

GENETICS AND GENODERMATOSES

## CLINICAL PROFILE OF PALMOPLANTAR DERMATOSES: A CROSS SECTIONAL STUDY FROM RURAL INDIA

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**Introduction:** Palms and soles are subjected to trauma and contact with variety of irritants and allergens while at work and also during routine activities and are more prone to development of various dermatoses. Non adherence to the avoidance of exposure in workers make such cases chronic and difficult to treat.

**Objective:** To study the clinical features , age & sex distribution and proportion of different diseases in cases of palmoplantar dermatoses.

**Materials and Methods:** The present study was conducted by recruiting 320 patients of PPD from teaching hospital. Inclusion criteria: 1) Newly diagnosed patients of PPD above age 1 year. Exclusion criteria: Cases already taking treatment, Pregnancy, Patients below age 1 year. After taking their consent, a detailed history, clinical examination including systemic & investigations recorded.

**Results:** Palmoplantar psoriasis was the most common and rare are acral lentiginous melanoma (1.3%) &, squamous cell carcinoma (0.9%).

In current study, 88 patients had involvement of both palms and soles. The most common dermatoses involving both sites were palmoplantar psoriasis (48.9%), hand foot mouth disease (11.4%), palmoplantar hyperhidrosis (10.2%) and acquired palmoplantar keratoderma (6.8%).

**Conclusions:** The PPD lead to higher impact on quality of life and psychosocial condition of the patient. PPD are less explored and very few studies have included a comprehensive study of clinical profile of PPD. The occupation of the patient has a significant impact on the development of variety of PPD. Farmers, labourers and housewives are exposed to a variety of chemicals making them susceptible to palmoplantar dermatoses. Patient education regarding avoidance of exposure to irritants, use of gloves and shoes, avoidance of wet work is necessary. Hand and foot care is often neglected by the elderly, the farmers and labourers leading to chronicity and counseling regarding the same is needed.