



PRURITUS

SPECIFIC CUTANEOUS MANIFESTATION OF PREGNANCY AND ITS EFFECT ON THE PREGNANCY OUTCOME

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Introduction: The specific dermatosis of pregnancy represent a distinct heterogenous group of pruritic disorders that can be very distressing for mother. They include polymorphic eruption of pregnancy, pemphigoid gestationis, Intra-hepatic cholestasis of pregnancy and atopic eruption of pregnancy. The diagnosis and management of these pregnancy specific disorders can be challenging due to their variation in clinical presentations and lack of definite diagnostic test.

Materials & Methods: Number of pregnant mothers attending antenatal clinic of Obstetrics and Dermatology OPD were screened. Out of total of 24820 patients, 522 patients were selected for study. After thorough clinical examination routine blood tests and biopsies with direct immunofluorescence were done in Pemphigoid Gestationis.

Results: Majority patients were in younger age group (15-30yrs). Least were in more than older age group (> 40yrs). Rural patients outnumbered urban. Most were house wives. The onset and time period of the dermatoses were found mostly in third trimester. Itching was most common symptom present in abdominal areas. Atopic eruptions were the common specific dermatoses. Majority had normal fetal outcome in both ICP and PG groups. However in these groups 'meconium stained' as observed as 'abnormal fetal outcome' in 10.5% and 22.3% along with spontaneous preterm birth in 7.3 and 11.2 percent cases respectively. Emotional aspect was affected in 59.7% and DLQI impaired in 52.1% of study population.

Conclusion: In the present study, lower limb was the most common site of involvement. Most common specific dermatoses of pregnancy was atopic eruption of pregnancy. Majority patients had normal fetal outcome. Abnormal fetal outcome was observed in Pemphigoid Gestationis and some cases of ICP. In evaluating quality of life in specific dermatosis of pregnancy it was found to affect 'emotional aspect' of majority of mothers and also hampered daily activities in few of them.

