ABSTRACT

TITLE:
A CLINICAL CROSS SECTIONAL STUDY ON PALMOPLANTAR DERMATOSES

BACKGROUND AND PURPOSE OF STUDY:

Dermatoses of palms and soles are common in daily practice. They limit the day to day activities of the patients. Often there will be difficulties to differentiate, diagnose and treat these conditions. Hence thorough knowledge about diseases affecting palms and soles is required.

AIM:

To study the clinical features and frequency of involvement of various palmoplantar dermatoses and their epidemiological aspects like age, sex distribution and occupation.

MATERIALS AND METHODS:

200 patients with diseases involving palms, soles or both were selected from OPD of Dermatology, Coimbatore Medical College Hospital, for a period of one year. In every patient, details like name, age, sex, occupation and marital status were noted. A detailed history of symptoms and their duration were recorded. A complete general and dermatological examination were carried out in all the patients. For scaly lesions, microscopic examination of scrapings in 10 percentage of KOH was done, in case of pustular lesions Gram Staining was done and for selected cases skin biopsy was taken.
RESULTS:

A total of 200 patients were enrolled, among which 53.46% were males. The most common age group affected was 17-40 years. Seasonal variation was reported in 45.5% of patients. The most common symptom was pruritus. Eczema was the most common palmoplantar dermatoses, followed by fungal infections and psoriasis. Palms were the most common site involved.

CONCLUSION:

Most of the studies in the palmoplantar dermatoses were focused on the specific diseases, this study highlights the need for comprehensive studies in palmoplantar dermatoses.