



PSORIASIS

CHILDHOOD PSORIASIS : A DESCRIPTIVE STUDY

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Introduction: Psoriasis is common erythemato-squamous skin disease. In child, it has its own characteristics.

Objective: We aim to describe epidemiological and clinical features of childhood psoriasis.

Materials and Methods: We conducted a prospective collection of psoriasis patients under 18 years of age from January 2014 to December 2015 in the department of dermatology in the military hospital of Tunis.

Results: In total, 71 psoriatic children with a mean age of 9.2 years were enrolled. Sex ratio was 1.15. The mean age of psoriasis onset was 8.5 years. Family history of psoriasis was positive in 27 % of cases. Triggering factors was found in 34% of the cases, respectively 11.3%, 8.5% and 8.5% reported an upper respiratory tract infection, koebner phenomenon and psychological stress. Pruritus was observed in 73% of female and 47% of male patients ($p=0.026$). Plaque psoriasis was the most common subtype (62%), followed by guttate psoriasis (16%). Pustular and arthropathic psoriasis were noted in one case each. Scalp psoriasis, facial involvement and palmoplantar psoriasis were respectively observed in 54%, 8% and 11.3% of the patients. Nail and upper limb involvement was more common in girls ($p=0.05$, $p=0.039$). Psoriasis was considered as severe in 10 girls and 5 boys. Mean PASI score was 3.3. It was under 10 in 90% of the cases. Topical treatment were prescribed in 92% of the cases. Methotrexate were used in 10% of cases. Quality of life impairment was reported by 27% of the children, exclusively after the age of seven. It was significantly associated with palmoplantar involvement ($p=0.004$) and elevated PASI ($p=0.01$).

Conclusions: Our findings differ from those of previous studies in showing less frequent facial involvement. Pruritus, nails psoriasis and upper limbs involvement were more common in girls. School-age children with elevated PASI and palmoplantar psoriasis requires a special intention.

