PAEDIATRIC DERMATOLOGY

CLINICO-EPIDEMIOLOGICAL STUDY OF HAND FOOT MOUTH DISEASE IN CHILDREN AT A TERTIARY CARE CHILDREN HOSPITAL

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Introduction: Hand foot and mouth disease (HFMD) is a common childhood illness caused by Coxsackievirus- A16 the most common, A6 and enterovirus 71. Inspite of its benign self-limiting nature recently there is a sharp rise in incidence, severity, atypical presentation and fatal systemic complications (HEV71 strain) which indicates the changing epidemiological trends and need for understanding the clinical features and interventions to control the epidemic.

Objectives: To assess the prevalence and current clinico-epidemiological features of HFMD at a tertiary care children hospital.

Material and methods: A prospective observational study was conducted from January 2018 through August 2018. All children less than 18 years clinically diagnosed with HFMD attending paediatric dermatology OPD at a tertiary care children hospital during study period were included. Atypical HFMD is defined as the site of lesions other than hand, mouth, feet and buttocks, bullous, purpuric and generalised distribution. All demographic and clinical details were included on a predesigned proforma

Results: Out of 103 cases seen, prevalence was 2.8%, 95 cases had atypical HFMD, one had severe disease that required admission, and two had neurological sequalae as acute flaccid paralysis and monoparesis respectively. The most common age group was <2 years (51.2%), with slight male preponderance (M: F=1.23:1). 95% children had associated constitutional symptoms most commonly fever and refusal of feed. Papulovesicular lesions were seen in 34% children. Extremities (87%) were most commonly involved. Diaper region (34%) involvement was seen in < 1year age group. Atypical sites involved were face (26), trunk (11), scalp (1), perineum (35) and genitalia (8). Generalised cutaneous involvement (7-9 sites) was seen in 11 cases

Conclusion: Due to lack of awareness among practitioners, atypical HFMD is easily

misdiagnosed as varicella, insect bite reaction or drug reactions which may delay its diagnosis, unnecessary therapy, inaccurate prognostic expectations overall contributing for epidemics.