

ORIGINAL RESEARCH

Common Dermatoses in infants in a known population

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ABSTRACT

Introduction- Skin diseases pose a significant health concern in the paediatric population, contributing to substantial morbidity. They account for 30% of all outpatient visits to paediatricians, and 30% of dermatologist visits involve children. Skin conditions in children can manifest as transient or chronic and recurrent, with chronic dermatoses often causing significant morbidity and psychological distress. **Materials and methods-**The study on the distribution of dermatoses in infants employed a cross-sectional design involving a sample of 100 participants. Infants were carefully examined for the presence of various dermatoses, including general, local, and vascular conditions. Data analysis was done using SSPS software. **Results-** This distribution highlights the common occurrence of Erythema toxicum neonatorum and Crystalline miliaria among the participants. The presence of various local dermatoses such as Diaper dermatitis and Cradle cap underscores the importance of proper skin care practices in infants. **Conclusion-**The findings underscore the importance of early detection and management of dermatoses in infants to ensure their skin health and overall well-being.

Keywords- Skin, Cutaneous, Disease

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INTRODUCTION

Skin diseases pose a significant health concern in the paediatric population, contributing to substantial morbidity. They account for 30% of all outpatient visits to paediatricians, and 30% of dermatologist visits involve children.^{1,2} Skin conditions in children can manifest as transient or chronic and recurrent, with chronic dermatoses often causing significant morbidity and psychological distress.^{3,4}

Paediatric dermatoses necessitate a distinct approach compared to adult dermatoses due to differences in clinical presentation, treatment strategies, and prognosis. Factors such as socio-economic status, climatic conditions, dietary patterns, and environmental influences have a greater impact on skin diseases in children than in adults.^{5,6} Cutaneous infections are particularly common among school-aged children. Many cutaneous conditions resulting from underlying genetic abnormalities typically manifest in the paediatric age group.

Understanding the unique characteristics and challenges of paediatric dermatoses is essential for delivering effective diagnosis and management tailored to the specific needs of children. This underscores the importance of considering a holistic

approach that considers not only the dermatological aspects but also the broader environmental, genetic, and socio-economic factors influencing paediatric skin health. These dermatoses can vary in presentation, severity, and prevalence in paediatric populations.

MATERIALS AND METHODS

The study on the distribution of dermatoses in infants employed a cross-sectional design involving a sample of 100 participants. Infants were carefully examined for the presence of various dermatoses, including general, local, and vascular conditions, as outlined in Table 1. Data on the type and frequency of each dermatosis were collected and analyzed to determine the prevalence rates within the study population. Ethical considerations were observed throughout the study, and informed consent was obtained from the guardians of the infants. Data analysis was done using SSPS software.

RESULTS

The distribution of dermatoses among the study participants shows a variety of general, local, and vascular conditions. General dermatoses were

primarily comprised of Erythema toxicum neonatorum (23%) and Crystalline miliaria (21%), followed by Milia at 14%. Local dermatoses included Diaper dermatitis (12%), Cradle cap (8%), and Suckling blisters (8%). Vascular dermatoses were represented by Mongolian spots (9%) and Salmon patches (5%).

This distribution highlights the common occurrence of Erythema toxicum neonatorum and Crystalline

miliaria among the participants, indicating a potential need for further investigation or management of these conditions. The presence of various local dermatoses such as Diaper dermatitis and Cradle cap underscores the importance of proper skin care practices in infants. Additionally, the occurrence of vascular dermatoses like Mongolian spots and Salmon patches serves as a point of interest for clinicians assessing the dermatological health of infants.

Table 1: Distribution of dermatoses

	Variable	Number	Percentage
General	Erythema toxicum neonatorum	23	23
	Crystalline miliaria	21	21
	Milia	14	14
Local	Diaper dermatitis	12	12
	Cradle cap	8	8
	Suckling blisters	8	8
Vascular	Mongolian spots	9	9
	Salmon patches	5	5

DISCUSSION

Paediatric dermatoses constitute a distinct category of disorders that manifest in childhood and adolescence.^{7,8} Skin conditions account for a significant portion of outpatient visits to paediatricians and dermatologists, underscoring the importance of addressing dermatological issues in children.⁹

School going children are particularly susceptible to skin diseases due to close interpersonal contact, necessitating proactive measures such as comprehensive health education for children, parents, and teachers to prevent the spread of these conditions.¹⁰

In the study, a diverse range of dermatoses were observed among the participants, including general, local, and vascular conditions. The most prevalent general dermatoses were Erythema toxicum neonatorum (23%) and Crystalline miliaria (21%), followed by Milia (14%). Local dermatoses included Diaper dermatitis (12%), Cradle cap (8%), and Suckling blisters (8%). Vascular dermatoses were primarily Mongolian spots (9%) and Salmon patches (5%). The high occurrence of Erythema toxicum neonatorum and Crystalline miliaria emphasizes the need for further investigation or management of these conditions. Local dermatoses like Diaper dermatitis and Cradle cap underscore the importance of appropriate infant skincare practices. The presence of vascular dermatoses such as Mongolian spots and Salmon patches is noteworthy for clinicians evaluating the dermatological well-being of infants.

A study from south India of children of < 14 years showed that infections and infestations (54.5%) were the most common paediatric dermatoses. Secondary pyodermas were more common than primary pyodermas. Paediatric patients constituted 20% of total dermatology OPD patients. Other common dermatoses were eczemas (8.6%), pigmentary

disorders (5.7%), insect bite reactions (5.2%), miliaria (4.1%), nutritional deficiency-associated dermatoses (2.8%), urticaria (2.5%), genetic disorders (2.1%), psoriasis (1.4%), collagen vascular diseases (0.5%), hemangiomas (0.5%), drug eruptions (0.3%) and pityriasis rosea (0.2%).¹¹ A retrospective study from a large paediatric hospital in Delhi, a referral centre of north India compared the pattern of dermatoses in different age groups within the paediatric population. They were grouped into three categories based on their age at first visit: infants (less than 1 year), preschool children (1-5 years), and school children (5-12 years). Most of the skin diseases were seen in the 1- to 5-years age group (44.94%), followed by school children (29.60%) and infants (25.46%) except birth marks and common genetic disorders (hemangiomas, vascular malformation, nevi, ichthyosis, palmoplantar keratoderma, tuberous sclerosis and neurofibromatosis) which were more common in infants. The most common skin diseases as a group were infections and infestations (47.15%), dermatitis (26.95%), hypersensitivity/drug reactions (9.42%), physical factor-induced dermatoses (6.50%), noninfective and autoimmune dermatoses (4.27%), and birthmarks and other common genetic disorders (2.13%). Overall most common dermatoses in all age groups were bacterial infections (27.39), seborrheic dermatitis (10.49%), scabies (10.16%), pityriasis alba (5.85%), miliaria (5.46%), atopic dermatitis (5.27%), fungal infection (4.65%), urticaria/ angioedema (4.46%), viral infections (3.68%) and papular urticaria.¹²

CONCLUSION

In conclusion, the findings underscore the importance of early detection and management of dermatoses in infants to ensure their skin health and overall well-being.

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