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DERMATOSES IN SCHOOL GOING CHILDREN – A PILOT STUDY

Dermatology

Dr. Kirthi Sampath K* Asst. Professor, Department of DVL, Dr. Pinnamaneni Siddhartha Institute of Medical Sciences & Research Foundation, Chinoutpalli, Krishna Dt., Andhra Pradesh, India *Corresponding Auhtor

Dr. Sri Lekha S Post Graduate Students, Department of DVL, Dr. Pinnamaneni Siddhartha Institute of Medical Sciences & Research Foundation, Chinoutpalli, Krishna Dt., Andhra Pradesh, India

Dr. Haritha S Professor & HOD, Department of DVL, Dr. Pinnamaneni Siddhartha Institute of Medical Sciences & Research Foundation, Chinoutpalli, Krishna Dt., Andhra Pradesh, India

Dr. Prasad P Post Graduate Students, Department of DVL, Dr. Pinnamaneni Siddhartha Institute of Medical Sciences & Research Foundation, Chinoutpalli, Krishna Dt., Andhra Pradesh, India

Dr. Akshay Jain S Post Graduate Students, Department of DVL, Dr. Pinnamaneni Siddhartha Institute of Medical Sciences & Research Foundation, Chinoutpalli, Krishna Dt., Andhra Pradesh, India

ABSTRACT

Introduction: Skin diseases are a major health problem in pediatric age group. A child's skin is different from the adult skin. They are prone for damage from the external sources.

Aims and Objectives: To study various dermatoses occurring in childhood.

Methods: A total of 100 children attending the out patient department of dermatology during November 2017 to January 2018 are included in our study.

Results: 100 patients have completed the study out of which males were 57 and females were 43 . The most common dermatoses we found were infections among which impetigo were 19% followed by scabies 13%, warts 11%. Papulosquamous disorder and nutrition deficiency are 2% and 1%. Lichen striatus was only a case seen in our study .

Conclusion: The prevalence of infectious dermatoses was high among school children in our study area. It is mainly due to lack of proper hygienic measures and health awareness.

KEYWORDS

Childhood, Dermatoses, Infectious, Non Infectious

INTRODUCTION:

Skin diseases are a major health problem in pediatric age group. A child's skin is different from the adult skin. The skin of the children is thinner. They are prone for damage from the external sources.[1]

Dermatologic conditions constitute at least 30% of all outpatient visits to paediatricians and 30% of all visit to dermatologists involving children.[1,2,3]

The prevalence of pediatric skin disease various worldwide. Its prevalence ranges from 4.3% to 49.1% in various parts of india in school based surveys .[7]

Dermatoses in children are influenced by dietary habits, socio-economic status , climatic exposure and external environment as compared to adults.

Some diseases are transitory and require few visits to a dermatologist , where others are are chronic and recurrent . So require multiple follow up.

We have taken up this study in order to find the various dermatoses occurring in childhood in our area so that it helps us to have a better understanding of the different paediatric dermatoses and as such helps in educating the parents regarding the predisposing factors and preventive measures to be taken, there by leading to better treatment .

METHODOLOGY: Present study was carried out in the Department of Dermatology, venereology and leprosy, Dr. PSIMS & RF from november 2017- January 2018.

A total of 100 patients with skin lesions of both sexes attending the out patient department were selected for the study.

INCLUSION CRITERIA:

Children belong to age group 3-15 years (school going) .

EXCLUTION CRITERIA:

Infants, neonates, children with pre existing skin lesions from birth (Congenital skin diseases) .

Informed consent was taken from mother or guardian.

A detailed history regarding sex, age,onset and evolution of the lesions was taken and a thorough clinical examination done. Type of skin lesions was noted and the diagnosis was confirmed by tests like skin biopsy , KOH examination of skin scrapings wherever needed. Collected data was analysed using various statistical methods.

RESULTS: Out of 100 children, 57 were males and 43 were females.

Table -1: Age distribution

Age group	Male	Female	Total
<10 years	38	20	58
>10 years	19	23	42

Among 100 cases, most of the children(58%) belonged to less than 10 years age group.

Table -2: Sex distribution

GENDER	NUMBER OF CHILDREN
Male	57
Female	43

Out of 100 patients among which males are 57 and females are 43.

Table 3 : Based on etiology

No of children	Infections	Non infectious dermatoses
100	63	37

Out of 100 , 63 had skin lesions due to infections and 37 had non infectious dermatoses as prominent skin lesions.

Table 4: Types of dermatoses

Types of dermatoses	Male	Female	Total
a. Infections			

1.Impetigo	12	7	19
2.Scabies	7	6	13
3.Warts	4	7	11
4.Molluscum contagiosum	3	5	8
5.Pityriasis versicolar	5	1	6
6.Dermatophytic infections	3	1	4
7.HFMD	1	1	2
b. Non infectious			
1.Papular urticaria	7	2	9
2.Pityriasis alba	2	4	6
3.Acne vulgaris	4	1	5
4.Phrynoderma	3	2	5
5.Atopic dermatitis	2	3	5
6 Alopecia areata	1	2	3
7.Psoriasis	2	0	2
8.Vitiligo	0	1	1
9.Lichen striatus	1	0	1

Out of 100 cases enrolled in the study infections (63%) are found to be more than non infectious cases . Among infections impetigo (19) was most commonly seen followed by scabies(13) and among non infectious dermatoses papular urticaria(9) was seen in majority, followed by pityriasis alba(6).

DISCUSSION:

In the present study a total of 100 school going children of various dermatoses were included.

In our study out of 100 children, infections were 63% and non infectious dermatoses were 37%. Among infections we found impetigo (19%) more commonly followed by scabies (13%), warts (11%), molluscum contagiosum (8%), pityriasis versicolar (6%), dermatophytic infections (4%) and hand foot mouth disease (2%) .

Yasha Upendra et al[4], reported that pyoderma was the most common infection in their study affecting 146(7.5%) . in a study by Reddy VS et al[6], out of 500 cases , tinea versicolor accounted for39.4%, 28.5% had Impetigo and scabies was seen in 3.6% . Molluscum contagiosum and warts were seen in 38.3% and 20% respectively.

Josh G et al[7], patel KB et al[8], Yaseen U et al[10], reported infections mostly pyodermas and scabies to be the common presentation.

Nagarjun K et al[5], reported that scabies was most prevalent among infestations constituting 12.25% and HFMD in their study showed 16 cases.

Manisha Balai et al[11], in this study showed impetigo 59.57%, molloscum contagiosum 60%, warts 20% and scabies 10.42%.
The findings in our study were similar to the various studies quoted above with infections accounting to the majority of skin lesions . Pyodermas and viral skin infections were common followed by scabies and fungal infections. The predominance of skin infections could be due to the fact that most of our patients belonged to the rural areas with poor hygienic conditions and lack of awareness regarding the nature of skin infections. Fungal infections are common in our area because of the humid climate and excessive sweating.

Among non infectious dermatoses , papular urticaria (9%) was more commonly seen followed by p.alba (6%), acne vulgaris (5%), phrynoderma (5%), atopic dermatitis (5%), alopecia areata (3%) , psoriasis (2%) ,vitiligo (1%) and lichen striatus (1%) .

Pityriasis alba constituted 18.9%, 4.9%,and 9.23% in studies by Yasha Upendra et al[4], Reddy VS et al[6]and Josh G et al[7].

Josh et al[7] reported papular urticaria in 2.63% ,in their study.In our study papular urticaria was seen in 9%. Phrynodema was seen in 1% of cases which may be because of the nutritional deficiencies in the children due to low socio economic status .

Manisha Balai et al[11], reported papular urticaria in 59.05% , pityriasis alba (8%) , and atopic dermatitis (9%). Kemal Qzyurt et al[9], reported acne vulgaris in 18.6% .and Patel KB et al[8], reported atopic dermatitis showed 1.71% .

Rao S G et al[12],showed that out of 1161 students ,nutritional deficiencies like phrynoderma was seen in 6.28% .

CONCLUSION:

The prevalence of infectious dermatoses was high among school children in our study area. It is mainly due to lack of proper hygienic measures and health awareness which has to be improved for that area .

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