ORIGINAL ARTICLE

HOSPITAL BASED STUDY ON CHILDHOOD PSORIASIS

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ABSTRACT: Childhood psoriasis is a distressing condition with significant social and psychological consequences. Childhood psoriasis being a 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 preceeding 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. The mean age of onset of childhood psoriasis was (10-14years), 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. Preceeding 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 preceeding infection seen in 19/65children.

The commonest infection preceeding 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	
9	Manikanda	11/M	Ps.Vul	4 months	yes	no	

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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	Palmopllantar	1 yr.	yes	no	
15	Purushothaman	17/M	Palmopllantar	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	Palmopllantar	5 months	Yes	no	
63	Deepak	13/M	Ps. Vulg	2 years	Yes	yes	
64	Pradiksha	16/F	Palmopllantar ps	4 months	Yes	no	
65	Radha	14/F	Palmopllantar	2 years	Yes	no	

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