find. One bottle of water. Thin fleece blanket or other sheet to cut small wash-cloths. Clothesline with clothes-pin)

- Ask each person who wants to take part in this program individually which size of underwear, longjohns and socks (and perhaps caps and gloves) he/she has. Write down in connection to their names.

Fix a time when you will come back the next day.

In between: organize new underwear...., sleeping bags or blankets and ground coverage. Pack clothes in individual plastic bags with names of the migrants on it.

Day 2:

- collect people to make a meeting

Explain the idea again and reassure yourself that the people are ready to do it. Put emphasis especially on explaining the urgency of intense wash of intimate gaps, between fingers and toes, under the armpit and in the belly button.

→ Perhaps abandon your plan for today and try at a later time because troubles and disturbances have priority- see below

Preparation:

→ do all things in front of the people so they learn how to do it themselves (cutting bottle, cutting wash-cloths, mixing vinegar and water, prepare "clean" and "unclean" zone...)

- Find out with the people where the best place for the scabie-wash could be. Clean the space together with some migrants.

- In the meantime let the people put their used and scabies-infected blankets... in big plastic sacks so that you have an almost scabies-free floorspace.
- Label the scabies-blanket-bags with the name of the owner, "scabies" and the date when they can be used again (after 4 days).
- Cut small wash-cloth-pieces out of the fleece blanket together with the people. The rest of the blanket can be used as a „shower curtain“.
- One volunteer holds (and "controls") the personalised individual fresh clothes bag, the fresh sleeping bags and fresh blankets. This volunteer hands out the cloth bag and the name labeled wash cloth to the person whose turn it is to go to the scabie-wash.
- The personalised clothing bag is put in the "clean" zone.
- The assistant (2nd volunteer- the same gender as the person who does scabby-wash (if possible)) supports person to sort out the clothes to the right zone.
- The person steps into the intimate shower area and starts washing himself/herself with the vinegar water. The assistant motivates to use lots of vinegar water and reminds of the relevant areas like skin-gaps etc.
- After the washing the assistant hands over the person the fresh underwear clothes until the person steps into the changing area.
- After the person is fully dressed again he/she puts the unclean clothes into the now empty clothes bag with the name on it.
- The assistant goes with the person to the clothes line and hangs wash-cloth and unclean plastic bag with name and scabies-cloth up the cloth-line. (see page 10)
- The person returns to the common room, will be greeted there by the first volunteer. He/she gets a fresh blanket or sleeping bag.

Now this procedure is being repeated for every person taking part in that program.

- closure meeting: Everybody is ok?
- advice:
 - + repeat this treatment three times a day for three days for treatment or for protection.
 - + use vinegar water also against head and body lice.
 - + tell other people about this method
- share one bar of chocolate with everyone as a connecting ritual

Day 3-5: homevisits two times a day, if possible with assisted scabies-wash. Bring with you fresh water and vinegar and mix it there. In case there is enough vinegar water leave your water there for drinking.

Day 6: Today the sleeping bags and blankets that have been layed aside can be used again.

general recommendations:

purpose of meeting:

- good to sit, so that people coming in realize, that something is going on
- provides a good group feeling
- attention: troubles have priority and food first (if people are hungry they can't be open to something new)
- but: feel free to ask people to postpone their talks or to talk outside if necessary

plastic bags with names:

- putting own name on a plastic bag is an act of selfdetermination and means: I own something
- the signed plastic bags give an overview to everybody who takes part in the program
- it safeguards the situation the next day against unplanned output of sleeping bags/blankets to people who have not participated in the washing

7. Costs

treatment for 10 people	
20 garbage sacks a 120l	494 Dinar
11,25l water	172 Dinar
Vinegar 12 l	536 Dinar
cloth line and pins	<u>250 Dinar</u>
	1452 Dinar = 11,70€

8. Experiences and problems:

- people come and leave places all the time - no fixed group possible
- people think they need to put on fresh clothes after every scabie-wash
- people only used it all in all once or twice instead of 2-3 times a day for 3 days

Evaluation:

14 people have started the treatment.

After one day one person says, the itching is almost gone. One said, it is better.

After two days comments like "good medicine", "scabies is gone", "very much better".

New persons start demanding scabie-wash.

One person have left the place and can not comment the treatment.

Conclusion:

The subjective well-being of individuals after applying vinegar water on their bodies has improved considerably despite only rare use of the scabie-wash treatment.

"clean"zone (for depositing fresh clothes)in changing area with labeled plastic bag in which fresh underwear was provided.



"unclean"zone
(left on the floor- for depositing
scabies-clothes)

background:
"shower curtain" made of fleece
blanket
(rest was used for wash cloth)

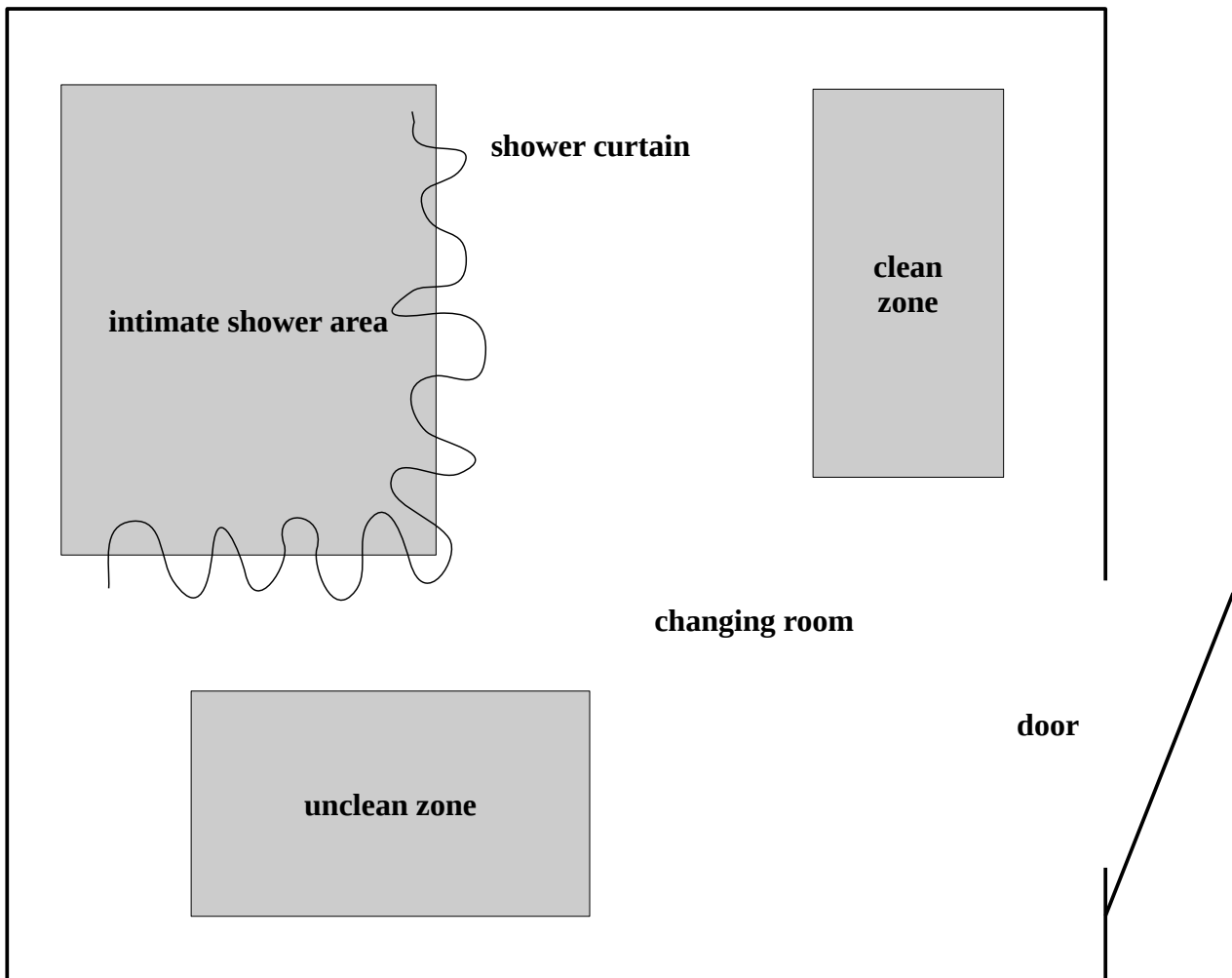


half vinegar (left bottle) + half water = vinegar-water



cloth-line with
wash-cloths and
individual bags
with scabies-
underwear

schematical plan of "shower room"



Handout for migrant:

My Scabies-Wash (treatment or protection)

you need:

- 1 part Vinegar + 1 part water => Vinegar-Water
- your own wash-cloth
- fresh underclothing which is in direct skin contact (underwear, tights, socks, T-shirt (longjohns))
- fresh sleeping bag/blanket

procedure:

1. Put your scabies-sleeping bag/ blanket aside.
2. Put your scabies-clothes aside.
3. Wash yourself three times a day for three days with your own wash-cloth systematically with the Vinegar-Water. Avoid contact with eyes.
4. After the first wash dress in fresh underclothing and use only the fresh sleeping bag/blanket.

Attention:

- all people in one tent or place do the skabie-wash at the same time
- do not sleep close to scabies-people
- avoid close skincontact with scabies-people

storage of scabies-clothes

in the winter:

do not use scabies-clothes and scabies-sleeping-bag/blanket for four nights (best is to store it in a closed plastic bag) (scabies do not survive without direct body contact)

in the summer:

- put your scabies-clothes and scabies-sleeping-bag/blanket for four days in a closed plastic bag in the sun (Heat destroys scabies)

Good to know:

Vinegar-Water for washing works also against head-lice and body-lice!!!!