# The Facilitator's Guide

# For the Scabies and Crusted Scabies Storytelling App





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### **Background**

One Disease is a non-profit organisation whose mission is to eliminate Crusted Scabies, as a public health concern, from Australia by 2022.

Crusted Scabies mainly affects Indigenous Australians living in remote communities.

This extremely infectious and debilitating disease develops from cases of untreated scabies in people whose immune system is not working properly due to other existing chronic illnesses.

In remote Aboriginal communities in Australia's Northern Territory, scabies is endemic, with reports of up to 50% of children and 25% of adults affected.<sup>1</sup>

### Purpose of the Scabies and Crusted Scabies Storytelling App

The One Disease Scabies and Crusted Scabies Storytelling App is a free resource specifically developed for Australia's remote Indigenous communities.

The App can be used on a desktop or with IOS or Android on a mobile phone or tablet. It can be used both online and offline.

The App's purpose is to help reduce scabies and Crusted Scabies cases in remote communities by providing information in a culturally appropriate and interesting way, through the telling of stories with illustrations and narratives in Plain English and Australian Aboriginal languages.

The App has four stories for the following audiences:

- Women and Babies
- Renal (kidney) patients and older people
- School-aged children
- Men

Each story aims to increase awareness of the prevention, diagnosis and community management of scabies and Crusted Scabies.

Each story uses relevant illustrations that reflect and are appropriate for the intended audience and has an audio narration component.

The narration component is available in twenty-two Australian Aboriginal languages,

### **Purpose of the Facilitator's Guide**

This Facilitator Guide (the Guide) has been developed for health workers, teachers and community workers to support the use of the Storytelling App when facilitating or providing health education for small groups in Australian Indigenous communities.

The Guide can also be used by staff from registered training organisations and other education providers to understand how to use the App for teaching nurses (and other health professionals), schoolteachers, trainers and community members about Crusted Scabies and scabies, with a specific focus on how to keep homes free from scabies.

It is hoped that facilitators will act as a further resource for their fellow workers and communities on how to use the App.

<sup>&</sup>lt;sup>1</sup> www.who.int/bulletin/volumes/86/4/07-043034/en/

### What is included in the Guide?

- Purpose of the App
- An explanation on how this App links to Primary Health Care & the Remote Area
   Health Corp (RAHC) e-Learning module on Scabies & Crusted Scabies Management
- How the App works:
  - Audiences for the Story, Explanation of the icons, Facilitator's Notes, Australian Aboriginal Languages contained within
- Key messages within the App
- Offline use of the App
- Information on preparing and delivering a training session on how to use the App
- Evaluation resources.

### **Relevance to Primary Health Care**

The Scabies and Crusted Scabies Storytelling App directly links with the **Principals of Primary Health Care**<sup>2</sup>, as it:

- Incorporates personal care with health promotion, the prevention of illness and community development
- Acknowledges the interconnecting principles of equity, access, empowerment, community self-determination and inter-sectoral collaboration
- Broadly encompasses an understanding of the social, economic, cultural and political determinants of health.

Furthermore, the App resource:

- Prioritises those most in need and helps to address health inequalities
- Encourages community and individual self-reliance, participation and control
- Encourages collaboration and partnership with other sectors to promote public health.

### Other Resource: Remote Area Health Corp Crusted Scabies e-Learning Module

The App can be used as a companion tool to the One Disease Scabies & Crusted Scabies e-Learning Module on the Remote Area Health Corp (RAHC) website: www.rahc.com.au/elearning.

Funded by the Federal Government, RAHC is a not-for-profit program, which offers health professionals opportunities to undertake short-term paid placements (3 weeks – 12 weeks) in remote Indigenous communities in the Northern Territory.

As part of their services RAHC offers a suite of free online eLearning modules, which have been developed to increase awareness about various aspects of working within

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<sup>&</sup>lt;sup>2</sup> www.phaa.net.au/documents/item/266

Northern Territory's remote Indigenous communities for those who have worked primarily in urban-based settings.

The modules are available to all health professionals – those who have or are about to undertake placements with RACH and those who simply have an interest in Indigenous health.

All of the RAHC modules are guided by evidence-base practice and best practice clinical and learning principles.

# The Scabies and Crusted Scabies Storytelling App

Within the App, there are four separate stories for four audiences.

### They are:

- Women and Babies
- Renal (kidney) patients and older people
- School-aged children
- Men.

You can choose to listen to each story in English or one of the Australian Aboriginal language within the App and listed on page 8.

There is also an option to switch off the narration.

### The App's Icons

On the story selection page, the four buttons at the top are used to filter the stories according to their category.



The 'book' icon is used for normal stories that don't have any interactive elements.



The 'pages' icon is used inside a story to view the facilitator notes for that particular scene. The notes provide further information and key message(s) for the scene.



The 'game controller' icon is used for interactive stories.



The 'video player' icon is used for animated stories without interactive scenes.

### **Key Messages of the App's Stories**

#### **Scabies**

Scabies is a skin infestation by mites known as Sarcoptes scabiei.

Scabies mites are very tiny. They are hard to see without a microscope.

Scabies mites crawl; they do not jump or fly.

When people get scabies, they have 10-15 mites living on their skin.

Close skin-to-skin contact with someone who has scabies is the most common way to get scabies.

#### **Crusted Scabies**

Crusted Scabies is a very contagious form of scabies.

Much rarer than scabies, Crusted Scabies develops in people with poor immune systems who have untreated scabies.

Poor immune systems in individuals are often due to other existing serious illnesses and conditions such as HIV, cancer or kidney failure.

People with scabies usually have a small number of mites (e.g. 10-15 mites) on their body.

People with Crusted Scabies have an extreme number of mites (e.g. hundreds of thousands of mites) on their body.

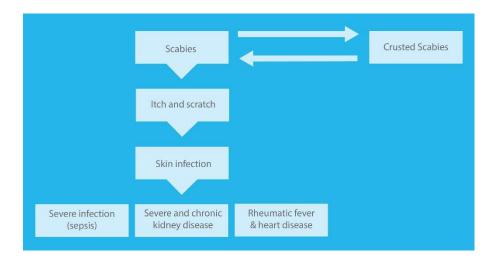
This is because their bodies can't launch an immune response to stop the mites from multiplying.

#### The Problems

Both scabies and Crusted Scabies affect people living in remote communities and can lead to severe health problems.

Constant scratching, which is a symptom of scabies, can cause sores. Cracked skin is a symptom of Crusted Scabies. Both can cause secondary bacterial infections.

These infections can lead to very serious conditions, including septicaemia (blood poisoning), heart disease and kidney disease.



People with Crusted Scabies may also develop feelings of shame as they may become disfigured due to the crusts that form on their skin.

Both scabies and Crusted Scabies are treatable and preventable.

#### Treatment for scabies involves:

The application of Lyclear Scabies Cream twice, 7 days apart, at the same time, for everyone in the household.

Lyclear contains the ingredient **permethrin**, which belongs to a group of medicines called pyrethroids which kill mites such as scabies.

The Lyclear cream is not ovicidal, it won't kill scabies eggs.

The first application of Lyclear will kill all the adult mites but not the eggs, which will hatch and become adults during the following 7 days.

This is why the cream must be applied twice, 7 days apart. The second application will kill all the new mites that have hatched.

#### **Treatment for Crusted Scabies involves:**

- A combination of creams and oral medicines to soften the skin and kill the mites
- Permethrin (Lyclear) or Benzyl Benzoate (Benzemul) applied to the skin, and oral ivermectin (Stromectol) is also prescribed by a doctor.

People with Crusted Scabies usually undertake this treatment in hospital. The hospital stay is 1-4 weeks or sometimes longer.

### **Scabies Free Households**

An important strategy to prevent scabies and Crusted Scabies is for people to create and maintain scabies free households and communities.

#### This involves:

- Making households Scabies Free Zones by treating everyone in the home with Lyclear cream twice, applying the cream together at the same time, 7 days apart.
- Everyone has to be treated, as scabies and especially Crusted Scabies are very infectious.
- All bedding, towelling and clothing in the household should be washed in a washing machine on the HOT setting with water that will reach at least 50 degrees to kill scabies mites.
- If the washing machine is broken or only runs cold water, the bedding, towelling and clothing can be placed in large plastic bags like garbage bags that are closed and left for 3 to 8 days (3 days in mild-dry conditions and 8 days in warm-humid conditions). This will kill the scabies mites.
- A clothes dryer on the HOT setting for at least 20 minutes will also kill the mites, as will ironing all the clothes, towelling and bedding on the hottest setting,
- To keep homes scabies free, all the above routines need to occur on a regular basis.

It is important to know that animals do not spread human scabies. Pets can become infested with a different kind of scabies mite that does not survive or reproduce on humans.

### **Indigenous Languages**

There are twenty-two Australian Indigenous languages available in audio for use with the App. Languages are grouped by state and region below.

It is expected that use of these languages will vary across locations including in areas outside the stated region. People move within and beyond the region they live in and the App allows facilitators and others to access the language most useful for the audience wherever they are.

English is also available in both audio and text for each story.

### Languages by State and Region

### **Northern Territory**

- 1. Tiwi (Modern)
- 2. Ndjebbana
- 3. Kunwingku
- 4. Yolngu Matha
- 5. Burrara
- 6. Anindiliyakwa
- 7. Maung
- 8. Murrinh Patha
- 9. Katherine west side kriol
- 10. Katherine east side kriol
- 11. Anmatyerr
- 12. Western Arranta
- 13. Pitjantjatjara
- 14. Warlpiri
- 15. Luritja

### Western Australia - Kimberley region

- 16. Kimberley kriol
- 17. Walmajarri
- 18. Nyikina

### Queensland - Far North Queensland

- 19. Yumplatok
- 20. Wik Mungkan
- 21. Kalaw Kawa Ya
- 22. Meriam Mir

### Offline Use of the App

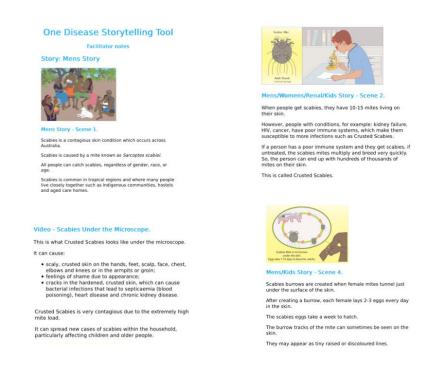
Each story and the accompanying facilitator notes can be downloaded as a webpage or a PDF by clicking on the icon, as shown on the diagram below.



Also, at the bottom of the right-hand side there is a Download All button to download all the stories.

The main difference between viewing the Facilitator Notes as a web page or PDF is the web page can be viewed in a new tab, and the PDF can be saved/printed/sent to others.

### **Example of the Facilitation Notes**



# Sample Resources: Planning, Implementing and Evaluating a Session

### Preparing and Delivering a Session with the App

Familiarise yourself with the App

Log into the App (password is not used) and familiarise yourself with its contents.

Choose the most appropriate story within the App to present during your session.

The App has facilitation notes that you download and print for each story, which contains practical information relating to each scene (see page 9).

Review the notes before the session so you are at ease with the information.

Size and Composition of the Group/Audience

The size of the group will influence how you deliver the session.

For example, an information session with little interaction may be provided for a large group. A small group will enable a more interactive learning approach with greater depth and customisation of content.

Cultural values and practices of Aboriginal and Torres Strait Islander peoples differ throughout Australia. Therefore, it is essential that you get to know the group or community you will be delivering to (if you don't already).

Notice which sessions may be sensitive for gender issues.

Be prepared to check with the group about whether men and women should be in separate groups to discuss certain issues.

Find out the original Custodians of the Country / Land.

Consider inviting an Elder to be present at the training to support accurate exploration and understanding of local issues.

If you are an external trainer delivering a session in a school, ask the teacher of the class to remain in the classroom and participate in the training.

Environment Considerations for the Training – Safe and Accessible Learning Environment
Check that:
$\ \square$ The chosen venue is a short distance from your participants or that travel arrangements can be made for the participants to easily attend.
For stand-alone classrooms:
☐ Access steps or ramps are properly maintained
$\hfill \Box$ Access stairs or ramps are provided with handrails
□ access to the exit (s) of the classroom/learning environment is unobstructed at all times

$\hfill \Box$ there is a screen or a clear white wall to show the App via data projector
☐ the classroom has adequate lightening
$\hfill \square$ procedures in place to deal with spillages, e.g. water, blood from cuts.
☐ the room has natural ventilation
$\hfill \square$ a reasonable room temperature can be maintained during use of the classroom
$\hfill \square$ measures are in place, for example blinds, to protect from glare and heat from the sun.

#### Preparing your lesson/session

Depending on the time available and your audience, develop your session plan, including the materials and resources you will use.

Ensure training tools and equipment required e.g. working computer/ data projector, whiteboard and pens, butcher's paper etc) are available before the training takes place.

Ensure you have access to the Internet to show how the App works.

Check as to whether there are any administrative and record-keeping requirements for running the session.

Remember that the learning group is a resource to be utilised. Creating partnerships between participants who can share their current skills and knowledge should be encouraged.

### **Session Learning Outcomes Example (For PPT Slide or Handout )**

To understand the purpose and audience(s) of the Scabies and Crusted Scabies Digital Storytelling App by;

- Increasing knowledge on scabies and Crusted Scabies;
- increasing knowledge of the importance of keeping scabies and Crusted Scabies under control via:
  - +treatment
  - +creation of Scabies Free Zones.
- Understanding how to use the App.

## Session Scabies and Crusted Scabies Information Example (For PPT Slides or Handout)

#### What is scables?

Scabies is a skin infestation by tiny mites known as Sarcoptes scabiei.

Scabies mites are very tiny. They are hard to see without a microscope.

Scabies mites crawl; they do not jump or fly.

Close skin-to-skin contact with someone who has scabies is the most common way to get scabies.

### What is Crusted Scabies?

Crusted Scabies is a very contagious form of scabies.

Much rarer than scabies, Crusted Scabies develops in people with a weak immune system who have untreated scabies.

Weak immune systems in individuals are often due to other existing serious illnesses and conditions such as HIV, cancer or kidney failure.

#### What is the difference between scabies and Crusted Scabies?

People with scabies usually have a small number of mites (e.g. 10-15 mites) on their body.

People with Crusted Scabies have an extreme number of mites (e.g. Hundreds of thousands of mites) on their body.

This is because their bodies can't launch an immune response to stop the mites from multiplying.

Crusted Scabies can lead to an appearance similar to those who have leprosy, causing shame and embarrassment.

### What are the symptoms and problems caused by both conditions?

Both scabies and Crusted Scabies affect people living in remote communities and can cause severe health problems.

Constant scratching, which is a symptom of scabies, can cause sores. Cracked skin is a symptom of Crusted Scabies. Both can cause secondary bacterial infections, after the bacteria enters the skin.

These infections can lead to very serious conditions, including septicaemia (blood poisoning), heart disease and kidney disease.

However, both scabies and Crusted Scabies are treatable and preventable.

#### How do you treat scabies?

By applying Lyclear Scabies Cream twice, 7 days apart, at the same time, for everyone in the household.

Lyclear contains the ingredient **permethrin**, which belongs to a group of medicines called pyrethroids which kill mites such as scabies.

The Lyclear cream is not ovicidal, it won't kill scabies eggs.

The first application of Lyclear will kill all the adult mites but not the eggs, which will hatch and become adults during the following 7 days.

This is why the cream must be applied twice, 7 days apart. The second application will kill all the new mites that have hatched.

### **How do you treat Crusted Scabies?**

With a combination of creams and oral medicines.

- Permethrin (Lyclear) or Benzyl Benzoate (Benzemul) applied to the skin and
- Oral ivermectin (Stromectol) is also prescribed by a doctor.

People with Crusted Scabies usually undertake this treatment in hospital. The hospital stay is 1-4 weeks or sometimes longer.

#### **Scabies Free Households**

Scabies and particularly Crusted Scabies are very contagious skin conditions.

This is why an important strategy to prevent scabies and Crusted Scabies is for people to create and maintain scabies free households and communities

This involves:

Making households Scabies Free Zones by treating everyone in the home with Lyclear cream twice, applying the cream together at the same time, 7 days apart.

Treating everyone is extremely important, as scabies and especially Crusted Scabies are very infectious.

All bedding, towelling and clothing in the household should be washed in a washing machine on the HOT setting with water that will reach at least 50 degrees to kill scabies mites.

If the washing machine is broken or only has cold water, the bedding, towelling and clothing can be placed in large plastic bags like garbage bags that are closed and left for 3 to 8 days (3 days in mild-dry conditions and 8 days in warm-humid conditions) to kill all the scabies mites.

A clothes dryer on the HOT setting for at least 20 minutes will also kill scabies mites, as will ironing all the clothes, towelling and bedding on the hottest setting,

These routines need to be become regular activities and should be especially restarted when someone begins to constantly scratch, as this is a sign that scabies is present. Visitors should also be encouraged to apply Lyclear cream twice.

#### Can you get scabies from animals?

Animals do not spread human scabies. Pets can become infested with a different kind of scabies mite that does not survive or reproduce on humans.

### **Session Plan Example**

Duration: 60 mins

Time	Activity Sequence	Resources Required
5 mins.	Introductions and welcomes  Acknowledgement of Indigenous custodians of the local area.  Introduce yourself to the class and	Laptop, Presentation screen/projector PPT Presentation or Hard-copy handouts
	outline the purpose of the session, using a PowerPoint slide with the learning outcomes or a hard-copy handout (example is on page 11 of this guide).  Information on scabies and Crusted	
10 mins.	Scabies and health impacts	Laptop, Presentation
	Brief overview of scabies and Crusted Scabies, using PowerPoint slides or hard-copy handout (examples are on pages 11-13).	screen/projector PPT Presentation or Hard-copy handouts
	Emphasise:  Both scabies and Crusted Scabies affect people living in remote communities and can cause severe health problems.	
	☐ Close skin-to-skin contact with someone with scabies is the most common way to get scabies.	
	☐ Crusted Scabies is a very contagious form of scabies.	
	☐ Much rarer than scabies, Crusted Scabies develops in people with weak immune systems who have untreated scabies.	
	☐ The scabies mites multiply because the person's body is unable to launch an immune response.	
	☐ Scabies usually means having about 10-15 mites on the body.	

	☐ Hundreds of thousands of mites are present when people develop Crusted Scabies.	
	☐ Constant scratching, which is a symptom of scabies, can cause sores. Crusted Scabies causes cracks in the skin. Bacteria can then enter the body, which can lead to secondary bacterial infections.	
	☐ These infections can lead to very serious conditions, including septicaemia (blood poisoning), heart disease and kidney disease.	
	☐ Both scabies and Crusted Scabies are treatable and preventable.	
	☐ Treatment, and creating and maintaining scabies free homes are essential to curb scabies and Crusted Scabies.	
20 mins.	Introduction to the Scabies and Crusted Scabies Storytelling App	
20 1111113.	Purpose of the App: To provide information in a culturally appropriate way to health/community workers/teachers, and their Indigenous communities on scabies, Crusted Scabies, their treatments, and ways to create and maintain scabies-free households.	Laptop, Presentation screen/projector, webpage open on the One Disease Storytelling App
	Log into the App, show the Introductory pages, including the languages, icons and stories available.	
	Run through the most relevant of the four stories with the class, using the facilitator notes to provide additional information.	
	Emphasise:  ☐ The languages that available to listen	
	to the key messages.	
	☐ The App has four icons and their use.	
	I and the second se	

	<ul> <li>□ There are four stories, each for a different audience.</li> <li>□ There are facilitation notes to provide</li> </ul>	
	further information for most scenes.   There are interactive activities which can be used to recap on the key messages.	
	Questions and recap on key messages	
15 mins.	One or two of the App's interactive activities can be used to revise the information and/or the True or False Activity on pages 17-18 can be conducted.	True or False Activity
	For further information/training, participants should be encouraged to complete the free <b>Crusted Scabies Module</b> on the Remote Area Health Corp (RAHC) website:  www.rahc.com.au/elearning.	
	Session evaluation	
10 mins.	The evaluation sheet on page 20 can be given out to the participants to fill out. There are also informal evaluation activities for the trainer on page 19.	Student/Participant Evaluation

### **Scabies and Crusted Scabies True or False Activity**

1.	. In cases of simple scabies, there are usually about 10-15 mites on the body. $\hfill\Box$			
	True	False		
2.	Crusted Scabies other illnesses.	can develop in people who have untreated cases of scabies and		
	True	False		
3.	Crusted Scabies	is more contagious than scabies.		
	True	False		
4	Pets can give yo	u scabies		
٠.				
	True	False		
5.	You can treat sc	abies but not Crusted Scabies.		
	True	False		
6.	If you don't treat diseases.	scabies and Crusted Scabies, you can get other very serious		
	True	False		
7.	To get rid scable Cream at the san	es from a household, everyone has to apply Lyclear Scabies ne time once.		
	True	False		
8.	<b>Crusted Scabies</b>	needs treatment and usually requires a hospital stay.		
	True	False		
9.		bies mites, if you don't have a washing machine with hot water t hes and bedding, there is nothing you can do.		
	True	False		
10.	Applying Lyclean get rid of scabies	r Scabies Cream twice and washing the clothes and bedding will s for good.		
	⊔ True	□ False		

### **Correct Responses**

1. In cases of simple scabies, there are usually about 10-15 mites on the body.

True.

Crusted Scabies develops in people who have untreated cases of scabies and other illnesses.

True.

Their poor immune functioning, which is due to other existing illnesses means their bodies can't launch an immune response to stop the mites from multiplying.

3. Crusted Scabies is more contagious than scabies.

True.

This is because people with Crusted Scabies have hundreds of thousands of mites on their bodies. The chances are that everyone living in their household and even visitors will get scabies.

4. Pets can give you scabies.

False.

Animals do not spread human scabies. Scabies is usually spread by close skin-to-skin contact with someone who has scabies.

5. You can treat scabies but not Crusted Scabies.

False.

Both are treatable and preventable diseases.

6. If you don't treat scabies and Crusted Scabies, you can get other very serious diseases.

This is mainly through bacterial infections that develop when bacteria enter the skin through sores or cracks in the skin. Bacterial infections can lead to septicaemia (blood poisoning), heart disease and chronic kidney disease.

7. To get rid a household from scabies, everyone has to apply Lyclear Scabies Cream at the same time once.

False.

Everyone in the household has to apply the Lyclear Scabies Cream **twice**, at the same time, 7 days apart. The cream doesn't not kill scabies eggs.

The first application of Lyclear will kill all the adult mites but not the eggs, which will hatch and become adults during the following 7 days.

The second application will kill all the new mites that have hatched from their eggs.

8. Crusted Scabies needs treatment and a hospital stay.

True.

The person needs to rest, have creams applied, and also take oral medication.

9. To kill all the scabies mites, if you don't have a washing machine with hot water to wash all the clothes and bedding, there is nothing you can do.

False.

You can place all the clothing, towelling and bedding in large plastic bags like garbage bags, close them and leave them for 3 to 8 days (3 days in mild-dry conditions and 8 days in warm-humid conditions) to kill all the mites. Or you can put all the items in a clothes dryer for 20 minutes on the hottest setting or iron them on the hottest setting.

10. Applying Lyclear Scabies Cream twice and washing the clothes, towelling and bedding will get rid of scabies for good.

False.

Keeping a scabies free household is regular work. As soon as the first signs of scabies reappear, i.e. constant scratching, all household members should reapply the Lyclear cream again twice. Visitors should be encouraged to apply the Lyclear cream twice too. All the clothes, bedding and towelling need to be attended to as above (response 9).

### **Evaluation Activities Examples**

### Students/Participants response during training delivery:

- Did the students/participants appear involved and interested?
- Did they ask questions?
- Did they help solve problems and issues as they arose during the training?
- Did the training location appear to be suitable?
- Was the right number of students/participants involved?
- Was the training session the right length?

#### **Trainer Self – Evaluation**

- What worked well? Why? What didn't work well? Why?
- Were the training aims and objectives met?
- Was the information presented during the training appropriate and adequate?
- Was the information provided in an interesting and engaging manner?
- Was there any additional content or resources that would have assisted the training?
- Were the resources used to support the training appropriate?
- Do the participants have any further training requirements?
- If applicable, have the administrative and record-keeping requirements been met?

### **Student/Participant Evaluation Example**

Please tick the response closest to your rating. There is space provided at the bottom of the page to comment on any aspect of the session.

	Excellent	Good	Needs Improvement
Trainer's			
knowledge of			
session content			
Trainer's			
presentation style			
Trainer's handling			
of group responses			
Trainer's handling			
of questions from			
the group			
Guest speaker (if			
applicable)			
Organisation			
of session content			
Quality of activities			
Quality of the			
visual aids			

Overall, on the above scale of 1 to 5 (with 1 being Bad and 5 being Great) how would y rate the session?	'ou
Which parts of the session did you find most useful?	
Which parts of the session were least useful?	

t assist?	OW WIII
Do you have any suggestions to improve the session?	