

A Study of Skin Diseases and S.T.D.- at Shree Birendra Hospital

Lt.Col.Dr. Sudarshan Lal Rajbhandari
MBBS, M.D., Dermatologist
Shree Birendra Hospital.

Introduction:

The skin serves as a window through which body reveals much of its internal pathology. It is strong, elastic, waterproof, protective and self-repairing.

Dermatology is an essential part of general medicine. Diseases of skin are a common occurrence. Every one suffers from at least one skin disease during the lifetime. Dermatology involves not only skin but human mind, various microorganisms, vast external environments and complex endocrine and metabolic interaction within the body.

Objectives:

1. To diagnose and treat cutaneous disease and S.T.D.
2. To prevent spread of skin diseases and S.T.D.

Details About Study:

Skin OPD is conducted everyday Sunday to Friday except Thursday. The services provided presently in skin OPD are examination and diagnosis of all skin diseases and STDs, chemical peeling, curette and cautery, dispensing, shave biopsy, patch testing, incisional and excision biopsy, punch biopsy for all the patients irrespective of age and sex for regular and family, ex-servicemen and family. If condition requires, patients admitted to skin ward (a) directly from skin OPD (b) any time during 24 hours from General OPD. Routine minor surgery is done every Tuesday in the skin OPD room. It includes biopsy procedures, wart removal, occlusive dressings, excision of various cysts. Detailed examination of leprosy patients is carried routinely every Wednesday, 8,000 patients were examined and treated in OPD and wards in Shree Birendra Hospital from 15th Shrawan 055 to 14th Shrawan 056. In all cases thorough dermatological examination was carried out including skin all over body, hair, nail, mucosae. Routine examination of blood, urine was done in required cases. F-SR, blood sugar, urea, liver function test, creatinine, uric acid, cholesterol, triglyceride, chest x-ray, antistreptolysin titer, VDRL, TPHA, Urethra smear, Elisa for HIV, LE cells, Rheumatoid factor, nail clipping, slit skin smear were done in selected cases. Pus culture and sensitivity were performed from the pus discharging condition. 25 skin biopsies were performed from representative sites and were subjected to histopathological examination.

A total of 8,000 patients of 5 month age to 77 years of age were examined of which 6,800 pts. (85%) were Males and 1,200 pts.(15%) were Females. The ratio of M/F was 5.7:1 out of these patients, 42 were inpatients.

Among them 4,885 (61.6%) patients have infective dermatoses of which dermatophytoses tops the list i.e. 2,825(35%), Eczema is seen in 1,660(27.5%) cases of which seborrhea dermatitis is

commonest i.e. 560 (7%) cases. Papulosquamous disorders is seen in 372 (4.6%) cases. Phodermatitis was observed in 600(7.5%).

Following Tables show the pattern of skin and STD disorders.

Table-I
Age and Sex Distribution

S.No.	Age Groups	Male	Female	Total	Incidence
1	1-18	500	300	800	10%
2	19-44	6,000	800	6,800	85%
3	45-60	250	70	320	4%
4	61-77	50	30	80	1%
	Total	6,800	1,200	8,000	100%

- The highest no. of pts belonged to age group of 19-44 yrs.
- Of the 6,800 (85%) cases in this group, 6,000(88.23%) were Males and 800(11.76%) were Females.
- Of the 6,800 Males, 170(2.5%) were ex-servicemen.

Itching was the commonest complaint. It occurred in 7,000(87.5%) pts. The other complaints were dryness of skin in 100(1.25%) cases and pigmentary disturbance in 500(6.25%) cases.

Table-II
Infective Dermatitis

S.NO.	Condition	Total	Incidence
1	Dermatophytosis	2,825	(35.31%)
2	Onychomycosis	680	(8.5%)
3	Psychosis barbecue	382	(4.77%)
4	Pityriasis Versicolor	365	(4.56%)
5	Verrucac	110	(1.37%)
6	Folliculitis	98	(1.22%)
7	Pitted Keratolysis	68	(.85%)
8	Leprosy	60	(.75%)
9	Mollusca Contagious	53	(.66%)
10	Impetigo	53	(.66%)
11	Herpes Zoster	46	(.57%)
12	Herpes Labials	38	(.47%)
13	Interrigo	25	(.31%)
14	Chickenpox	25	(.31%)
15	Aphthous Ulcer	25	(.31%)
16	Chronic Paronychia	16	(.2%)
17	Lupus Vulgarize	11	(.13%)
18	Thrush	2	(.025%)
19	Lichen Scrofulosorum	1	(.012%)
20	Tuberculosis Verrucosa cutis	1	(.012%)
21	Postural Dermatitis Atrophicans	1	(.012%)
	Total	4,885	(61.6%)

Table-III
Infestation

S No.	Condition	Total	Incidence
1	Scabies	960	(12%)
2	Phthiriasis Pubis	25	(.31%)

Table IV
Pigmentary Disorders

S.No.	condition	Total	Incidence
1	Melasma	370	(4.62%)
2	Vitiligo	260	(3.25%)
3	Schamberg's Disease	19	(.23%)
4	Drug Eruption	16	(.2%)
5	Leucoderma	1	(.012%)
6	Erythema Dischromcum Persants	1	(.012%)
	Total	667	(8.33%)

Table -V
Papulo-Squamous Disorders

S.No.	Condition	Total	Incidence
1	Psoriasis	160	(2%)
2	Lichen Planus	169	(2.11%)
3	Pityriasis Ro	49	(.61%)
4	Pityriasis Lichenoides Chronicus	2	(.025%)
5	Erythema Annulare	2	(.025%)
	Total	372	(4.65%)

Table-VI
Eczema

S.No	Condition	Total	Incidence
1	Seborrhoeic Dermatitis	560	(7%)
2	Contact Dermatitis	452	(5.65%)
3	IBR	312	(3.8%)
4	LSC	98	(1.22%)
5	Infective eczema	92	(1.15%)
6	Nummular eczema	59	(0.73%)
7	P.alba	52	(0.65%)
8	Miliaria with eczema	20	(0.25%)
9	Atopic eczema	6	(0.07%)
10	Stastis eczema	5	(0.06%)
11	Asteatotic eczema	4	(0.05%)
	Total	1,660	(27.5%)

Table-VII
Tumours of Skin

S.No.	Condition	Total	Incidence
1	Seborrhoeic Keratosis	120	(1.5%)
2	Acrochordon	59	(0.73%)
3	Pyogenic granuloma	6	(0.07%)
4	DPN	5	(0.06%)
5	Syringoma	4	(0.05%)
6	Trichoepithelioma	2	(0.25%)
7	Myxoid Cyst	2	(0.25%)
8	Steatocystoma multiplex	2	(0.25%)
	Total	200	(2.5%)

Table -VIII
Metabolic and Nutritional Disorders

S.No.	Condition	Total	Incidence
1	Pellagra	6	(.07%)
2	Telogen Effluvium	15	(.18%)
3	Xanthelasma Palpebrarum	15	(.18%)
4	Cutaneous Amyloidosis	1	(.012%)
5	Acrodermatitis Enteropathica	1	(.012%)
	Total	38	(.47%)

Table-IX
Keratinisation Disorders

S.No.	Condition	Total	Incidence
1	Corn and Callositis	110	(1.37%)
2	Keratoderma	79	(.98%)
3	Ichthyosis	29	(.075%)
4	Keratosis Pilaris	6	(.075%)
	Total	224	(6.4%)

Table-X
Connective Tissue Disorders

S.No.	Condition	Total	Incidence
1	Elastosis (Wrinkles)	86	(1.07%)
2	Keloids	79	(.98%)
3	Alopecia Areata	60	(.57%)
4	Striac	6	(.075%)
5	Morphoea	4	(.05%)
6	Fibromatosis	2	(.025%)
7	BXO	1	(.012%)
8	DLE	1	(.012%)
	Total	239	(2.22%)

Table-XI
Congenital Disorders

S.No.	Condition	Total	Incidence
1	Strawberry Naevus	15	(.18%)
2	Naevus Depigmentosus	42	(.52%)
3	Epidermal Naevi, Sebaceous Naevus	2	(.25%)
4	Naevus of Ota	1	(.12%)
	Total	60	(.75%)

Table-XII
Miscellaneous

S.No.	Condition	Total	Incidence
1	Urticaria	800	(10%)
2	Photodermatosis	600	(7.5%)
3	Ane Vulgaris/Anceiform Eruption	421	(4.26%)
4	Urticarial Vasculities	12	(.15%)
5	Rosacea	6	(.075%)
6	Chilblain	6	(.075%)
7	Pruritus (Gen)	6	(.075%)
8	Leg Ulcers	3	(.03%)
9	Erythema Nodosum Migrans	1	(.012%)
10	Lymphoedema Tarda	1	(.012%)
	Total	1856	(23.2%)

Table-XIII
STD

S.No.	Diseases	Total	Incidence
1	Nongonococcal Urethritis	49	(.61%)
2	Candidal Balanposthitis	42	(.52%)
3	Condyloma Acuminata	41	(.51%)
4	Gonorrhoea	39	(.48%)
5	Chancroid	30	(.37%)
6	Herpes Genitalis	30	(.37%)
7	Primary Syphilis	28	(.35%)
8	HIV	Nil	
	Total	258	(3.22%)

Problems:

1. Poor patient compliance.
2. Misuse and overuse of medicaments.
3. Improper use of under clothing.

Conclusion:

We have tendency to report to hospital late & for better management of skin diseases, we recommend more trained medical manpower and earlier medical check up of patients.