

PREVALENCE OF SUPERFICIAL FUNGAL INFECTION AT THE STUDENTS OF SPORTS UNIVERSITY OF TIRANA

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Abstract

Superficial fungal infections are a frequent form of human infections, they are more prevalent in sport active people than in general population because of the warm environment and moisture, that is created particularly during periods of intensive training, favoring the growth of fungi. The aim of the study was to estimate the frequency of dermatophytosis of the students at Sports University of Tirana. During the period September 2014 - May 2015 was carried a prospective cross sectional study in 320 students at University of Sports. After answering the questionnaire all the suspected students for dermatophytosis were further examined by dermatologist. Data from the questionnaires were analyzed by IBM SPSS Statistic 20. At the suspected cases were taken skin scrapings witch were referred to the mycology laboratory (KOH examination). In the present study out of 320 students, 83 (25,9%) were females and 237 (74,1%) were males. According to the engagement in physical activities 140 (43,75%) of the students were regularly doing physical activity while 180 (56,3%) were not doing regular exercising. At the group of students with regular activity 48 (34,2%) were clinically suspected for dermatophytosis, but only 37 (26,5%) were were confirmed by KOH examination. According to the sport activity 12 (8,59%) were football player, 8 (5,74%) athletes, 5 (3,58%) basket/volley ball player, 12 (8,59%) fitness. At the non exercising group 42 (23,3%) were clinically suspected but only 34 (19%) students resulted positive to KOH examination. It has been found through this study that there is a high prevalence rate of dermatophytosis among sport active students, so it is important to promote preventive measures, in order to avoid interpersonal contact as well as using routine sport spaces. Early diagnosis and treatment will increase the performance in various physical activities.

Keywords: *dermatophytosis, sport activity, KOH examination*