

OCCURRENCE OF PSORIATIC ARTHRITIS

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ABSTRACT

This study was conducted for assessment of frequency & clinical patterns of Psoriatic arthritis. Psoriasis is chronic inflammatory disease characterized by red, scaly, sharply demarcated, plaques, over extensor surfaces of the skin.¹ Disease is variable in duration & periodicity of flares.² Psoriatic arthritis is an inflammatory arthritis associated with psoriasis.¹ It is usually perceived that PsA is a benign disease but it has many serious sequel. Early diagnosis of arthritis is very important in order to prevent and limit the deformities that come later in the disease. It is the job of medical specialists to screen for joint involvement as part of the routine follow up of psoriatic patients, so that timely referral and intervention can be done which gravely affects the quality of life of patients.

Objectives: The objective was to carried out occurrence of Psoriatic Arthritis in patients of Psoriasis. The relationship of age and gender was also focused.

Methodology: This descriptive, cross sectional study was conducted in the medical department of Ibae –Sienna Hospital Multan from May 2017 to August 2017. All patients visited medical department of Ibae –Sienna Hospital Multan during the year 2017 were observed and analyzed. The documents scrutinized for this purpose were patient's family history, patients check up hospital history charts.

Results: 240 cases of Psoriasis were observed. Out of 240 psoriasis cases, 200 cases were found in males and 40 cases were found in females. Psoriatic Arthritis was found in 80 cases of 240 psoriasis and out of 80 cases of psoriasis arthritis, 50 cases were found in females and 30 cases were of males.

Conclusion: 240 cases of Psoriasis were observed. Out of 240 psoriasis cases, 200 cases were found in males and 40 cases were found in females. Psoriatic Arthritis was found in 80 cases of 240 cases of psoriasis and out of 80 cases of psoriasis arthritis, 50 cases were found in females and 30 cases were of males.

Keywords: Psoriasis , Arthritis , PsA, Ibae –Sienna Hospital

INTRODUCTION

This study was conducted for assessment of frequency & clinical patterns of Psoriatic arthritis. Psoriasis is chronic inflammatory disease characterized by red, scaly plaques.¹ Psoriatic arthritis is an inflammation of joints associated with psoriasis.^{1,2} It is usually perceived that PsA is a benign disease but it has many serious sequel. Early diagnosis of arthritis is very important in order to prevent and limit the deformities that come later in the disease. It is the job of medical specialists to screen for joint involvement as part of the routine follow up of psoriatic patients, so that timely referral and intervention can be done which gravely affects the quality of life of patients.

Psoriasis is an ongoing autoimmune disease characterized by patches of abnormal skin.^[3]

These skin patches are typically red, irritated, and crusty.^[4] Psoriasis varies in severity from tiny, localized patches to complete body coverage.^[5] Injury to the skin can activate psoriatic skin changes at that spot, which is known as the Koebner phenomenon.^[6,7,8]





There are five main types of psoriasis: plaque, guttate, inverse, pustular, and erythrodermic.^[6] Plaque psoriasis, also known as psoriasis vulgaris, makes up about 90 percent of cases.^[4] It typically presents as red patches with white scales on top.^[4] Areas of the body most commonly affected are the back of the forearms, shins, navel area, and scalp.^[4] Guttate psoriasis has drop-shaped lesions.^[9]

Psoriasis arthritis can only be diagnosed with symptoms and signs of the patients.^[4]

Psoriasis cannot be treated but some medications like creams having steroids, certain vitamins and anti immune drugs like methotrexate can prevent and control this condition.

OBJECTIVES

The objective was to carried out occurrence of Psoriatic Arthritis in patients of Psoriasis. The relationship of age and gender was also focused.

METHODOLOGY

This descriptive, cross sectional study was conducted in the medical department of Ibnae –Sienna Hospital Multan from May 2017 to August 2017. All patients visited medical department of Ibnae –Sienna Hospital Multan during the year 2017 were observed and analyzed. The documents scrutinized for this purpose were patient’s family history, patients check up hospital history charts. All data was collected and analyzed by using SPSS 13.

RESULTS AND DISCUSSION

Out of 240 total cases of Psoriasis observed. Out of 240 psoriasis cases, 200 cases were found in males and 40 cases were found in females as in Table No.1. Psoriatic Arthritis was found in 80 cases of psoriasis as in Table No.2 and out of 80 cases of psoriasis arthritis, 50 cases were found in females and 30 cases were of males as in Table No.3 Male & female ratio in psoriasis arthritis was found low in males as compared to females may be some other hereditary anomalies and environmental & dietary factors which requires an another comprehensive study.

Table No.1

Total Cases of Psoriasis	Psoriasis	Percentage (%)
Male	200	83
Female	40	17
Total	240	100

Table No.2

Total Patients during 2017	Psoriasis arthritis found	Percentage (%)
240	80	33

Table No.3

Total Cases of Psoriasis	Psoriasis Arthritis (80 Cases)	Percentage (%)
Male	30	38
Female	50	62
Total	80	100

CONCLUSIONS & RECOMMENDATIONS

Total 240 cases of Psoriasis observed. Out of 240 psoriasis cases, 200 cases were found in males and 40 cases were found in females. Out of total 240 Psoriasis, Psoriatic Arthritis was found in 80 cases of psoriasis and out of 80 cases of psoriasis arthritis, 50 cases were found in females and 30 cases were of males. Male & female ratio in psoriasis arthritis was found low in males as compared to females may be some other hereditary anomalies and environmental & dietary factors which requires an another comprehensive study.

Following recommendations were suggested:

1. Need for massive improvement of diets.
2. Impediment of environmental hazards.
3. Early diagnosis and timely prompt treatment
4. Another comprehensive study for detection of hereditary anomalies and factors.

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