



AN EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF HOT SALT WATER FOR BEDBUG TREATMENT IN A SELECTED RESIDENTIAL AREA OF WESTERN MAHARASHTRA

Community Medicine

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KEYWORDS

Bedbug, Hot Salt Water, Density, Basal Body Temperature

INTRODUCTION: Bed bugs are a type of insect that feed on human blood, usually at night. Their bites can result in a number of health effects including skin rashes, psychological effects and allergic symptoms. Bed bug bites may lead to skin changes ranging from invisible to prominent blisters. Symptoms may take between minutes to days to appear. Itchiness is common, while some may feel tired or have a fever. Typically, uncovered areas of the body are affected and three bites occur in a row. Bed bugs bites are not known to transmit any infectious disease.

Bed bug bites are caused primarily by two species of the insect Cimex: Cimex lectularius (the common bed bug) and Cimex hemipterus. Their size ranges between 1 and 7 mm. They spread by crawling between nearby locations or by being carried within personal items. Infestation is rarely due to a lack of hygiene but is more common in high-density areas. Diagnosis involves both finding the bugs and the occurrence of compatible symptoms. Bed bugs spend much of their time in dark, hidden locations like mattress seams or cracks in the wall. Posed by bedbugs is the irritation of bites or the psychological concern resulting in lack of sleep and stress in extreme reactions

The greatest risk posed by bedbug is the irritation of bites or the psychological concern resulting in lack of sleep and stress. In extreme reactions large wheals can be appeared.

OBJECTIVES:

1. To assess the effectiveness of hot salt water in reducing the bedbug density in living area
2. To find the association between selected socio demographic data and the hot salt water treatment

METHODS: An experimental study was conducted over a period of four weeks among 100 student nurses in a selected military nursing college. Random sampling was done and experimental study was done in the living accommodation of the student nurses.

RESULTS: Out of 100 respondents 60% had 93-96°F & 40% had 96-99°F basal body temperature. 80% of the subjects were found to have wooden beds while 20% had plywood beds. 50% of the subjects were mopping the floor alternative days 30% of them in once a day and 20% of them did once a week. 50% of the subjects change their bed linen once in a week, 30% of them once in a month and 20% of them once in 2 weeks. 50% of them dusted their luggage once in a week, 30% of them did once in two weeks and 20% of them did once in a month. More than 90% of the bedbug density was reduced after the treatment of beds with hot salt water and this experiment proved that bedbug can be destroyed with a low cost measures like hot salt water and this study can be used to educate community to practice this method regularly to reduce the ill health effects of bed bug bite.

CONCLUSION: The present study is an experimental study to assess the effectiveness of hot salt water in treatment of bedbug in a residential area as bedbugs are sensitive to hot salt water and cannot withstand extreme temperature. Health education regarding personal hygiene as a measure to control and prevent future bedbug infestation can be conveyed to students as well as community at large. The method used in this study can be easily used in community and other residential area because of economic reasons its feasibility and easy accessibility.