



PRURITUS

## A STUDY OF PRURITUS AND ITS IMPACT ON QUALITY OF LIFE IN PATIENTS OF RECALCITRANT DERMATOPHYTOSIS

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**Background:** In recent year Recalcitrant dermatophytosis is a major issue faced by dermatologist across india. Pruritus is one of the major symptom of dermatophytosis It may adversely affect the quality of life of patients. There has been no study on different aspects of pruritus in chronic dematophytosis till date.

**Objective:** To characterize the burden of pruritus in patients of dermatophytosis and to evaluate its impact on quality of life using comprehensive itch questionnaire of own design.

**Materials and Methods:** Non interventional , cross sectional clinico-epidemiological study comprising 100 patients of recalcitrant dermatophytosis.. A self structured QOL score was devised and validated using appropriate statistical tools. Questionnaire evaluated impact of pruritus on various dimensions of q uality of life of patients. Intensity of pruritus was measured on a 10 point Numerical rating scale (NRS).The QOL and NRS scores were correlated. Global assessment of pruritus was also done in terms of frequency, distribution, diurnal and seasonal variation, sensory quality and affective dimension.

**Results:** Almost all patients of dermatophytosis suffered from pruritus; the frequency of pruritus was daily . Mean intensity by NRS scale was moderate ( $5.7 \pm 1.75$ ). Intensity of pruritus was associated significantly with the increasing age ( P value 0.026 ) and atopic background.(P value 0.000). It also correlated well with extent of disease (% BSA involved) [  $r = 0.537$  ; P value =0.00].Mean QOL of the cohort was  $1.62 \pm 2.48$ . Quality of life impairment correlated well with intensity of the pruritus as measured by NRS. [  $r = 0.705$  ; P value = 0.00 ].

**Conclusions:** Pruritus in dermatophytosis affects the QOL of patients. Newly designed self structured QOL questionnaire is a validated and versatile tool in evaluation of different dimensions of this pruritus.

