



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

CLINICAL SPECTRUM, CONTRIBUTING FACTORS AND QUALITY OF LIFE AMONG KELOID PATIENTS ATTENDING REGIONAL DERMATOLOGY TRAINING CENTER, MOSHI NORTHERN TANZANIA

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Introduction: Keloids are reported to be amongst the common condition seen in darkly pigmented skin of African origin with an estimate of about 15 times more compared to other races. They seldom resolve spontaneously, have poor response to treatment and have an enormous impact on cosmetic and quality of life in affected individuals. Aesthetic discomfort, depression, low self-esteem and some degree of isolation increase the burden of the disease.

Objectives: To determine clinical spectrum, contributing factors and quality of life among keloid patients attending Dermatology outpatient at Regional Dermatological Training Centre

Methods: This was a hospital based cross-sectional study conducted at the Regional Dermatology training centre in Moshi, Tanzania. All 117 patients with keloid older than 18 years who attended the skin clinic from October 2017 to April 2018 were recruited. Data were collected using disease specific structured questionnaire and Dermatology Life Quality Index questionnaire (DLQI).

Results: Keloid moderately affects patients' quality of life as pointed out by a DLQI mean score of 8.32 ± 7.36 . Number of keloid, duration of disease and presence of symptoms influenced the quality of life impairment. The median age was 29 years (range 18-88 years) with majority being males 51.3%. Trauma was commonly reported to be the inciting event 41.9%. Symptoms and feeling being the most affected domain.

Conclusion: Impairment in the quality of life due to keloid does exist in black African community. Majority had moderate impairment.

