



GLOBAL SKIN HEALTH

A CLINICAL AND EPIDEMIOLOGICAL STUDY OF DERMATITIS CRURIS PUSTULOSA ET ATROPHICANS IN NORTHERN TANZANIA

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Introduction: Dermatitis Cruris Pustulosa et Atrophicans (DCPA) is a type of superficial folliculitis which primarily affects the anterior shins with recurrent crops of itchy follicular pustules. It is chronic with recurrences and resistant to multiple available treatments, factors contributing to its recurrences are important to be known for its control.

Objective: The objective of this study was to determine the prevalence, contributing factors and clinical spectrum of Dermatitis Cruris Pustulosa et Atrophicans among patients attending RDTC, Northern Tanzania.

Methodology: This was a Hospital based descriptive cross-sectional study that included 48 patients with DCPA attended the Regional Dermatology Training Centre, Northern Tanzania from October 2017 to May 2018. Detailed history and examination were recorded, all patients attended RDTC with other dermatoses during the study period were also recorded to find out the prevalence.

Results: 48 patients were studied (26 females and 22 males). The peak age group (54.2%) was 20-29 years, and majority (52.1%) had disease duration of one to five years. The prevalence of DCPA in this population was 1.5% and itching was the most common symptom (85.4%), followed by pain (27.1%) and oozing (22.9%). Nine patients (18.7%) had involvement of sites other than lower legs such as thighs and forearms. Pustules and shiny shins were seen in (80%) of the patients followed by papules, wiry roughness, post inflammatory Pigmentary changes, alopecia, atrophy and scaling. Occupational exposure to irritants, seasonal exacerbation, rubbing and excessive sweating were the factors reported to contribute on its flare and chronicity.

Conclusion: DCPA at RDTC is not uncommon with a prevalence of 1.5%. Occupational exposure to irritants and climate were some of the reported contributing factors. In addition to legs the lesions were also noted on the thighs and forearms.

