

## Socio-demographic aspects of distribution of some infectious diseases with particular importance for Public Health of Durres

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### Abstract

**Objective:** This paper makes the identification of cases of infectious diseases, with special attention to Public Health in Durres such as: unspecified gastroenteritis, influenza, common cold (flulike syndrome) and scabies, to put into practice efficient public health policy.

**Methodology:** This is a retrospective study. In this paper are used annual data from 2010-2015 and monthly data for the 2015 of the Service Control of Infectious Diseases in Regional Health Directorate of Durres. The data are filled by the primary health services: 10 health centers of the city of Durres and health centers in the villages of Durres. This data are reported in written form to the Service Control of Infectious Diseases of Durres.

**Results:** The largest number of cases with unspecified gastroenteritis was in 2010 and since that year the number of cases have a downward trend. The largest number of cases for scabies and influenza was in 2011 and since that year the trend has been declining. The data reveal that women have the highest incidence to develop unspecified gastroenteritis and influenza while males are the most affected by scabies. The city of Durres appeared with increased cases of unspecified gastroenteritis, influenza and scabies, while the villages of Durres have the largest number of cases with common cold. August for 2015 represents the highest number of cases for unspecified gastroenteritis and ages from 1-4 years old is more affected.

**Conclusions:** All kind of gastroenteritis should be verified by the exact microorganism that caused them. Since that the city of Durres is a coastal city, the number of population increases during the summer season, also increasing the cases with gastroenteritis therefore should have a greater control of the food consumed. Health education should be much more efficient to reduce morbidity from infectious disease.

**KEYWORDS:** Unspecified gastroenteritis, influenza, common cold (flulike syndrome), scabies.

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### I. Introduction

#### Definition

**Gastroenteritis** is an inflammation of the stomach and the intestines. Gastroenteritis has numerous causes including infections (viruses, bacteria and parasites), food poisoning and stress.

**Influenza** is an acute respiratory illness caused by infection with influenza viruses. The illness affects the upper and/or lower respiratory tract and is often accompanied by systemic signs and symptoms such as fever, headache, myalgia, and weakness.

Persons at Higher Risk for Complications of Influenza
<ul style="list-style-type: none"> <li>• Children from birth to 4 years old</li> </ul>
<ul style="list-style-type: none"> <li>• Pregnant women</li> </ul>
<ul style="list-style-type: none"> <li>• Persons &gt;65 years old</li> </ul>
<ul style="list-style-type: none"> <li>• Children and adolescents (6 months to 18 years old) who are receiving long-term aspirin therapy and therefore may be at risk for developing Reye's syndrome after influenza</li> </ul>
<ul style="list-style-type: none"> <li>• Adults and children who have chronic disorders of the pulmonary or cardiovascular system, including asthma</li> </ul>
<ul style="list-style-type: none"> <li>• Adults and children who have chronic metabolic diseases (including diabetes mellitus), renal dysfunction, hemoglobinopathies, or immunodeficiency (including immunodeficiency caused by medications or by HIV)</li> <li>• Adults and children who have any condition that can compromise respiratory function or compromise the handling of respiratory secretions or can increase the risk of aspiration</li> </ul>
<ul style="list-style-type: none"> <li>• Residents of nursing homes and other chronic-care facilities that house persons of any age who have chronic medical conditions</li> </ul>

**Table 1.** Persons at Higher Risk for Complications of Influenza

**Common cold**(Flulike syndrome) is an acute contagious disease of the upper respiratory tract that is marked by inflammation of the mucous membranes of the nose, throat, eyes, and Eustachian tubes with a watery then purulent discharge and is caused by several viruses.

**Scabies** is an infestation of the skin caused by the scabies mite *Sarcoptes scabiei*.

## II. Objective

- To make the identification of cases of infectious diseases, with special attention to Public Health in Durres such as: unspecified gastroenteritis, influenza, common cold (flulike syndrome) and scabies.
- To identify the distribution of these infectious diseases by sex and age groups.
- Identify age groups at high risk to develop these diseases.

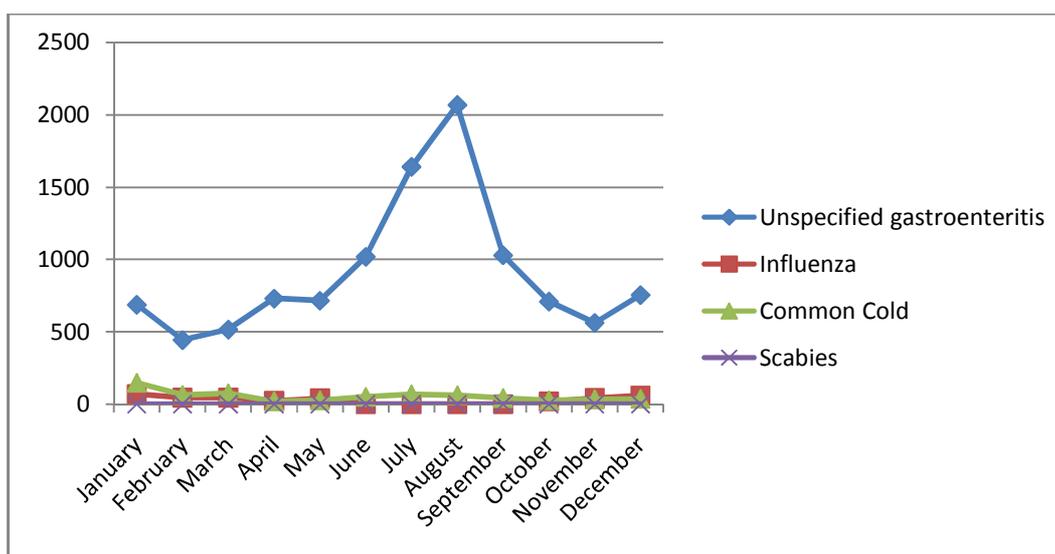
- Draw up recommendations and conclusions to put into practice efficient public health policy

### III. Material and Methodology

This is a retrospective study. In this paper are used annual data from 2010-2015 and monthly data for the 2015 of the Service Control of Infectious Diseases in Regional Health Directorate of Durres. The data are filled by the primary health services: 10 health centers of the city of Durres and health centers in the villages of Durres. This data are reported in written form to the Service Control of Infectious Diseases of Durres. Data collection is done by attending patients by doctors in the health services in the city of Durres. Data collected are secondary statistical data. For this paper is used a descriptive analysis describing the elements of the comprehensive and specifically inductive method is used, also the value of the overall verification. These data are used with the permission of the Service Control of Infectious Diseases of Durres and the confidentiality is maintained.

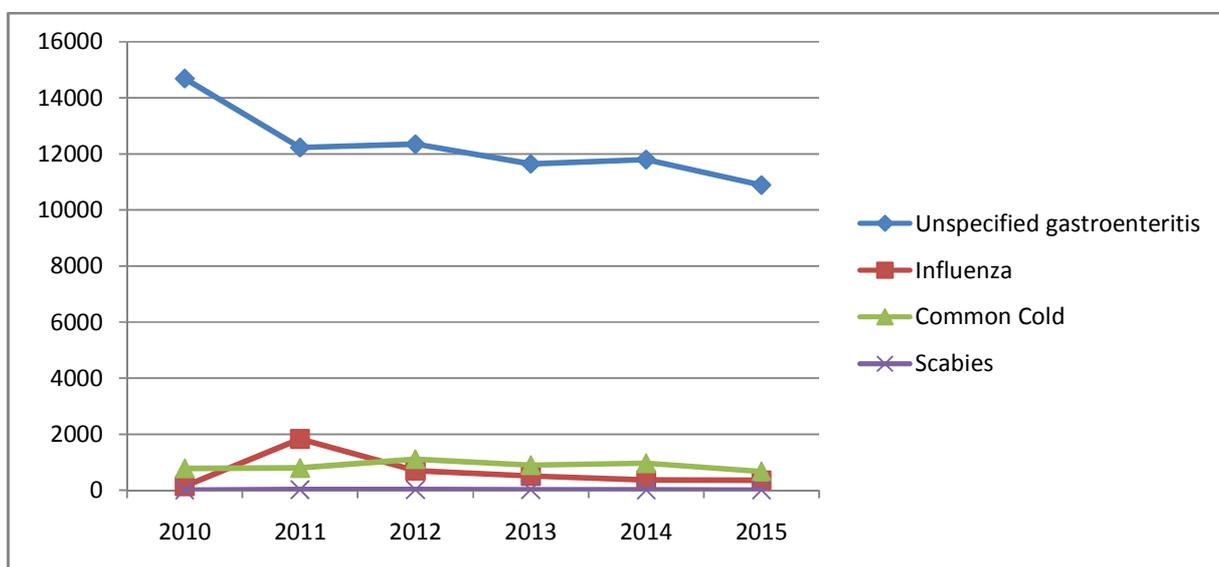
### IV. Results

The largest number of cases with unspecified gastroenteritis was in 2010 and since that year the number of cases have a downward trend. The largest number of cases for scabies and influenza was in 2011 and since that year the trend has been declining. The data reveal that women have the highest incidence to develop Unspecified gastroenteritis and Influenza while males are the most affected by Scabies and Common Cold. The city of Durres appeared with increased cases of unspecified gastroenteritis, influenza and scabies, while the villages of Durres have the largest number of cases with common cold. August for 2015 represents the highest number of cases for unspecified gastroenteritis and ages from 1-4 years old is more affected.



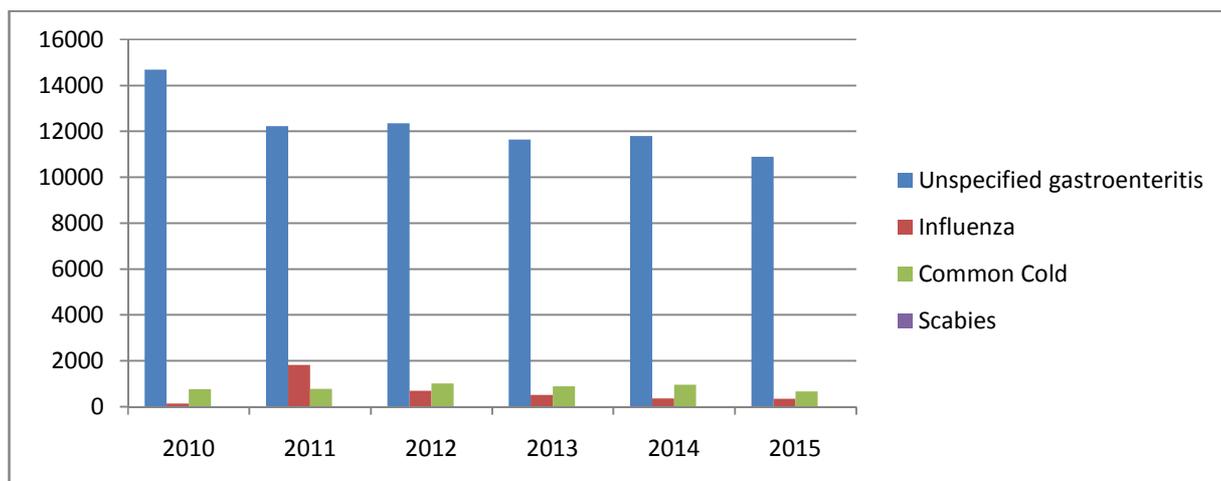
**Figure 1.** The distribution of the infectious disease during the months of 2015.

Watching this graphic the highest number of cases for unspecified gastroenteritis belong to the period from June to September 2015, which relates to the period of summer season where the population of Durres increased. Also the hot climate during this period increase the food poisoning. Age groups most affected by unspecified gastroenteritis are: 0-1 years old, 1-4 years old, 5-9 years old and 10-14 years old. Throughout the year 2015 the age group mainly affected by unspecified gastroenteritis without a doubt is 1-4 years old. Regarding to the Influenza the largest number of cases is observed in winter months such as December and January. Influenza affects mainly the same age group 0-19 years old and the largest number of cases was recorded in the age group 1-4 years old in December 2015. While Common Cold has a wider distribution in the age groups such as: 0-24 years old and 50- >65 years old. Also the largest number of cases with Common Cold are registered in the age group 1-4 years old in March 2015. For 2015 is registered 1 case with Scabies in March.



**Figure 2.** The distribution of the infectious disease during the time period 2010-2015.

Based on the data that were collected we observe that in terms of the age groups most affected by unspecified gastroenteritis are those between 0-19 years old during the time period 2010-2015. With the increasing age significantly reduced the number of cases affected by unspecified gastroenteritis. During the period 2010-2015 the number of cases affected by unspecified gastroenteritis has a downward trend, year after year respectively: 4024 cases in 2010 and 2838 cases in 2015. The largest number of the patients hospitalized were in 2013 and since that time the number of the patients hospitalized for unspecified gastroenteritis has been decreasing. Regarding to Influenza the largest number of cases is registered in 2011 and since that time the number of cases has a decreasing trend. During the period 2010-2015 regarding to Common Cold 2012 have the largest number of cases registered, the largest number hospitalized patients with this diagnosis and the most affected age group is 1-4 years old. The number of people affected by Scabies is relatively reduced in comparison with other diseases.



**Figure 3.** The distribution of the infectious disease during the time period 2010-2015

## V. Discussion

Morbidity from infectious diseases is a problem of the developing countries like Albania. To prevent the increasing number of cases of these diseases should be undertaken efficient public health policy such as : awareness of the population to a higher level of personal hygiene, health education in schools, more frequent checks in kindergarten by the authority of public health, vaccination of the persons at higher risk for complications of Influenza, frequent consultation with the family doctor.

## VI. Conclusions

All kind of gastroenteritis should be verified by the exact microorganism that caused them. Since that the city of Dures is a coastal city, the number of population increases during the summer season, also increasing the cases with gastroenteritis therefore should have a greater control of the food consumed. Health education should be much more efficient to reduce morbidity from infectious disease. Health promotion is the process of enabling people to increase control over and to improve their health.(WHO 1986)

## VII. References

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