

Pattern of skin diseases presenting in outpatient department of dermatology, Khawaja Muhammad Safdar Medical College Sialkot

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Abstract *Objective* To determine the pattern of skin diseases in patients presenting in DHQ Hospital Sialkot, Pakistan.

Methods This observational study was conducted in Outpatient Department of Dermatology, Khawaja Muhammad Safdar Medical College Sialkot, over a period of 18 months i.e. from 1st January 2016 to 31st June 2017. All the patients obtaining skin consultation during this period were enrolled in this study. Diagnoses were established clinically and with the help of investigations where required.

Results Total 34,799 patients were evaluated during this study period. Mean age of patients was 38±11.5 years. Male to female ratio was 1:2. Scabies was most common (59.93%) disorder observed. 42.53% patients had infections of various aetiologies followed by eczema 26.01%. Seasonal variation was also observed, maximum number of patients presented in months of June and January.

Conclusion Our data suggests that skin diseases are significant health problem for which patients seek medical advice. Provision of dermatological facilities need to be improved and extended. Moreover public awareness programmes should be devised as most of the skin diseases belong to infections and hence preventable through awareness and improvement of hygiene.

Key words

Skin diseases, scabies, eczema, infection.

Introduction

Skin disorders are a common cause of morbidity and disability worldwide. Precise knowledge of prevalence and spectrum of skin diseases in a population leads to effective planning of available resources for better provision of specific care to target population.

Prevalence of skin diseases vary according to geographical location, age, gender, climate, cultural practices and socioeconomic conditions. Skin disorders are 2nd to 11th leading cause of morbidity and disability worldwide and 4th leading cause of nonfatal disease burden in both developed and developing countries.¹

There is no published data on prevalence of skin diseases in northeast Punjab. We investigated the pattern of skin diseases in patients attending Dermatology Out Patient Department of two affiliated hospitals i.e. Allama Iqbal Memorial Teaching Hospital and Government Sardar

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Begum Teaching Hospital, both attached with Government Khawaja Muhammad Safdar Medical College Sialkot. These hospitals provide services to the city of Sialkot as well as areas near border, Shaker Gargh, Zafarwal, Narowal, Daska and Sambrial. Sialkot is highly industrialized and 12th most populous city in northeast Punjab with a population of 655,852.²

Materials and methods

Clinical data of all the patients presenting in outpatient Department of Dermatology from 1st January 2016 to 31st June 2017 were collected and analysed for determination of pattern of skin diseases. Demographic details like age and gender were recorded. The data were entered and analysed into SPSS version 17 for analysis.

Diagnosis of skin condition was established clinically and with the help of microscopy and histopathology where required. We stratified diseases in various groups; infections, eczema, disorders of sebaceous glands, melanin and hair, autoimmune disorders, keratinization disorders, vasculitis, malignancy and miscellaneous group.

Results

A total of 34,799 patients presented in 18 months duration. Out of these 83.47% were adults and 16.5% belonged to paediatric population as shown in **Figure 1**. In adult population, 60.44% belonged to female group while 39.56% were males, **Figure 1**. Age range was 2 days to 98 years with mean age of 38±11.5 years. The frequency of various skin disorders observed in our study is shown in **Table 1** & **Figure 2**.

Discussion

In our study, majority of adult patients belonged to female group i.e. 60.44%. This is consistent with the study performed by Aman S *et al.* and

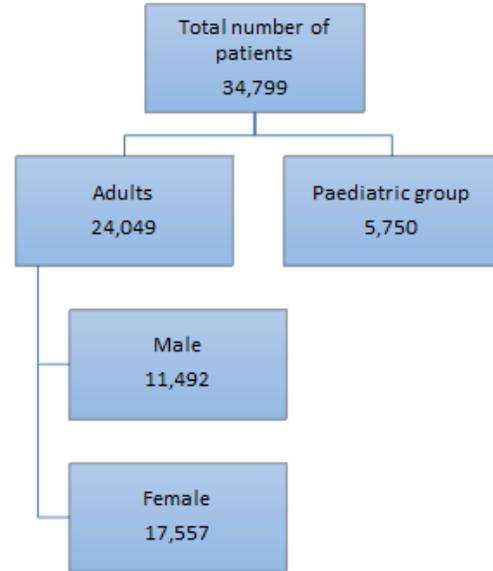


Figure 1 Demographic distribution of patients

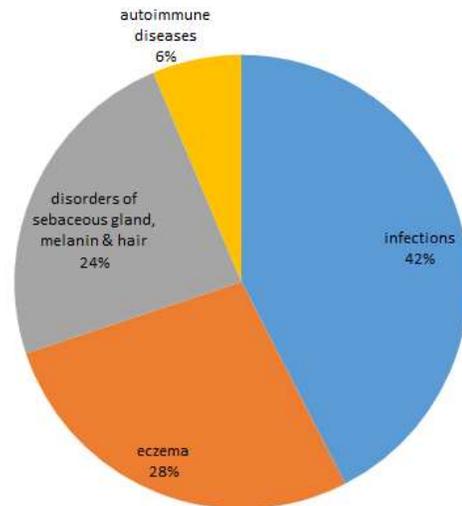


Figure 2

Table 1 Stratification of dermatoses

Disease group	No. of patients	Percentage %
Infections	14,802	42.53
Eczema	9048	26.00
Disorders of sebaceous glands, hair, melanin	7831	22.50
Autoimmune disorders	2092	6.01
Keratinization disorders	112	0.32
Vasculitis	56	0.16
Malignancy	4	0.01
Miscellaneous	1648	4.74

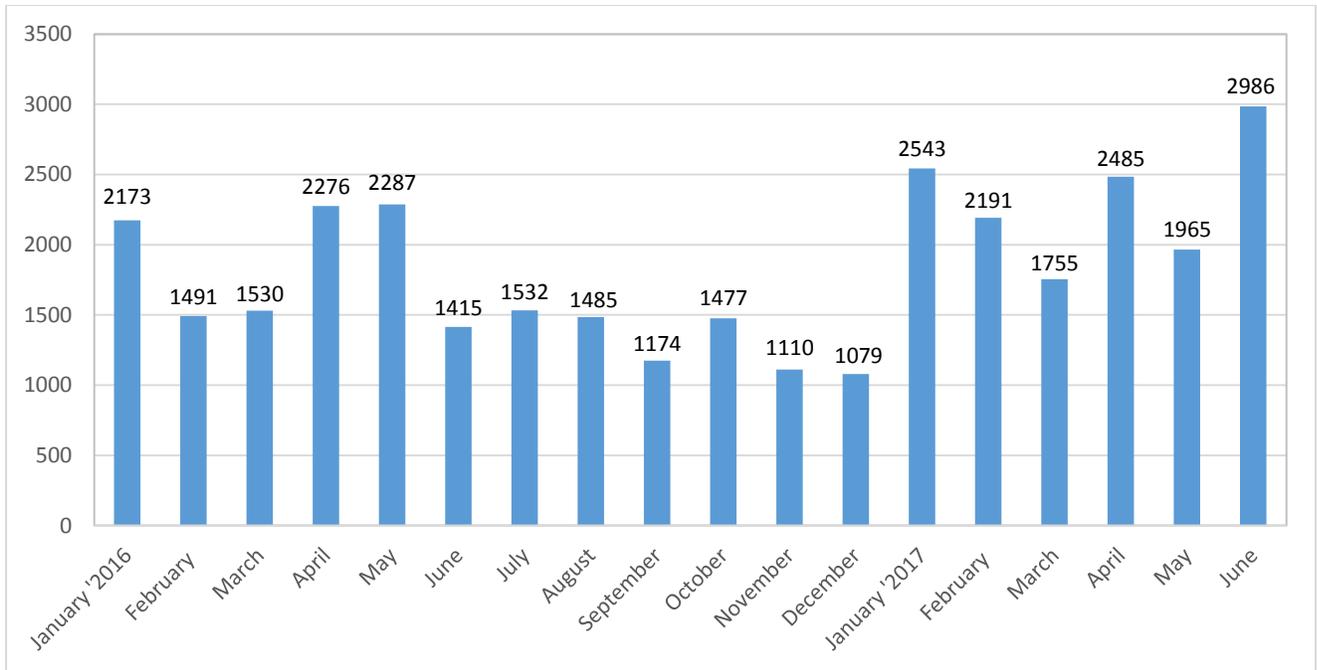


Figure 3 Month wise distribution of number of patients

Jain S *et al.*^{6,8} This may be due to the fact that females are involved more in child care and household work predisposing them to allergic and infectious disorders.

Skin infections were seen in 42.53% (14,802) patients. Out of these, scabies was most common disorder accounting for 59.94% (8872). Similar findings were observed by Haroon T.S and Tameez ud Din *et al.* (18.9%).^{5,7}

Fungal infections were diagnosed in 4527 (30.58%) of patients including tinea corporis, tinea cruris, tinea capitis, onychomycosis, tinea pedis and pityriasis versicolor.

Third in frequency among infections were bacterial infections, observed in 976 (6.59%) of patients. Various bacterial infections noted were folliculitis, impetigo, furuncle and cellulitis.

Viral infections were seen in 431 (2.91%) of patients. These included warts, molluscum contagiosum, herpes simplex, herpes zoster, varicella and measles.

Nine thousand forty eight (26%) patients had eczema of various kinds in our study. Similar finding was observed by Tameez ud Din.⁵ Most common type of eczema observed was contact dermatitis; 3776 (41.73%) cases of allergic contact dermatitis and 2505 (27.69%) of irritant contact dermatitis. 1743 (19.26%) patients had atopic dermatitis while 653 (7.22%) had seborrheic dermatitis. Frequency of pompholyx was noted as 371 (4.10%).

Acne vulgaris is the next common disorder observed. Melasma was seen in 2306 patients. 1437 patients were seen with diffuse hair fall and telogen effluvium was observed in 426 patients. There were 899 patients with androgenetic alopecia.

Autoimmune diseases were diagnosed in 2092 (6.01%) patients. Alopecia areata, urticaria, vitiligo, lupus erythematosus, systemic sclerosis, pemphigus vulgaris, bullous pemphigoid were seen. Four patients of cutaneous malignancy, 1 child with urticaria pigmentosa, 3 infants with acrodermatitis enteropathica, various cases of

ichthyoses and few patients of epidermolysis bullosa were also encountered.

Conclusion

In our study scabies was most common disorder. Moreover majority of patients seeking dermatological consultation had infections which are preventable through mass awareness campaigns to improve hygiene and sanitation. Hence patients' burden on tertiary care hospitals as well as financial burden can be lessened.

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