

A Clinico Epidemiological Study of Hand Foot and Mouth Disease in a Tertiary Care Hospital of Tribal Area

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Abstract

Background: Hand foot and Mouth Disease (HFMD) is a highly contagious viral infection characterized by a typical maculopapular or vesicular eruptions on the hands and feet and in the oral cavity. It affects predominantly children and/or immune-compromised adults and follows a benign self-limiting course. **Methods:** This study is to find the clinico-epidemiological data of HFMD for early diagnosis and treatment. Because it has the potential to reach epidemic levels, general practitioners and pediatricians need to be aware of it. A prospective observational study is conducted from Jan 2018 to Dec 2018. Consecutive cases clinically diagnosed as HFMD, in the Tertiary care hospital in Tribal area. **Results:** We report the clinic-epidemiological study of 60 cases of HFMD, their benign course. Risk factors for HFMD include hygiene, age, gender, and social contacts. All the cases were in the mild form. There were no symptoms and signs of the primary immunodeficiency disorders such as recurrent or atypical microbial infections, and they were not on immunosuppressive medication. **Conclusion:** it can be concluded that hand foot and mouth disease is now commonly seen in children and becoming one of the important childhood diseases. Although in most of the cases it does not have complications however, all the dentists, pediatricians and dermatologists must be aware of the clinical features and possible complications. Appropriate supportive treatment should be ensured to prevent any adverse outcomes.