



A RARE CASE OF CONGENITAL RUBELLA SYNDROME.

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ABSTRACT **Introduction:** Congenital rubella syndrome (CRS) is a rare Congenital infection caused by rubella virus. First trimester Infections leads to CRS in about 90% of live born infants.

Case Report: Here we present a rare case report of congenital rubella syndrome presenting with maculopapular rash all over the body and confirmed by increased IgG levels for rubella, ECHO showing cardiac anomalies suggestive of congenital rubella syndrome, with B/L sensorineural hearing loss and cataract.

Discussion: Infection in the nonimmune pregnant females can result in spontaneous abortion, stillbirth/fetal death, or birth of an infant with CRS. The characteristic features of CRS are blueberry muffin rash, cataracts, retinopathy, glaucoma, sensory neural hearing loss, autism, pulmonary ducts arteriosus, pulmonary stenosis, diabetes mellitus and thyroid disease, hepatosplenomegaly, pneumonitis. No specific treatment exists for rubella/CRS, this can only be prevented by immunization.

KEYWORDS : Blueberry muffin rash, cataract, congenital rubella syndrome.

INTRODUCTION:

Congenital rubella syndrome (CRS) is a rare Congenital infection caused by rubella virus. First trimester Infections leads to CRS in about 90% of live born infants.¹ The term blueberry muffin baby was coined by paediatricians to describe cutaneous manifestations observed in newborn infected with rubella during the American epidemic of the 1960s.^{2,3} It is characterized by widespread maculopapular lesions of reddish-blue or magenta colour is due to persistent dermal erythropoiesis. In congenital rubella, the typical lesion can be present at birth, during the first 48 h or, rarely some months later.³

Case Report:

A 7 months old male child, born to a primi mother by normal vaginal delivery presented with a maculopapular rash over the trunk, legs and face. The Antenatal period was uneventful except for fever with rash which was seen in the first trimester. The mother had received basic antenatal care. The baby had cried immediately after birth and was having multiple reddish blue firm nodular which are non blanching, varying from 2 to 5 mm all over the body including face and trunk. On examination, baby had normal vital signs. Systemic examination revealed hepatosplenomegaly. Ophthalmological assessment showed bilateral cataract. Hearing assessment (OAE) revealed sensorineural hearing loss in both ears. Two-dimensional echocardiography with colour Doppler examination showed 6 mm size ostium secundum with mildly dilated right and left atria with trivial TR. Ultrasound abdomen showed thickened urinary bladder wall (4.3mm). Serology showed IgG for Rubella and was found to be elevated. The diagnosis was made on the basis of history and investigations. The treatment was done symptomatically and the rash started fading in 1 week.



Figure No 1 And 2: Blueberry Muffin Rash



Figure no 3: B/L Cataract

DISCUSSION:

In the present era of widespread vaccination, rubella still accounts for a high number of intrauterine infections in the developing countries. In an Indian study, 1-15% of all infants, suspected to have intra-uterine infection, had laboratory evidence of CRS.⁴ Spectrum of CRS includes ocular abnormalities (cataracts, retinopathy, microphthalmos, glaucoma), sensorineural deafness, neurological defects (microcephaly, motor defects, mental retardation), cardiovascular abnormalities (PDA, ventricular septal defect, aortic stenosis), genitourinary and bone defects.

Cardiac abnormalities occur in 50% of the infants. Our case had 6 mm size ostium secundum with mildly dilated right and left atria with trivial TR.⁵ The baby had hepatosplenomegaly that have been reported only in 10-20% of these cases.⁶ Blueberry muffin rash can be caused by the TORCH syndrome, hematological and neoplastic disorders.⁷ In our case the blueberry muffin rash can be attributed to Congenital rubella syndrome. No specific therapy for congenital rubella has been

established, so treatment is primarily supportive.

CONCLUSION:

CRS is the only vaccine-preventable congenital infection and is an important public health concern both globally and in India and the diagnosis is most often made clinically.⁸This case is reported to highlight the importance of vaccination by which rubella can be prevented.

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