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Original Research Paper

Dermatology

HAND, FOOT AND MOUTH DISEASE -SEASON IS HERE

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ABSTRACT Hand , foot and mouth disease (HFMD) is a common viral infection that mainly occur in children.The disease is characterized by fever which is followed by typical erythematous macules and vesicular lesions on the palms, soles, elbows,buttocks with oral cavity ulcers. Here we present a case of 11 years old male with typical HFMD.

KEYWORDS : Coxsackie Virus, Vesicles, Neurological

Case Report

A 12 years old male presented to us with multiple reddish coloured lesions on palms,soles and buttock.Patient had difficulty in eating . There was a history of single episode of fever (103 degree) 3 days back.On examination, there were multiple macular and vesicular lesions on palms,soles, buttocks and elbow. In oral cavity, small ulcers were present on the lateral aspect of tongue. With HFMD diagnosis, patient was given topical antibiotics,antipyretics and antihistamine and advised isolation for 7 to 10 days.On follow up after 1 week,lesions had dried up.

DISCUSSION

HFMD is caused by coxsackievirus A6, A16 and enterovirus type 71.HFMD is characterized by the sudden appearance of erythematous papules and vesicles. Vesicles are elliptical (football shape).Generally, they come in crops on hand, feet, knees, buttocks and in oral mucosa.The disease usually improves spontaneously after 7-10 days without any complication. However ,in severe cases, cardiorespiratory and neurological (encephalopathies and aseptic meningitis) complications have been reported.

CONCLUSION

HFMD is self limiting .It is contagious and can involve other children in the community.So isolation is necessary.Clinical features are enough to diagnose the entity.

Acknowledgement

We would like to thank patient who agreed to have his case reported

Declaration Of Patient Consent

We certify that we have obtained patient consent. Patient have given consent for images and other clinical information to be reported in the journal. The patient understands that their name and initials will not be published and due efforts will be made to conceal their identity,but anonymity can not be guaranteed.

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