

Prevalence of psoriasis at dermatology and venereal disease inpatient department of a tertiary care hospital: A descriptive study

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Abstract

Introduction: Psoriasis is a chronic, non-contagious skin disease that commonly leads to appearance of red scaly patches on the skin. Psoriatic arthritis is a chronic, disabling inflammatory disease, associated with psoriasis. In psoriatic arthritis patients, the immune system attacks its own joints thus leading to joint destruction associated with cartilage deterioration, bone damage and joint fusion. Prevalence of the disease is around 2-3% of the world population. **Aims and Objectives:** To study the prevalence and associated factors with Psoriasis at tertiary care hospital. **Methodology:** This is cross-sectional, descriptive study All the Diagnosed Psoriasis admitted to Dermatology and Venereal Disease Inpatient Department of a Tertiary Care Hospital were included into the study, during Jan 2013 to Jan 2015 this two year's period 62 included into the study. All the necessary data was collected by using pretested, semi-structured questionnaire, data was analyzed by unpaired t-test, calculated by Graph pad Prism 6. **Result:** Majority of the patients were from the 30-40 i.e. (41.67%) followed by 40-50 (23.33%), 20-30 (18.33%). Majority of the patients were Male (72.58%) as compared to female i.e. (27.42%). Majority of the presenting feature of the patients found to be Chronic Plaque Psoriasis (28.33%), Erythroderma (20.97%), Guttate (14.52%), Plaque. Arthritis (11.29%), Pustular (9.67%), Inverse Psoriasis (4.83%), Palmo Plantar Psoriasis (3.83%), Scalp Psoriasis (3.22%), PalmoPlantarPsoriasis +.arthritis (1.61%). Average stay in Hospital of The Psoriatic arthritis was 13± 5 significantly higher than average of all other illnesses average 4.8±2.8; p<0.0005, t=8.2825, df=60. **Conclusion:** Plaque psoriasis was the commonest type seen mostly. Most common co-morbid condition associated was Psoriatic Arthritis (38.70%), the average time for improvement of the Psoriasis with arthritis was more as compared other co- Morbid conditions.

Keywords: Psoriasis, Associated co-morbidities with Psoriasis.

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INTRODUCTION

Psoriasis is a chronic, non-contagious skin disease that commonly leads to appearance of red scaly patches on the skin. Psoriatic arthritis is a chronic, disabling inflammatory disease, associated with psoriasis. In

psoriatic arthritis patients, the immune system attacks its own joints thus leading to joint destruction associated with cartilage deterioration, bone damage and joint fusion. Prevalence of the disease is around 2-3% of the world population. It causes considerable morbidity, significantly affecting the quality of life of those suffering from the disease¹⁻⁵. Psoriasis is linked with psychological distress⁶, depression^{7,8}, pain and physical disability⁹. In addition it carries significant economic implications, due to direct costs of management and costs associated with productivity losses¹⁰⁻¹³

AIMS AND OBJECTIVES

To study the prevalence and associated factors with Psoriasis at tertiary care hospital.

MATERIAL AND METHODS

This is cross-sectional, descriptive study All the patients admitted to Dermatology and Venereal Disease Inpatient Department of a Tertiary Care Hospital were included into the study, during Jan 2013 to Jan 2014 this two years period 62 included into the study. All the necessary data was collected by using pretested, semi-structured questionnaire, data was analyzed by unpaired t-test, calculated by Graph pad Prism 6.

RESULTS

Table 1: Distribution of the Patients as per the Socio-Demographic Characteristics

Age	No. (%)
<10	1 (1.66)
10-20	3 (5.00%)
20-30	11(18.33%)
30-40	25(41.67%)
40-50	14(23.33%)
>50	8(13.33%)
Total	62(100%)

Majority of the patients were from the 30-40 i.e. (41.67%) followed by 40-50 (23.33%), 20-30 (18.33%).

Table 2: Distribution of the Patients as per the sex

Sex	No. (%)
Male	45 (72.58%)
Female	17(27.42%)
Total	62 (100%)

Majority of the patients were Male (72.58%) as compared to female i.e. (27.42%)

Table 3: Distribution of the Patients as per the Presenting Clinical Feature

Clinical Presentation	Total
ChronicPlaque Psoriasis	17(28.33%)
Erythroderma	13(20.97%)
Guttate	9(14.52%)
Plaque. arthritis	7(11.29%)
Pustular	6(9.67%)
Inverse	3(4.83%)
PalmoPlantarPsoriasis	3(3.83 %)
Scalp	3(3.22%)
PalmoPlantarPsoriasis +arthritis	1(1.61%)
Total	62(100%)

Majority of the presenting feature of the patients found to be Chronic Plaque Psoriasis (28.33%), Erythroderma (20.97%), Guttate (14.52%), Plaque. Arthritis (11.29%), Pustular (9.67%), Inverse (4.83%), PalmoPlantarPsoriasis (3.83 %), Scalp (3.22%), PalmoPlantarPsoriasis +.arthritis (1.61%).

Table 4: Distribution of the patients as per the Associated co-morbid condition and average stay in Hospital

Co-Morbid condition	No (%) (N=62)	Average stay in Hospital (Mean±S.D.)Days
Psoriatic Arthritis	24(38.70%)	13± 5
Diabetes	13(20.96%)	4±2
Hypertension	9(14.51%)	3±2
Asthma	7(11.29%)	3±1
Coronary artery Disease	5(8.06%)	5±2
Hypothyroidism	2(3.22%)	3±2
Myocardial Ischemia	2(3.22%)	11±3

Most common co-morbid condition associated was Psoriatic Arthritis(38.70%), Diabetes (20.96%), Hypertension (14.51%), Asthma (11.29%), Coronary artery Disease (8.06%), Hypothyroidism (3.22%), Myocardial Ischemia (3.22%).Average stay in Hospital of The Psoriatic arthritis was 13± 5 significantly higher than average of all other illnesses average 4.8±2.8; p<0.0005, t=8.2825, df=60.

DISCUSSION

Psoriasis is a non-contagious chronic relapsing skin disorder with severe psychological and social Impact. At times the disease may present atypically that the dermatologist should be familiar with to overcome diagnostic problems.¹⁴ In our study we have found that Majority of the patients were from the 30-40 i.e. (41.67%) followed by 40-50 (23.33%), 20-30 (18.33%). Majority of the patients were Male (72.58%) as compared to female i.e. (27.42%). Majority of the presenting feature of the patients found to be ChronicPlaque Psoriasis (28.33%), Erythroderma (20.97%), Guttate (14.52%), Plaque. Arthritis (11.29%), Pustular (9.67%), Inverse Psoriasis (4.83%), Palmo Plantar Psoriasis (3.83 %), Scalp Psoriasis (3.22%), PalmoPlantarPsoriasis +.arthritis (1.61%). Average stay in Hospital of The Psoriatic arthritis was 13± 5 significantly higher than average of all other illnesses average 4.8±2.8; p<0.0005, t=8.2825, df=60 the average time for improvement of the Psoriasis with arthritis was more because this is a chronic condition with severe pain so may require more time to response. These findings are in confirmative with De Koste J *et al*¹⁵, Sampogna S¹⁶ they found Psoriasis is reported to affect both sexes equally; however in this study a significantly higher number (60.33%) of male patients was recorded compared to females (39.6%).

CONCLUSION

Plaque psoriasis was the commonest type seen mostly. Most common co-morbid condition associated was Psoriatic Arthritis (38.70%), the average time for

improvement of the Psoriasis with arthritis was more as compared other co- Morbid conditions.

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