

HOSPITAL BASED STUDY ON CHILDHOOD PSORIASISMurugan S¹, Adi Krishanan S², Trishna M³, Krishnakanth M⁴, Anandan S⁵, Sudha R⁶, Mahalakshmi V⁷**HOW TO CITE THIS ARTICLE:**

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ABSTRACT: Childhood psoriasis is a distressing condition with significant social and psychological consequences. Childhood psoriasis being less reported entity, this study was undertaken to study the incidence, pattern and prevalence of childhood psoriasis. **MATERIALS & METHODS:** In this retrospective epidemiologic study, a complete analysis of OP Records of patients with psoriasis who attended the Psoriasis Clinic of dermatology OPD, during the period of 1 year from June 2014- June 2015 were taken. The age at presentation, duration of psoriasis, pattern of involvement, h/o treatment, h/o preceding infections were all recorded. **RESULTS:** The incidence of childhood psoriasis was observed to be (1.16%). The incidence of psoriasis in male (43%) children and female (57%) children was-. The mean age of onset of childhood psoriasis was -, positive family history seen in 5% of patients. Psoriasis vulgaris is the most common type of psoriasis followed by palmoplantar psoriasis. Nail involvement was seen in 30% of cases. Arthropathy was seen in 1% of patients. Preceding infection was seen in 155 of patients. **CONCLUSION:** The rising trends in incidence of childhood psoriasis in recent times may mirror the evolving lifestyle and psychosocial environment in society. The evolving patterns of childhood psoriasis has significant avenues for research & further follow-up. Larger, coordinated multicentric long term studies to determine their course in adulthood may be required in future.

KEYWORDS: Childhood, Psoriasis, Infection.

INTRODUCTION: 7600 patients were screened in Psoriasis clinic, Sri Ramachandra Medical College Hospital-during Jan 2014- Jan 2015 period, 65 cases of childhood psoriasis were identified among the patients, patients from 4 years to 18 years were taken in the study.

Types of Psoriasis included were Guttate, scalp, palmar, palmoplantar, chronic plaque type. Patients in erythroderma & those of the above with arthropathy were also included. The youngest patient was 5 years old.

Percentage of involvement was higher in females than in male children History of preceding infection seen in 19/65children.

The commonest infection preceding the psoriasis was respiratory tract infection followed by tonsillitis & urinary tract infection:

| NO. | MALES | FEMALES |
|-----|---------|---------|
| 65 | 28(43%) | 37(57%) |

| No. | Palmoplantar psoriasis | Males | Females |
|-----|------------------------|-------|---------|
| 65 | 13(20%) | 5 | 8 |

| NO. | Psoriasis vulgaris | Males | Females |
|-----|--------------------|-------|---------|
| 65 | 31(47.6%) | 12 | 19 |

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| No. | Sebopsoriasis | Males | Females |
|-----|---------------|-------|---------|
| 65 | 10(15%) | 5 | 5 |

| No. | Nail involvement | Males | Females |
|-----|------------------|-------|---------|
| 65 | 20(30%) | 11 | 9 |

| No. | Age group | Patients affected | Males | Females |
|-----|-----------|-------------------|-------|---------|
| | 1-5 | 3 | 2 | |
| | 5-10 | 6 | | |
| | 10-15 | 20 | | |
| | 15-20 | 36 | | |

CHILDHOOD PSORIASIS: Childhood psoriasis is a distinct entity and may vary in presentation from adult type. Lesions in general are more pruritic, scaling pattern is thinner and less manifest. Psoriasis may be precipitated by infections, mostly of upper respiratory tract and physical & psychological stress than in adults. Incidence is more common in female children compared to males.^[1,2] This rate is comparable to the female preponderance 57%, seen in present study.

Incidence of childhood psoriasis- most patients were seen in the under 5yrs age group, in our study highest number of patients were seen in 10-14yrs age group.^[3,4] Familial incidence in childhood psoriasis was reported to range between 9.8% - 89% in some studies.

Familial incidence in the present study was 15%. Psoriasis vulgaris- chronic plaque type was the most common type of psoriasis, upto 80% in middle east, 43% in Australia, 47.6% in another Indian study.^[5,6] Contrastingly guttate psoriasis was seen in 44% of patients. Earlier Indian studies have shown a similar trend. (60.6%).

Palmoplantar psoriasis is uncommon presentation in childhood psoriasis in present study it was recorded in 20 % of patients. Sebopsoriasis was seen in 15% of patients knee involvement was seen in 30% of cases against 36% reported in middle east and 30 % by Bhushan kumar et al.^[7,8] Mucosal involvement was not found in our patients. Psoriatic arthropathy was seen in 1% of cases. Erythroderma was seen in 1% of cases.

The rising trends of psoriasis in childhood may mirror the evolving lifestyle and psychosocial environment in society. The evolving pattern of childhood psoriasis has significant avenues for research and further follow-up. A larger sample population and multicentric, coordinated, longterm study may be required in future to gauge this disease entity.

| No | NAME | AGE/SEX | PSORIASIS TYPE | DURATION | TREATMENT H/O | INFECTIONS | BSA |
|----|---------------|---------|----------------|----------|------------------|-------------|-----|
| 1 | Rajendra | 5/M | Guttate | 4 months | nil | tonsillitis | |
| 2 | Priyadarshini | 19/F | Ps vulgaris | 1 yr. | Native treatment | nil | |
| 3 | Muthalagi | 16/f | Plantar ps | 3 yrs. | no | No | |
| 4 | Ranganayaki | 5/F | Ps.Vul | 2 yrs. | yes | no | |
| 5 | Gunasekaran | 20/m | Sebopsor | 2 yrs. | no | no | |
| 6 | Ariffa | 9/F | Ps. Vul | 3 yrs. | yes | yes | |
| 7 | Vinith | 5/M | Ps.Vul | 3 months | no | no | |
| 8 | Karthik | 17/M | Guttate | 1 month | yes | no | |

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| | | | | | | | |
|----|----------------|----------|-------------------|----------|------------|-----|--|
| 9 | Manikanda | 11/M | Ps.Vul | 4 months | yes | no | |
| 10 | Vijaya | 14/F | Guttate | 2 months | yes | yes | |
| 11 | Madhumitha | 17/F | Ps. Vulg | 2 years | yes | yes | |
| 12 | Monisha | 11/F | Ps Vulg | 1 year | yes | no | |
| 13 | Haneef | 11/M | Ps.Vul. | 3 months | no | no | |
| 14 | Bala | 16/M | Palmoplarantar | 1 yr. | yes | no | |
| 15 | Purushothaman | 17/M | Palmoplarantar | 2 yrs. | yes | no | |
| 16 | Roobini | 18/F | Ps Vulgaris | 3 yrs. | no | yes | |
| 17 | Archana | 18/F | Ps.Vulg | 3 yrs. | yes | yes | |
| 18 | Vinothini | 18/F | Plantar ps. | 5yrs. | yes | no | |
| 19 | Anjalai | 17/F | Ps.Vul | 2 yrs. | yes | no | |
| 20 | Revathy | 16/F | Ps.Vul | 5 months | no | yes | |
| 21 | Gayathri | 12/F | PS.Vul | 1 yr. | yes | no | |
| 22 | Priya | 15/F | Scalp PS. | 2 yrs. | yes | no | |
| 23 | Sathya raj | 17/M | Ps.Vulg | 3 yrs. | Yes siddha | yes | |
| 24 | Narendran | 15/M | Ps.Vul | 3 months | yes | no | |
| 25 | Shiek Ali | 18/M | Palmo pl. | 2 yrs. | yes | yes | |
| 30 | Iyappan | 17/M | PS .VUL | 2 months | yes | no | |
| 31 | Ashya | 15/F | Sebopsor | 3months | yes | no | |
| 32 | Vinoth | 9/M | Pl.Psor | 2 yrs. | yes | yes | |
| 34 | Nandhini | 17/F | Pl. Psor | 1 yr. | yes | no | |
| 35 | Suseela | 18/F | PS vul | 6 months | yes | no | |
| 36 | Rajesh | 17/M | Sebo ps | 4 months | yes | yes | |
| 37 | Asha | 13/F | Ps.Vul | 1 yr. | Yes | no | |
| 38 | Kasturi | 11/F | Ps.Vul | 4 months | yes | yes | |
| 39 | Srinivasan | 18/M | Sebo | 1 yr. | yes | no | |
| 40 | Devishree | 6/F | Ps.Vulg | 4 months | yes | no | |
| 41 | Sachithanand | 14/M | Sebo | 2 years | yes | yes | |
| 42 | Devasitham | 14/M | Guttate | 2 months | no | yes | |
| 43 | Priya | 18/F | Sebo | 8 months | yes | no | |
| 44 | Bharath | 14/M | Gutate | 2 months | yes | no | |
| 45 | Dilli babu | 14/ M | Ps Vul | 2 years | yes | no | |
| 46 | Pritika | 16/F | Ps Vul | 4 months | yes | yes | |
| 47 | Afia | 9/F | Palm. pl | 1 year | no | yes | |
| 48 | Deepak | 13/M | Juvenile Psor | 5 months | Yes | no | |
| 49 | Prema | 14/F | Psor Vul | 1 year | yes | yes | |
| 50 | Shoukath shiek | 16/M | Plantar ps. | 8 months | Yes | no | |
| 51 | Ravi | 13/M | Ps. Vulg. | 1 year | yes | no | |
| 52 | Nandhita | 18/F | Ps.Vulg | 2 years | yes | no | |
| 53 | Jhansi rani | 17/F | Sebopsoriasis | 1 yr. | Yes | no | |
| 54 | Saranya | 10/ F | Sebo psor | 2 yrs. | Yes | no | |
| 55 | Raj kumar | 18/M | Ps. Vul | 3 years | yes | yes | |
| 56 | Moideen | 14/M | Ps.Vulg. | 1 year | Yes | no | |
| 57 | Sandhya | 13/F | Ps vulg. | 4 years | yes | no | |
| 58 | Keerthika | 7/F | Guttate | 4 months | No | no | |
| 59 | Maragadham | 18/F | Ps.Vulg | 2 years | Yes | no | |
| 60 | Amir Khan | 17/M | Sebopsoriasis | 1 month | No | no | |
| 61 | Guwshar Banu | 18/M | Ps. Vulg | 1 year | No | yes | |
| 62 | Avita | 9/F | Palmoplarantar | 5 months | Yes | no | |
| 63 | Deepak | 13/M | Ps. Vulg | 2 years | Yes | yes | |
| 64 | Pradiksha | 16/F | Palmoplarantar ps | 4 months | Yes | no | |
| 65 | Radha | 14/F | Palmoplarantar | 2 years | Yes | no | |

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