



NIGERIAN ASSOCIATION OF DERMATOLOGISTS (NAD) 18TH SCIENTIFIC CONFERENCE AND ANNUAL GENERAL MEETING [KANO 2024]



2024 BOOK OF ABSTRACTS

ABSTRACTS DAY 1

Scientific Session 1: Dermatology and Mental Health

Understanding Psychodermatology in the African Context: Bridging the Gap Between Mind and Skin

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Introduction:

Psychodermatology, an integral facet of dermatology, encompasses a holistic approach that intertwines dermatological, psychological, and psychiatric perspectives in addressing skin disorders. In the African context, where cultural, social, and environmental factors influence the manifestation and management of skin conditions, psychodermatology emerges as a crucial discipline.

Objectives: The study aims to explore the implications of psychodermatology in Africa, shedding light on its relevance and applicability in understanding and treating skin disorders.

Methodology:

This study employs a comprehensive review of the literature, drawing insights from global research on psychodermatology while contextualizing findings within the African landscape. Additionally, anecdotal evidence and experiences shared by dermatologists practicing in Africa are considered to provide nuanced perspectives. Through a thematic analysis approach, key themes regarding the

interplay between mental health and skin health in Africa are identified and synthesized.

Results:

In Africa, individuals grappling with skin conditions often endure profound psychosocial ramifications, including feelings of embarrassment, low self-esteem, and social isolation. Research indicates a disproportionate prevalence of psychological and psychiatric issues among dermatology patients, underscoring the imperative for integrated approaches like psychodermatology. Through personalized interventions, psychodermatologists address not only the dermatological symptoms but also the underlying psychological factors contributing to skin disorders.

Conclusion:

The topic underscores the importance of recognizing the interconnectedness between mind and skin in diverse cultural contexts. Psychodermatology holds promise in improving outcomes and fostering holistic well-being. Moving forward, collaborative efforts among healthcare providers, researchers, and policymakers are essential to advance psychodermatological practices and mitigate the psychosocial burden of skin disorders across the continent.

Screening for Psychiatric Morbidity among Outpatients with Skin Diseases in A Tertiary Hospital in Northwest Nigeria

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Background: Psychological stressors exacerbating dermatologic conditions have been well supported by research.

Aims: To determine the prevalence and correlates of psychiatric morbidity among outpatients with skin diseases.

Method: A cross-sectional study of 152 skin disease patients attending a dermatological outpatient's clinic at a tertiary health institution in Sokoto State, Northwest, Nigeria. The participants completed a sociodemographic and clinical characteristics questionnaire, and the General Health Questionnaire (GHQ-28 version). Data was analyzed using chi-square to test for association between categorical variables with a p-value of 0.05 as the significance level.

Results: The prevalence of psychiatric morbidity was 63.8% (using a score greater than the mean GHQ score of 45.8, approximately 46 as cut off score). Older age ($P=0.026$), being a female ($P<0.001$), early age at onset of skin disease ($P<0.001$) were significantly associated with psychiatric morbidity. Having skin lesion on the face ($P<0.001$), cause due to allergic reaction ($P<0.001$), longer duration of skin disease ($P<0.001$), comorbidity with a chronic medical condition ($P<0.001$) were significantly associated with psychiatric morbidity.

Conclusion: Given the high prevalence of dermatology patients that have psychiatric morbidity, dermatologists may consider incorporating mental health screening into their patient evaluation. Measures to mitigate the influence of certain demographic and clinical characteristics associated with psychiatric morbidity should be considered.

Keywords: *Psychiatric morbidity; outpatients; skin disorders; tertiary hospital; Northwest Nigeria*

Personality Disorders among Dermatological Patients

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The nexus between skin diseases and mental health is a thin line. Individuals with personality disorders are invariably seen in dermatology settings. Their maladaptive behaviours and lack of insight into their diseases make these patients be tagged as difficult with a poor relationship between them and the attending Physician. This study seeks to identify various types of personality disorders among dermatological patients, their patterns of presentations and their effects on the management outcome of dermatological diseases.

The Prevalence of Psychiatric Disorders in Patients Attending Dermatology Outpatient Clinics at Barau Dikko Teaching Hospital (BDTH), Kaduna State University, Nigeria

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Background: The area of psychodermatology has received very little attention in Nigeria; it is, therefore, imperative to assess the prevalence of psychiatric illness among dermatology patients.

The aim of this study was to find the prevalence of psychiatric disorders among the outpatients attending the dermatology clinic at Barau Dikko Teaching Hospital (BDTH) Kaduna.

Methods: A sample of 125 outpatients attending the dermatology clinic were selected for the study after obtaining ethical approval and consent from the patients. A GHQ-12 questionnaire was administered by a trained mental health professional after clinical examination of skin lesions by the dermatologist. Data was analyzed using the IBM statistics version (SPSS 25), and statistical significance was set at <0.05 .

Results: Out of 125 participants, 48 were men and 77 were women. The mean age was 27 years (SD, ± 15 years; range, 18-55 years). The study showed that 87.20% of patients screened in the dermatology clinic had psychiatric illness.

Patients with pityriasis versicolor, vitiligo and fungal infections had a higher prevalence of psychological disorders. Those who took alcohol and those who smoked were more likely to be diagnosed with psychopathology than those who did not. Similarly, those with exposed skin lesions and those with skin lesions less than six months were 0.3 times more likely to have psychological disorders.

Conclusion: The psychiatric morbidity was significant in our dermatological patients, thus indicating the use of GHQ 12 in assisting to formulate psychiatric interventions and possible reduction in morbidity.

Keywords: *Dermatology, Psychopathology, GHQ 12*

Suicidality, Self-Esteem and Depression Among Patients with Chronic Skin Disease at Lagos University Teaching Hospital

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Background: Chronic skin diseases can have a significant psychological/mental health impact, including suicidality, low self-esteem, and

depression. However, the true extent of these issues among patients with chronic skin diseases in Nigeria is not well documented. This study aimed to determine the prevalence of suicide, assess self-esteem, and evaluate depression and associated risk factors in patients with chronic skin diseases in Lagos, Nigeria.

Methods: This cross-sectional study recruited 161 patients with chronic skin diseases from the dermatology clinic at Lagos University Teaching Hospital between March and September 2022. Participants completed questionnaires assessing sociodemographic information, suicidality, self-esteem, and depression. Descriptive statistics, crude analysis using chi-square tests, and adjusted logistic regression were performed.

Results: The mean age of participants was 31.76 ± 11.33 years, with most being female (65.2%), single (64.6%), Christian (77.1%), and of Yoruba ethnicity (52.1%). Atopic dermatitis (14.9%), acne vulgaris (14.9%), and psoriasis (9.3%) were mostly diagnosed. The study found high rates of psychological distress, with 14.3% of participants having a depressive disorder, 8.1% experiencing suicidality, and 6.8% having low self-esteem.

Sociodemographic factors associated with depression included higher monthly expenses on skin disorder management ($p \leq 0.049$). Clinical factors associated with depression were type of skin disorder diagnosed ($p \leq 0.048$), current medication ($p \leq 0.045$), family history of depression ($p \leq 0.029$) and experiencing stigma or rejection due to the skin condition ($p \leq 0.036$). Participants spent an average of ₦4,959.01 \pm 2,989.78 monthly (about 16.7% of the National minimum wage) on treating their skin disorders.

Conclusion: Patients with chronic skin diseases in Lagos experienced significant psychological distress. Integrating mental health screening and support into dermatological care is crucial to providing holistic treatment for this population.

Keywords: Chronic skin diseases, mental health, suicidality, self-esteem, depression

Attitude Towards Illness and Quality of Life (QoL) Among Outpatients with Skin Diseases

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Background: Skin diseases have a huge impact on QoL and may result in negative attitudes like low self-esteem and self-stigma.

Aims: To assess attitudes towards skin diseases, quality of life (QoL), factors associated with QoL, and the association between attitudes towards skin diseases and QoL among outpatients with skin diseases.

Method: Participants with skin diseases (n = 152)

were interviewed in a cross-sectional study using a socio-demographics and clinical characteristics questionnaire, Attitude to Disease Assessment Scale (ADAS), and Dermatology Life Quality Index (DLQI). Data was analysed using the chi-square test, and the P-value of 0.05 was considered statistically significant.

Results: QoL was poor among 67.1% of the participants. Female gender ($P < 0.001$), early age of onset of skin diseases, between 21-30 years ($P = 0.002$), having skin disease on the neck ($P = 0.003$), caused due to infection ($P < 0.001$), lesser duration of diseases ($P = 0.014$), chronic nature ($P = 0.027$), and comorbidity with a chronic medical condition ($P = 0.005$) were significantly associated with a negative attitude towards skin diseases. There was no significant association ($P = 0.230$) between the attitude towards skin diseases and quality of life.

Conclusion: More than half of the participants had negative attitudes towards their skin diseases, and the quality of life was poor among the majority. Female gender, early age at onset of skin diseases, having skin disease on the neck, caused due to infection, lesser duration of diseases, chronic nature of the skin diseases, and comorbidity with chronic medical conditions were associated with negative attitude.

Keywords: Attitude towards illness, quality of life (QoL), outpatients, skin diseases

Scientific Session 2: Aesthetics in Dermatology

Empowering Aesthetic Practice in Nigeria: Leveraging Health Worker Knowledge, Attitudes, and Practices to Advance Ethical and Safe Cosmetic Treatments

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Background: As the demand for aesthetic procedures rises in Nigeria, concerns about patient safety, ethical standards, and regulatory oversight emerge. Healthcare workers (HCWs) play a crucial

role in delivering these procedures and shaping patient outcomes.

Methods: Data from a recent KAP survey among HCWs in Nigeria were analyzed to assess their knowledge, attitudes, and practices towards aesthetic procedures. Descriptive and inferential analyses were conducted.

Findings: While positive attitudes towards aesthetic procedures were prevalent among HCWs, there was a discrepancy between attitudes and actual practices. Sociodemographic factors influenced both attitudes and the likelihood of undergoing procedures.

Discussion: The discussion integrates findings with actionable recommendations:

1. Strengthen regulatory frameworks for ethical

standards and patient safety.

2. Enhance education and training programs for HCWs in aesthetic procedures.
3. Foster interdisciplinary collaboration for holistic patient care.
4. Implement public awareness campaigns to promote informed decision-making.
5. Establish mechanisms for monitoring adverse events associated with treatments.

Conclusion: By leveraging insights from HCWs' perspectives, collaborative efforts can advance ethical and safe cosmetic treatments in Nigeria. This necessitates coordinated action among policymakers, healthcare professionals, and the public to prioritize patient well-being and uphold ethical standards.

Keywords: *Aesthetic practice, Nigeria, healthcare workers, Knowledge Attitudes Practices (KAP), ethical standards, patient care, cosmetic treatments.*

From Tiktok to Clinic: Understanding and Responding to Tiktok Beauty Trends in Dermatology

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Introduction: TikTok is a video-sharing social media application with over a billion users. It ranks as the fifth popular social media platform globally and has evolved from being solely entertaining to an educational hub, especially in the world of beauty and skincare. Although TikTok can serve as a source of information related to beauty, it has its challenges – misinformation and promotion of harmful beauty trends.

Influencers and healthcare professionals, including dermatologists, have leveraged TikTok to educate and engage people. Dermatologists need to play an important role in understanding and responding to beauty trends, and this requires a preemptive

approach to staying conversant with the beauty trends on TikTok.

An analysis of TikTok's influence on dermatology was made, focusing on viral beauty trends and their implications for clinical practice. These trends include Korean beauty, skin cycling, skincare routine, skin slugging and organic skincare in Nigeria.

The dermatologist's responses to these trends are to actively observe beauty trends that have gone viral in TikTok, subscribe to blogs, online resources and publications focused on beauty and skincare, engage with patients on these trends, and attend dermatology conferences and workshops. By this, dermatologists can provide accurate information, debunk myths and address potential risks associated with trending beauty.

It is important that dermatologists adapt to the evolving digital landscape of TikTok beauty trends by proactive engagement, ensuring dermatological care that is aligned with the principles of evidence-based medicine and the promotion of safe skincare practices.

Rising Trends of Crime and Quackery in Dermatology

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Introduction: With the rising advancement in modern technology and shortage of manpower in dermatology, especially in sub-Saharan Africa, so also is the rising crime rate and quackery against it. Some cases presented to a dermatologist may be directly self-inflicted or indirectly be crime-related, and a dermatologist may be involved as an investigator or medical report needed as evidence in legal matters, so dermatologists need to rise up to these challenges and update themselves in the field of investigative dermatology.

Method: Cases presentations - Herein we present interesting cases of an attempt of finger prints pattern alteration, Tribal scarification mark "cleaning", steroid injection abuse(atrophy), dermatitis artefacta presenting as "Pseudo-dry gangrene" of the hand and dermatological signs of Drug abuse in persons

who inject drugs (PWID) among others.

Conclusions: As dermatologists, we need to broaden our minds not only to the clinical findings but also to have an index of suspicion and a possibility of crime, drug abuse and or quackery in some cases and assist where possible to unravel the reality of the matter.

Keywords: *Trend, Crime, Quackery*

Role of Cosmeceuticals in Acne for the African Skin

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Introduction: Acne vulgaris is a common dermatological condition affecting people of different races, including those with African skin types, who face challenges due to differences in skin structure: post-inflammatory hyperpigmentation (PIH) and scars. Cosmeceuticals are skin products that blend cosmetic and pharmaceutical qualities, aiming to enhance skin appearance. While conventional treatments are effective, cosmeceuticals have emerged as complementary strategies in acne management for African skin.

Objective: This review seeks to explore the role of cosmeceuticals in African skin, focusing on their usefulness and efficacy in acne management.

Methodology: A comprehensive literature review was conducted, and several studies on the efficacy of cosmeceuticals in treating acne were examined.

Findings: Key cosmeceutical ingredients such as Vitamin C, liquorice extract, azelaic acid,

nicotinamide and kojic acid effectively address PIH by inhibiting melanin production, consequently fading dark spots. Sunscreen is also important in the treatment of PIH. For the

management of scars, agents such as silicone gels, Centella Asiatica and copper peptides are

important. Maintenance therapy, including the use of salicylic acid, glycolic acid and niacinamide, prevents acne recurrences.

Implications: Adding cosmeceuticals into acne management protocols can improve outcomes for African patients by targeting skin concerns such as pigmentation and scarring. Their use can also reduce dependence on antibiotics and lessen issues with resistance.

Epidemiology of and Reasons for Skin Lightening in African Women – A Scoping Review

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Background: Skin lightening is a public health concern among African women as it is widely practised despite having several adverse health consequences. This scoping review aimed to systematically map existing literature in the last two decades on the epidemiology of skin lightening and the reasons for it in black African women.

Methods: Multiple online databases (PubMed, Scopus, and Google Scholar) were searched for literature on skin-lightening in African women from 2000 to 2023 using keywords and criteria. The Preferred Reporting for Systematic Reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-Scr) checklist was used.

Demographic characteristics, prevalence, agents used, adverse effects of, and reasons for skin lightening in eligible articles were charted and analysed using thematic content analysis.

Results: Ninety-eight eligible articles were selected and analysed. Most revealed a high and rising prevalence of skin-lightening among young African women. Hydroquinone, topical corticosteroids, and mercury were the most used despite being associated with many adverse health effects. Prevailing sociocultural beliefs that lighter skin enhances beauty, social advantage, and economic opportunities were reasons identified for skin-lightening, and these beliefs superseded the fear of associated adverse effects. Post-colonial influences, colourism, globalisation, media and peer or family pressure were identified as drivers for skin-lightening.

Conclusion: This review systematically mapped the literature on skin lightening in African women, highlighting current epidemiology, reasons for the practice, and driving factors. Social and economic aspirations, media, family and peer pressure, influenced by post-colonial Eurocentric legacies and colourism, promote lighter complexions and skin lightening. Effective public health interventions need to address these influences.

Keywords: Skin lightening, African women, Adverse effects, Reasons

Management of Photodamage on the Background of Skin Lightening Cosmetics: Case Presentation and Review of Literature

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Background: Chronic use of skin-lightening cosmetics (bleaching) must be examined as a significant predisposing factor to photodamage in the dark-skinned, with probably comparable health effects to cosmetic tanning in light-skinned

individuals. Management is both pharmacological and aesthetic.

Methodology: This presentation includes the clinical and dermoscopic findings of cutaneous features of photodamage. We will review the literature and highlight management approaches to the various features of photodamage, such as wrinkling, erythema (sunburn), exogenous ochronosis, thickening, and dyschromia. We will discuss the pharmacological and aesthetic options available to the dermatologist.

Result: For dyspigmentation, some of the options available include competitive tyrosinase inhibitors, such as non-plant extracts like hydroquinone and its derivatives; plant extracts like azelaic acid, arbutin, and kojic acid; Non-competitive tyrosinase inhibitors, and others are agents that shorten the life cycle of keratinocytes and facilitate rapid pigments loss. We will also discuss aesthetic procedures like chemical peels for facial rejuvenation and dyschromia.

Conclusion: This paper highlights the management of photodamage, describing the options available.

Keywords: Skin-lightening cosmetics, Chronic bleaching, Photodamage, Aesthetic procedures

ABSTRACTS DAY 2

Scientific Session 3: Neglected Tropical Diseases

A Case Report of De Novo Histoid Leprosy in a Nigerian Male: A Diagnostic Dilemma

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Histoid leprosy is an uncommon variant of lepromatous leprosy. It poses a diagnostic challenge because of its distinctive clinical and

histopathological features. It presents as smooth papules and nodules that rarely ulcerate.

We present the case of a 22-year-old Nigerian man with a 2-year history of multiple, dome-shaped papules and nodules on the skin with necrotic centers. General examination showed right axillary lymphadenopathy, non-pitting edema, foot ulcer and glove and stocking sensation loss. Despite previous misdiagnoses, histopathological examination showed dermal expansion by histiocytes arranged in a storiform pattern. Slit skin smear yielded abundant bacilli. The patient was started on the modified WHO multidrug treatment, resulting in the improvement of lesions after 3 months.

This case underscores the importance of clinicians having increased awareness of this rare presentation

of leprosy. This will lead to prompt detection and appropriate treatment, leading to a decrease in morbidity and improved quality of life among people with it.

Leprosy: A Persistent Public Health Threat in Lagos, Nigeria

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Introduction: Mycobacterium leprae is the cause of the infectious disease leprosy, which is a chronic condition. In nearly all of the African Region, leprosy elimination as a public health issue (end-of-year prevalence; one per 10,000 people) had been accomplished and was sustained until 2022.

Nigeria reported around a thousand new cases in 2022. Leprosy's persistence in Nigeria could be attributed to a weak referral system, lack of knowledge among medical practitioners, and inadequate funding. We describe three cases of lepromatous leprosy. We must address the reasons why leprosy is not receiving the attention it deserves, as well as coordinate action to lessen the eventual deformity and disability.

Cases: Three male patients aged 22, 39, and 50 years, respectively, were seen in the first quarter of 2024. They all reside in Lagos state and presented with clinical features of Lepromatous leprosy. They had nodules studded on both ears and their faces, with the 2 older men having a "saddle nose" (collapsed nasal bridge). The youngest patient had swollen hands and feet with ichthyotic skin changes and sausage-shaped fingers.

Conclusion: Recognising early skin changes in leprosy is critical to the overall fate and progression of the disease, as well as its consequences and associated disability. Building health workers' ability, raising awareness, and community engagement will all have an impact on the outcome. It takes a long-term, interdisciplinary action to stop leprosy from endangering public health. Addressing these

concerns is critical to improving the quality of life for those with leprosy.

Keywords: Public health, leprosy, skin NTDs, lepromatous leprosy, Nigeria

NORWEGIAN SCABIES IN KATSINA: A CASE SERIES

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Introduction: Scabies is a common, neglected tropical disease in the tropics. It presents with itchy papules and commonly affects close contacts of patients. Norwegian scabies is a severe and highly contagious form of scabies which is typically seen amongst patients with immunosuppression, extremes of ages and institutionalised patients. Unlike classical scabies, Norwegian scabies is easily transmitted and presents with hyperkeratotic lesions mimicking some other common diseases such as hand and foot eczema and psoriasis, leading to delay in diagnosis and commencement of treatment.

Cases: We present three patients with Norwegian scabies and a history of close contact. First is a 10-year-old boy who had been receiving treatment for pruritic hyperkeratotic lesions from paramedical staff for over a year with no resolution of symptoms. He had received various antifungals, steroids, and antibiotics with no improvement. The second was a 4-month-old male infant who was a cousin to the first patient and presented with similar lesions. The third is a 19-month-old patient with cerebral palsy who presented with hyperkeratotic lesions on the palms and soles, including the legs, with interspersed pustular lesions.

Diagnosis was clinical in all cases, but in one of the cases, diagnosis was confirmed by visualisation of the mite on microscopy. They were successfully managed with ivermectin and permethrin with the resolution of lesions.

Conclusion: These cases highlight the urgent need

for training of paramedical cases in early diagnosis and treatment of scabies. It also highlights the utility of Microscopy in confirming the diagnosis of scabies in cases that are confusing or difficult to manage.

Keywords: *Scabies, Neglected tropical Diseases, Norwegian scabies.*

Skin-Related Neglected Tropical Diseases (Skin NTDs) At a Dermatology Clinic in Lagos, Nigeria

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Introduction: Overall, skin disorders are expected to impact 1.8 billion people at any given time. Skin infections are the most common cause of disease in tropical and resource-poor environments. Skin NTDs account for approximately 10% of all skin illnesses and are one of the top 10 causes of disability. Skin NTDs are associated with long-term disability and stigmatization. Diagnosis is made through examination of the skin, therefore, the ability to recognize cutaneous manifestations of skin NTDs is important as this will contribute to early recognition and prompt and proper treatment.

Objective: To determine the frequency of skin NTDs at the LUTH dermatology clinic and document the types of skin NTDs seen.

Methodology: This was a retrospective descriptive study at the LUTH dermatology clinic. The clinic register was reviewed for diagnoses of skin NTDs between January 2020 and December 2023.

Results: A total of 5,556 patients were seen, and of these, 281 had various skin NTDs. Out of the 281 patients, the majority (232; 83 %) had scabies, followed by leprosy (35; 12%) and lymphatic filariasis (8; 3 %).

Conclusion: There is a growing incidence and awareness of skin NTDs globally. The high burden of scabies underscores the deficits, which include limited access to health care, poor recognition, and the need for accelerating public health control

strategies. Continuous training of primary healthcare workers to identify skin lesions and manage skin NTDs is necessary. Implementation of the WHO skin NTD framework will assist all stakeholders in implementing integrated public health interventions.

Keywords: *NTD, skin NTDs, Health, Scabies, Leprosy, Stigma.*

Trombiculiasis with Peripheral Neuropathy in a Nigerian Woman - A Case Report

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Trombiculiasis, an epizoonotic dermatosis caused by the Chigger mite poses diagnostic challenges in Africa where it is infrequently reported. There is a paucity of data on neurologic

manifestations in the human host. We present a case of a 36-year-old woman with generalized pruritic skin lesions and symmetrical lower limb tingling sensation preceded by an insect bite on her lower mid-back. There was no history of contact with pets, outdoor activities, or prior medical condition, but she recalled spreading her dress on the grass two days before the onset of symptoms.

Skin examination revealed multifocal skin lesions scattered across her trunk, armpits, arms, and palms, with grouped papules on her thighs. Motor and sensory examination of the limbs were normal. A notable laboratory finding was an initial neutrophilia with subsequent eosinophilia on normalization of neutrophil count. Treatment with ciprofloxacin, hydrocortisone, and antihistamines resulted in the resolution of clinical symptoms.

This case emphasizes the significance of considering diverse transmission modes and clinical presentations, including peripheral neuropathy, for timely diagnosis and management of Trombiculiasis in Africa.

Keywords: *Trombiculiasis, Peripheral Neuropathy.*

Recalcitrant Mycetoma Affecting the Head and Neck: Efficacy of Co-Trimoxazole and Rifampicin in its Management

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Background: Mycetoma remains a chronic debilitating progressively-destructive neglected tropical disease that continues to ravage Nigeria with its attendant morbidities, disfigurement, and even mortality due to persisting challenges in its diagnosis and management.

Its cardinal feature is that of multiple draining sinuses and ulcerating nodules on the lower extremities with overlying-coloured granules on the ulcers. However, lesions affecting other sites, including the back, upper limbs and head and neck region, have been described, though less commonly.

Case report: We report a case of a 14-year-old female presenting with a 5-year history of persistent ulcerating nodules appearing on the neck, extending to the scalp, upper back and the left lower jaw. There

was associated marked tenderness and draining of sero-sanguinous fluid.

The patient had visited different hospitals, where she was placed on several cocktails of antibiotics. names with persistence of symptoms. This greatly impacted her self-esteem and quality of life, resulting in her continued use of a head scarf to shield the area from view.

In our facility, histological and microbiological examination confirmed the diagnosis as Mycetoma. She was initially placed on clindamycin and Itraconazole with little improvement. Further search of the literature led to the introduction of Co-trimoxazole and Rifampicin, which gave spontaneous remission of the lesions.

Conclusion: The diagnosis and management of mycetoma in Nigeria continues to be a challenge in achieving an effective cure for subjects. This case demonstrates the rarity of head and neck involvement in mycetoma presentation as well as the efficacy of rifampicin and co-trimoxazole in the management of recalcitrant cases.

Keywords: *Mycetoma, Tropical diseases, Recalcitrant, Head and Neck Region.*

ABSTRACTS DAY 3

Scientific Session 4: Paediatric/Geriatric Dermatology

Retrospective Study of Out-Patient Dermatological Diagnoses in Adults 60 Years Old and Over

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Background: The spectrum of skin diseases in the elderly is not readily documented. The study aimed to document the spectrum of skin diseases diagnosed in patients aged 60 years and over.

Methodology: This was a retrospective cross-sectional study of 482 patients aged 60 years and over who attended the outpatient dermatology clinic of

the Lagos State University Teaching Hospital. between January 2017 and December 2022. Diagnoses were coded using the ICD-10 code. Clinical diagnoses were compared between males and females. Data was analyzed using SPSS version 25.

Results: Patients aged 60 years and above accounted for 14.4% of the dermatology patients. The population was 43% male with a mean age of 38.6 ± 17.5 years and had an age range of 60 to 98 years. Non-infectious diseases accounted for 71% of the diagnoses, followed by infectious diseases at 14.9% and tumours at 14.1%. The most common group of diseases diagnosed were the eczemas and dermatitis (26.8%), papulosquamous diseases (8.5%) and fungal infections (7.7%). On comparison of diagnosis between males and females, autoimmune connective tissue diseases were more in females ($p=0.0219$) while urticaria and angioedema ($p=$

0.0379) were significantly more diagnosed in men.

Conclusions: Eczema and dermatitis, followed by fungal infections, are the most common skin diseases in older individuals. Tumours are mostly benign. Gender based differences include autoimmune connective tissue diseases in women and urticaria and angioedema in men. Health planning should take into cognizance these diseases for effective and appropriate care of the elderly.

Key words: *Elderly, skin disease, prevalence, over 60 years*

Pityriasis Rosea As Seen In Children Attending The Paediatric Dermatology Clinic At The University Of Port Harcourt Teaching Hospital, Port Harcourt, Nigeria.

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Background: Pityriasis Rosea (PR) is a benign, self-limiting papulosquamous disorder typically affecting adolescents. The exact cause of PR remains unknown, but recent evidence supports a viral aetiology with the human herpes viruses 6 and 7 being the major focus.

Aim: To determine the prevalence and pattern of PR among children attending the pediatric dermatology clinic in UPTH.

Methods: This was a cross-sectional study involving 28 children diagnosed with PR at the paediatric dermatology clinic. Patients were recruited consecutively over an 18-month period (April 2022-September 2023). Demographic and clinical characteristics were obtained using a proforma. Data was analyzed using IBM SPSS Statistics version 25, and statistical significance was set at p-value <0.05.

Results: Pityriasis rosea occurred in 28 (6.5%) out of the 428 children seen within the study period. The mean age of the children with PR was 12.90±2.54 years, and the male to female ratio was 1:1.2. Classical PR was seen in 24 patients (85.7%), while inverse PR was seen in 4 patients (14.3%). Pityriasis

rosea was more common in females than males, but this difference was not significant ($\chi^2=0.6439$, p-value=0.4222). With regard to age, PR was most common in the adolescent age group ($\chi^2=36.9682$, p-value=0.00001).

Conclusion: Pityriasis Rosea accounted for 6.5% of dermatological consultations in our practice. Classical PR was the common variant seen, and adolescent children were the most affected age group.

Keywords: *Pityriasis Rosea, Children, Port Harcourt.*

Lichen Planus in Children in Kaduna, North-West Nigeria: A 20-Year Experience

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Background: Lichen planus (LP) is a chronic inflammatory disease which predominantly affects the skin but may affect mucous membranes, nails and genitalia. It is rare in children and there have been few reports from northern Nigeria

Aims and objectives: To report a 20-year experience with diagnosing and treating LP in children.

Materials and Methods: Retrospective review of records of children (<18 years) diagnosed with LP in two dermatology clinics in Kaduna, north-west Nigeria, between September 2001 and November 2021.

Results: Children made up 11.3% (38/335) of patients diagnosed with LP: mean age 10.3 years (range 5 – 16), 44.7% < 10 years, 63.2% male, median duration at presentation – 8 weeks. The legs (68.4%) and lower arms (50%) were the most frequently affected parts of the body. The upper back and abdomen were affected in 34.2% each, the lower back (27.2%), both chest and upper arms (23.7%) each, elbows or knees (21.1%), and flexural wrists (18.4%). The oral mucosa and genitalia were affected in one patient each. All patients reported body itching, and post-inflammatory hyperpigmentation and Koebner's phenomenon were observed in 31.6% and 28.9%, respectively. Classic LP was the most common form (90%). Others were hypertrophic

(7.9%), annular (6.3%), and lines of Blaschko (5.3%). The oral mucosa and genitalia were affected in one patient each, while only one patient was diagnosed with HCV infection. The disease recurred in 3 patients.

Conclusion: Lichen planus is more common in Nigerian children than has been reported from many parts of the world, but its presentation is similar to that of adults, although oral and genital involvement is rarer.

Keywords: *Lichen planus, children, skin disease, Kaduna, North-West Nigeria.*

Telepathology: Bridging Gaps in Access to Diagnostic Expertise

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Telepathology refers to the transmission of digital histologic images to a distant site for the purpose of interpretation. This system can be used to render primary diagnosis, second opinion consultation for challenging skin pathology cases, and in areas of research and education.

The technology used to anchor telepathology has evolved over time. The most useful system is the whole slide imaging system. However, the huge costs involved in setting up this system makes it difficult to deploy and maintain in low resource countries like Nigeria. Static image telepathology system, despite its limitations, can serve as a reliable alternative in rendering valuable second-opinion consultations in difficult-to-diagnose skin biopsy cases.

The Department of Pathology of Aminu Kano Teaching Hospital was able to set up a much useful telepathology consultation with the Department of Dermatology of Boston University, Massachusetts, USA. This collaboration has proved useful in providing interpretation to challenging skin pathology cases. In addition, it has provided an avenue for exploring areas of research.

Keywords: Telepathology, Skin pathology, Diagnostics

Case Report: Eccrine Angiomatous Hamartoma In A 13-Year-Old Girl

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Eccrine angiomatous hamartoma (EAH) is a rare benign malformation characterized by a proliferation of eccrine glands and capillary vessels. Occurrence is mostly congenital and adolescent with few adult presentations. Clinically, it is characterized by plaques and nodules, which could be symptomatic. The diagnosis of EAH is typically made after a histopathological evaluation. Treatment is mostly surgical. We report the case of eccrine angiomatous hamartoma in a thirteen-year-old girl.

Keywords: *Eccrine angiomatous hamartoma, haemangioma, dermatopathology, arteriovenous malformation.*

Resolution Of Genital Wart Following Intralesional MMR Vaccine in A Nigerian Child: A Case Report

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Background: Ano-genital warts (AGW), which are fleshy growths caused by human papillomavirus, are uncommon in children but may be associated with profound psychosocial distress in affected children and their families. Generally, HPV is mainly transmitted via sexual contact but also through self-inoculation and mother-to-child vertical transmission. Warts may be treated surgically or medically; however, these are fraught with complications and recurrence. Intralesional Mump-Measles-Rubella (MMR) vaccine is an emerging treatment option, especially for recalcitrant warts. However, there are fewer reports of its use among

children globally; we found none from Nigeria. We thus report a case of a Nigerian child whose AGW resolved completely after a dose of intralesional MMR vaccine.

Case report: RX is a 20-month-old female child who presented to the Paediatric Dermatology Clinic with a 2-month history of ano-genital cauliflower-like fleshy masses, diagnosed as AGW. The lesions were painful, tender and erythematous due to prior treatment with topical podophylline, with no resolution. There was no history or clinical features of sexual abuse. We injected 0.5 ml re-constituted MMR vaccine into the lesion. On follow-up at 3 weeks, the lesions had resolved completely, and there was no recurrence by three and five months.

Conclusion: Intralesional MMR may be considered for the treatment of childhood AGW, especially when other modalities have failed or are non-feasible.

Keywords: *Anogenital warts, Human papillomavirus, MMR vaccine, Children, Nigeria.*

Drug-Induced Generalized Bullous Pemphigoid in An Older Adult: A Case Report

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Background: Bullous Pemphigoid (BP) is a rare autoimmune bullous disease which is seen more in the elderly. There are many factors that have been associated with BP, including medications, vaccines, and different diseases, including diabetes mellitus. The aim of this case report is to present a case of bullous pemphigoid following ingestion of rivaroxaban.

Method: The case file of the patient was retrieved, and clinical notes, including investigations carried out, were summarized. Oral consent was taken from the patient to have her photographs taken. A literature search was done via various websites on the internet.

Case report: This is a case of a 75-year-old woman who was a known diabetic and hypertensive patient for more than 10 years, respectively, with good adherence to therapy but with fluctuating control of her glucose levels over a prolonged period. She had a sudden onset of eruption of blisters that started from her arms and rapidly involved her entire body, which occurred two days after ingestion of rivaroxaban. Skin samples were taken for histology, and reports were suggestive of bullous pemphigoid.

Conclusion: There are increasing cases of drug-induced generalized bullous pemphigoid even in the elderly.

Keywords: *Generalized bullous pemphigoid, Older adult, Rivaroxaban*

Dermatoses in Older Adults at Rivers State University Teaching Hospital: A 12 Year Retrospective Review

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Background: The population of older adults has been rising steadily across the globe. This increase is even noticed in the rural areas. Aging is associated with a lot of skin changes that predispose older persons to skin diseases. Skin care in older adults is of importance, contrary to the poor perception that older adults are not concerned about their skin. The aim of this study is to explore the incidence and types

of dermatoses seen in the older age group in this tertiary clinic.

Method: Data, which includes the socio-demographics and diagnoses for those aged 60 years and above, were taken from the new patient registrars of the dermatology clinic. The data was entered into a data spreadsheet and was analyzed. The frequencies were represented in tables for better visualization.

Results: Those aged 60 years and above consisted of 10.8% (183) of the total patients who attended the dermatology clinic of RSUTH over a twelve-year period. The proportion of males was 38.8%, and that of females was 61.2%. The age range was 60-92 years. Those who visited from the rural areas constituted 10.4% of the older population. The commonest dermatoses found within this group were eczemas including allergic skin reactions and photodermatitis, Tinea infections, vitiligo, ulcers, generalized pruritus, lichenoid eruptions, urticarias and dermatosis papulosa nigra in a descending order.

Conclusion: A variety of dermatoses were seen among the older adults. The findings are similar to other studies done within the same region.

Keywords: *Dermatoses, Older adult, RSUTH*

Preparing Nigeria for PEP: Working Towards Zero Transmission of Leprosy - Ready4pep Project (January 2020 to December 2024)

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Background:

Leprosy is one of the diseases of public health importance globally. It is caused by Mycobacterium Leprae and is an infectious disease that has a long incubation period (2 to 20 years with an average of 5 years). Early detection and treatment are crucial to prevent complications.

In 2018, WHO endorsed SDR-PEP and published its guidelines on leprosy prevention, diagnosis and treatment. In that guideline, the concept of SDR-PEP was included.

Objectives:

To ensure that the Ministry of Health have formally included SDR-PEP in the national strategies on leprosy and to ensure the project intervention areas have fully functioning leprosy control Programs, including SDR-PEP administration, with adequately trained staff, resources, and ongoing leprosy-related activities.

Methodology:

The target group are persons affected by leprosy, from 26 LGAs of Kebbi, Niger, Jigawa, Bauchi, Ebonyi and cross Rivers states. All eligible cases contacts will be contact-traced, and single-dose rifampicin will be administered to eligible contacts, which will provide protection for at least 2 years to the contacts.

Results:

It is evident that the READY4PEP project has recorded a significant achievement in its implementation in all components of the project targets. So far, 1,456 individuals at national, state, local government and community levels have been trained.

With regards to active case detection of leprosy and administration of the SDR-PEP to all eligible contacts of the index cases. The project targeted 1,400 cases, but as of 3rd March 2024, the project detected 2,133 cases of leprosy in the six implanting states, achieving 124% of the project target. For the contact screening and SDR-PEP administration for eligible contacts, as of 3rd March 2024, a total of 28,326 contacts were traced and screened, out of which 25,904 received SDR-PEP. This is a 123% achievement.

Conclusion:

As a pilot, the Ready4PEP project has achieved its objectives by actualizing the formal inclusion of SDR-PEP as part of the National Leprosy Guideline, provision of expertise at the implementation levels on leprosy management and care, as well as adopting self-care groups as an integral part of leprosy intervention. It has also achieved more than 100% of all targets for the various components of the project.

A Pot Pourri of Cutaneous Manifestations of Sarcoidosis at A Dermatology Clinic in Lagos

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Introduction: Sarcoidosis is an inflammatory disease in which the immune system overreacts, causing groups of cells to form clusters of inflamed tissue called granulomas in one or more organs of the body. Sarcoidosis can affect nearly every organ system. The lungs and lymph nodes are the organs most frequently affected, but it can also affect the eyes, skin, heart, kidney, and neurological system. Of patients with systemic sarcoidosis, up to one-third develop cutaneous sarcoidosis. It is, therefore, important to identify the skin manifestations so that early diagnosis is made and specialist management can be instituted.

Objectives: To document the clinical findings of cutaneous sarcoidosis.

Methodology: This is a retrospective review of patients seen at the dermatology clinic from January 2020 – December 2023. Baseline demographic data and clinical and histological findings were documented. Nineteen patients were evaluated as cases of sarcoidosis. We describe 7 patients with cutaneous sarcoidosis as a case series.

Results: A total of 5,556 patients were seen over the 4 years, and 19 patients were evaluated for sarcoidosis. Two-thirds were female, and two-thirds were 45-65 years old. The major sites affected are the face, lips, ears, neck, trunk, and back, presenting with nodules, plaques, and papules. Histological features revealed numerous granulomas composed of epithelioid macrophages in all patients.

Conclusion: Cutaneous sarcoidosis is an “imitator” of other dermatologic conditions. Lesions are of varying morphology and are often misdiagnosed for other diseases with similar clinical manifestations. Documentation of skin findings in Africans is important and relevant for this setting.

Keywords: *Sarcoidosis, Granulomas, Cutaneous, Africans, Lungs*

Spectrum of Skin Diseases in the New Karshi Community of Nasarawa State, Nigeria

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Background: Skin diseases are a common finding in Nigerian communities and their prevalence is often influenced by environmental factors, cultural and hygiene practices, and access to dermatological care. This study assessed the prevalence of skin diseases in the New Karshi community in Nasarawa state.

Methods: This was a cross-sectional study conducted among residents of New Karshi during a skincare outreach event held in October 2022. Adults and children who consented and assented were included as participants. Sociodemographic and clinical data were collected by trained interviewers using a study-developed questionnaire. Dermatologists conducted skin assessments and recorded findings. The data was analysed, and the findings were summarized using descriptive statistics.

Results: Two hundred and seventy-four residents of New Karshi participated in the outreach. The mean age was 25.9 ± 20.3 years, with 56.6% of the sample being female. Of the participants, 172 (62.8%) had a skin disease diagnosed clinically, with 15 (8.7%) having more than one diagnosis. Infestations and infections were the most prevalent types of skin disease, comprising 55.2% of diagnoses. The leading skin diseases were scabies 43 (25.0%), tinea infections 27 (15.7%), pruritus 24 (14.0%), atopic dermatitis (8.7%), unclassified eczema 11 (6.4%) and folliculitis 8 (4.7%).

Conclusion: The New Karshi community had a high prevalence of skin infestations and infections. This

highlights the necessity of improved access to dermatological care to enhance overall skin health.

Keywords: *Spectrum, Skin diseases, Skin infections, Prevalence, Access to dermatological care*

Verrucous Carcinoma of the Penis in A HIV Positive Patient: A Case Report from Nigeria

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Background: Verrucous carcinoma of the penis, a variant of squamous cell carcinoma, is an uncommon urological malignancy. It is characterized by slow growth and presents as exophytic, cauliflower-like masses.

Case report: This report describes a case of penile verrucous carcinoma in a 65-year-old HIV positive male on antiretroviral therapy. He presented with a tender, slow-growing mass on the penile shaft of 9 months duration. Clinical examination showed a cauliflower-like mass. There was no inguinal lymphadenopathy. Histopathological examination showed epidermal hyperplasia, full-thickness dysplasia, marked hyperkeratosis and the presence of atypical mitotic figures. The patient is worked up by the surgeons for wide excision.

This case illustrates the potential occurrence of verrucous carcinoma of the penis in the setting of HIV infection which is a recognized risk factor along with lack of circumcision, human papilloma viruses, phimosis and others.

Conclusion: Prompt surgical intervention remains the mainstay of treatment for this condition as it offers excellent results. However, given the rarity of this malignancy and increasing prevalence of HIV, clinicians should maintain a high index of suspicion to facilitate early diagnosis and management, thereby improving patient outcome.

A Case of Pemphigus Erythematosus in a Pregnant Retroviral Disease Patient

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Background: Pemphigus erythematosus is an autoimmune blistering disorder also

known as Senear-Usher syndrome. It combines the features of systemic lupus erythematosus and pemphigus foliaceus. The autoantibodies are directed against desmoglein-1, which binds keratinocytes together, resulting in acantholysis and blister formation. The diagnosis is usually made with skin biopsy for histology and immunofluorescence and elevated serum antinuclear antibody levels. The associated retroviral disease had a negative effect on wound healing and, subsequently, disease outcome.

Case report: The patient is a 33-year-old pregnant woman (G5P4(3A), EGA: 32 weeks), known to have retroviral disease of eleven years duration on first line anti-retroviral drugs.

She developed generalised spontaneous flaccid blisters with superficial erosion of three months' duration. Examination revealed a young woman, gravid, pale, had crusted lesions on the scalp, malar area, trunk, back and groin. A few flaccid bullae were noticed in these areas. No mucosal lesion.

Results: Punch skin biopsy that confirmed Pemphigus foliaceus, serum antinuclear antigen and anti DsDNA were elevated. FBC showed severe anaemia and leukocytosis. No facility for immunofluorescence.

Conclusion: Pemphigus erythematosus is a rare autoimmune condition; facilities for immunofluorescence are needed in our environment for complete workup and ruling out of differentials. Retroviral disease has a major effect on disease outcomes.

Keywords: *Pemphigus erythematosus, Pemphigus foliaceus, Retroviral disease, biopsy.*

Severe Refractory Adult-Onset Atopic Dermatitis Successfully Treated with Oral Tofacitinib

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Background: Atopic dermatitis (AD) is not as common in adults when compared to children.

Diagnosis of adult-onset AD may be difficult, especially when it is moderate to severe in nature. The impact on health-related quality of life can be quite high, particularly when AD is not responding to conventional therapy.

Case: A 47-year-old presented with a two-year history of recurrent pruritic papulovesicular lesions that progressively involved 98% of the body surface area (only the central face was spared), and the scoring for AD (SCORAD) index was 86.8. Examination revealed redness, scaling, oozing, crusts, and post-inflammatory hyperpigmentation. The blood workup was within the normal range, and a skin biopsy suggested features of atopic dermatitis. He was placed on systemic and topical steroids, weekly oral methotrexate, and short-course systemic antibiotics.

There was a temporary response with a recurrence of erythroderma after two months despite compliance with medications. He was then placed on oral tofacitinib and received a complete response four months on follow-up.

Conclusion: The oral Janus kinase (JAK) inhibitor tofacitinib can be an effective alternative medication against severe AD that is refractory to conventional treatment. This reduces the challenge of treating refractory AD in our environment, where biologics like dupilumab are not accessible.

Keywords: *Adult-onset Atopic Dermatitis, JAK inhibitor, Tofacitinib, Erythroderma*

Vogt-Koyangi-Harada Syndrome in an HIV Patient with Extraocular Symptoms: Case Report and Literature Review

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Background: Vogt-Koyanagi-Harada (VKH) disease is an autoimmune inflammatory condition mediated by T cells that target melanocytes in individuals susceptible to the disease. The trigger for the altered tolerance to melanocytes is unknown. VKH affects pigmented tissue such as the eye, inner ear, meninges, skin, and hair, which are populated by large numbers of melanocytes. The common ophthalmic presentation of VKH is with bilateral diffuse panuveitis. Vogt-Koyanagi-Harada disease presents with extraocular manifestations, including headache, meningismus, hearing loss, poliosis and vitiligo, to varying degrees. We therefore set out to co-manage a case of VKH disease.

Case Presentation: A 29-year-old female patient on HAART treatment for retroviral disease was referred by the Ophthalmologists with an 8-month history of ocular pain, photophobia and progressive loss of vision. There was associated tinnitus, depigmented patches on her scalp, face and trunk, alopecia, and madarosis. She was diagnosed with bilateral cataracts and panuveitis with serous retinal detachment secondary to? VKH disease. She was commenced on treatment by the Ophthalmologists and referred to the Dermatology clinic. Based on the constellation of symptoms, a clinical diagnosis of VKH disease was made. She was placed on tabs of prednisolone, methoxypsoralen (meladinine) and sunlight treatment, and vitix tablets after adequate counselling as to the outcome of the disease.

Conclusion: The patient is still being followed-up by the Ophthalmologists and is still on treatment for Vitiligo, with minimal repigmentation. She is clinically depressed. Though she admitted to poor drug compliance, no new skin lesions have erupted

since her last clinic visit.

Keywords: *Poliosis, Vitiligo, Panuveitis, Melanocytes, HAART*

Pruritus Without a Rash: Approach to a Diagnostic Challenge in a Resource-Constrained Setting

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Background: Pruritus is a sensation that is uncomfortable for the individual that suffers from it, with attendant morbidity and negative impacts on quality of life. Many times, pruritus presents with a skin rash, and the appearance of the rash helps direct relevant investigations to arrive at a diagnosis. A difficult scenario, however, presents itself when a patient complains of pruritus without any visible rash. Many possible causes, ranging from systemic diseases like chronic kidney disease, chronic Liver disease, endocrine conditions like thyrotoxicosis and psychological conditions like delusional parasitosis, will come into the differential diagnosis. The need for numerous investigations and various specialist consultations with attendant financial implications makes the situation more complex in a low-resource setting.

The purpose of this paper is to review this clinical scenario while highlighting the approach towards diagnosis and management of pruritus without a rash.

Methods: A summary of the presentation of two patients, I.M., Female, 65 years, and S.S., Female, 62 years, followed by a discussion on the approach to investigation and management of a patient presenting with pruritus and no visible skin rash.

Conclusion: Pruritus without a skin rash is a clinical condition that has remained a challenge to the patient. The need for various investigations and consultations increases the burden on the patient. A better understanding of the stepwise approach to the care of the patients by the attending physician will definitely help in reducing the financial and psychological burden on the patient.

Keywords: *Pruritus, Rash, Investigations*

Backing Syndrome

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Background: "Backing syndrome" This is a pruritic polymorphic scaly eruption mostly seen at the upper spine, shoulder and chest of breastfed babies, which I found to be a form of contact dermatitis following the cultural backing of babies (putting a baby on mother's back) in most part of sub-Saharan Africa and Asia. To the best of my knowledge, this case has never been documented in either the local or international media; however, I am not denying the fact of possible patient visits with the same or similar cases to either a general practitioner or a dermatologist, especially those practicing in the tropics. Hence, I decided to give it a name.

Herein, the basic understanding and presentations of backing syndrome with a practical, simple approach for the dermatologist, including some clinical cases and personal experiences, is shared

Keywords: Backing syndrome, Contact dermatitis

Dermoscopy of Psoriasis: Diagnostic Option in a Resource-Limited Clime

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Background: The gold standard for the diagnosis of psoriasis is histopathology. However, in our environment, cost and aversion to invasive procedures create a need to use less invasive and inexpensive techniques, like dermoscopy, to establish diagnosis and monitor progress during treatment. Dermoscopy (or dermatoscopy), also known as epiluminescence microscopy, is a non-invasive procedure used in the evaluation of the color and micro-structure of the epidermis, dermo-epidermal junction, and papillary dermis, which are not seen with the naked eye.

Aim: This presentation describes the dermoscopic features of psoriasis and evaluates the utility of dermoscopy in diagnosing psoriasis.

Result: Dermoscopy features correlate with the clinical features, disease activity, and histologic findings. A repetitive pattern or uniformly distributed dotted vessels (histologically corresponding to dilated capillaries in regularly elongated dermal papillae) over a light or dull red background along with diffuse white scales (histologically corresponding to parakeratosis) typifies virtually all psoriatic plaques, including clinically atypical cases. This presentation will also highlight the vascular patterns.

Conclusion: Dermatologists should be able to diagnose psoriasis with typical clinical features without histology, especially in a resource-limited environment where patients are unable or unwilling to do skin biopsies using the typical dermoscopic features.

Keywords: *Psoriasis, Dermoscopy, Histopathology, Dotted vessels, Diffuse erythema, Diffuse white scales*

Trichoscopic Features Of Androgenic Alopecia: A Community Study Of Males In Sokoto, Northern Nigeria.

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Background: Androgenic alopecia (AGA) is a common cause of hair loss seen in genetically susceptible post-pubertal individuals. Diagnosis of AGA is mainly clinical, but trichoscopy has proven to be a valuable tool that aids in differentiating it from other causes of diffuse hair loss. Trichoscopy also aids in management decisions when opting for hair transplantation and for monitoring treatment outcomes. This study aimed to describe the clinical and trichoscopic features of androgenic alopecia in males.

Methodology: This was a community study that consisted of 252 males aged 16 years and above. Half of them had androgenic alopecia while the other half didn't and served as the comparison group. The scalp was examined, and androgenic alopecia was graded using the Hamilton Norwood grading system. Trichoscopy was carried out using a Dinolite video dermatoscope at a magnification of 52.

Results: Grade III androgenic alopecia was found in 55.5% of those with androgenic alopecia. The severity of AGA increased with increasing age.

Hair shaft thickness heterogeneity in the frontal and vertex on trichoscopy showed a significant association with AGA with an odds ratio of 3.459 and 2.78, respectively. Regular pinpoint white dots and honey-comb Pigment network across all regions of the scalp were a common finding in both groups.

Conclusion: Hair shaft thickness heterogeneity in the frontal and vertex regions on trichoscopy is a useful finding in diagnosing androgenic alopecia. Other findings such as single hair units, vellus hairs and peripilar hypopigmentation with a rim of hyperpigmentation in the frontal region are also helpful in diagnosing Androgenic alopecia. The honeycomb pattern was also visualised in keeping with the trichoscopic features of non-scarring alopecia.

Pityriasis Rosea In Kaduna, North-west Nigeria: A 20-year Experience.

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Background: Pityriasis rosea (PR) is an acute self-limiting papulosquamous skin disease which predominantly affects children and young adults. The disease appears to be more common in West Africa than elsewhere, but reports from northern Nigeria are scanty.

Aims and objectives: To report the relative prevalence, demographic and clinical presentation and outcome of PR in patients over a 20-year period.

Materials and Methods: Retrospective review of records of patients diagnosed and treated for

pityriasis rosea in two dermatology clinics in Kaduna, northwest Nigeria, between September 2001 and November 2021.

Results: A total of 922 (2.4%) patients with new skin disease were diagnosed with PR: Median age 15 years (range 3 months – 63 years), 24% < 10 years, 60% < 18 years and 87% < 30 years. 62% were female. The disease was significantly more common in males than females in patients < 20 years: 69.6% vs. 60.9%, $P = 0.007$, and in females than males in patients > 20 years: 39.1% vs. 30.4%, $P = 0.007$. The mean duration of disease at presentation was 14 days (range 1 – 240 days). 60% of patients were seen during the rainy season. A herald patch was observed in 67.8%, usually occurring 7 days before the main rash. The torso was affected by the main rash in almost all (94%) of patients, while the neck and face were affected in 19.2% and 23.6% of patients, respectively. Itching was reported by 80%. The classic disease constituted 80.2%. Oral involvement was rare.

Conclusion: Pityriasis rosea was a common disease in Kaduna and affects mainly children, adolescents and young adults, with the majority of cases seen during the rainy season. The clinical presentation is typical in the majority of patients. Oral involvement was rare.

Keywords: *Pityriasis rosea, Kaduna - Nigeria, Epidemiology, Clinical Presentation, Africans.*

Clinical Presentation and Biophysical Parameters of Patients with Atopic Dermatitis in Lagos, Nigeria

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Introduction: There is a documented increase in the prevalence of Atopic dermatitis (AD) in Nigeria,

possibly due to increasing awareness and urbanisation. AD is a common, chronic inflammatory dermatosis with hereditary predispositions, environmental triggers and abnormal skin biophysical parameters. We aimed to document the clinical features of Nigerian AD patients, measure their skin pH, hydration and transepidermal water loss and correlate these parameters with disease severity.

Methods: Diagnosis of AD in 150 patients was done by dermatologists and trained research assistants in two tertiary hospitals in Lagos. Baseline data on demographics, clinical features and disease severity using EASI score were obtained using an interviewer-administered questionnaire for 140 patients. Skin pH, hydration levels and transepidermal water loss (TEWL) measurements were obtained using the Courage and Khazaka MPA-6 machine. Data were documented and analysed using SPSS version 24.

Results: Mean age was 24.5 ± 19.8 years with F: M = 1.7:1. About 57.9 % were > 6 years at onset and allergic conjunctivitis (AC) was more associated with AD than allergic rhinitis or asthma (61.4: 50: 16.4). Identified risk factors included breast-milk substitutes in early infancy (90%) and egg consumption (89.3%). Heat was the most identified trigger. Dennie-Morgan folds (86.4%), palmar hyperlinearity (83.6%) and periorbital darkening (43.6%) were most seen. Baseline EASI was mild (49.3%), moderate (30%) & severe (7.1%). Mean hydration levels on the chin and forearm were 56.7 ± 18.5 and 40.0 ± 20.7 , respectively. The mean pH of the chin and forearm were 6.5 ± 2.1 and 5.5 ± 0.4 , respectively. TEWL on the chin and forearm were 32.4 [24.5 – 52.2] and 18.8 [13.7 – 34.8], respectively.

Conclusion: AD occurs at an older age in Nigerian patients and is most associated with allergic conjunctivitis. Dennie-Morgan folds, periorbital hyperpigmentation, palmar hyperlinearity and xerosis were the most common clinical features, and most patients have mild to moderate disease. Elevated skin pH and TEWL were noted on the face (chin) of AD patients.

RESIDENTS FORUM

An Uncommon Case of Follicular Occlusion Triad: A Case Report

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Background: Follicular occlusion triad (FOT) is a syndrome comprising hidradenitis suppurativa (HS), acne conglobate (AC), and dissecting cellulitis of the scalp (DCS). Though each typically occurs independently, their coexistence is rare. It poses a significant clinical challenge due to its chronic, debilitating nature and association with psychosocial distress. Treatment involves long-term therapies but often yields unsatisfactory results due to its recurrent nature. Here, we present the case of a 35-year-old man suffering from FOT who also suffered the psychological burden of a dysfunctional family due to his condition.

Case summary: A 35-year-old chronic cigarette smoker presented with a 3-year history of recurrent boils across various body regions, accompanied by psychological distress exacerbated by familial dysfunction. Clinical examination revealed scarred nodulocystic lesions with sinus tracts and purulent drainage, indicative of follicular occlusion triad (FOT). Laboratory investigations were unremarkable. Treatment comprised oral and parenteral antibiotics, isotretinoin, and prednisolone, alongside serial incision and drainage procedures, resulting in significant clinical improvement upon discharge. However, recurrence necessitated repeat procedures and increased dapsone dosage. Plastic surgery consultation was recommended but not pursued due to patient dissatisfaction with management.

Conclusion: FOT presents a significant clinical challenge, often accompanied by psychosocial distress. Current therapies are generally unsatisfactory compared to treating individual components. This case highlights the need for tailored therapeutic strategies to address FOT and its associated psychosocial implications, aiming to enhance patient outcomes and quality of life.

Keywords: *Follicular occlusion triad (FOT), Hidradenitis suppurativa (HS), Acne conglobate (AC), Dissecting cellulitis of the scalp (DCS), Psychological distress.*

Advanced Mycosis Fungoides; A Diagnostic And Treatment Challenge In A Young Patient

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Background: Mycosis fungoides (MF), although rare, is the most frequent type of primary cutaneous lymphoma seen by dermatologists. MF typically affects individuals in their late fifties. The diagnosis is challenging because of its varied clinical presentation. Diagnosis can span an average of seven years from the onset of symptoms with repeated skin biopsies.

Methods: Case report

Results: A 22-year-old woman presented with a 12-year history of recurrent pruritic patches initially but later developed plaques and nodules involving the trunk, extremities, face and later, scalp. Examination revealed multiple patches, plaques, nodules and tumors with desquamation involving the trunk, extremities, scalp and face. Initial diagnosis of atopic dermatitis, contact dermatitis, and psoriasis was changed to mycosis fungoides after several skin biopsies/histology and immunohistochemistry. She has received topical/systemic steroids, phototherapy, pegylated Interferon and methotrexate with an initial response followed by worsening of symptoms.

Conclusion: It is imperative for clinicians to include MF in the differential diagnosis of patients presenting with suggestive signs and symptoms irrespective of the age and repeat skin biopsies when necessary. Treatment of MF in the young can be challenging.

Keywords: *Mycosis fungoides, Histology, Immunohistochemistry, Treatment*

An Unusual Presentation of Borderline Tuberculoid Leprosy in an Immunocompetent Adult: A Case Report

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Background: Leprosy is a chronic and progressive granulomatous disease affecting mainly the skin and the peripheral nervous system caused by mycobacterium leprae. Despite a long history with humans, its varied presentation baffles clinicians. However, due to decreased clinical suspicion of leprosy and atypical case presentations, a lot of cases are missed out. We present an unusual case of borderline tuberculoid leprosy, which presented as chronic skin ulcers mimicking cutaneous leishmaniasis. This case report indicates that primary care physicians may miss atypical presentations of leprosy.

Case Presentation: We report a 54-year-old male trader with a right-hand ulcer for 2 years and an ulcer on the nose for 8 months, initially starting as a small swelling that is non-itchy and not painful. Examination revealed a 12cm x 11cm ulcer on the dorsum of the right hand with a sloping edge and a similar ulcer on the nose measuring 7cm x 5cm. Point of care HIV screening was negative. Slit skin smear yielded presence of acid-fast bacilli and skin biopsy of the ulcer shows features suggestive of borderline tuberculoid leprosy. There was a remarkable improvement of symptoms after the commencement of anti-leprosy medications.

Conclusion: Ulceration is an unusual presentation of borderline tuberculoid leprosy in immunocompetent individuals. This case highlights the importance of clinical suspicion and clinico-pathologic correlation playing an eminent role in making the diagnosis.

Keywords: *Borderline tuberculoid leprosy, Immunocompetent adult, Acid fast bacilli*

A Case Report BCGitis Complicating Infantile Haemangioma

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Introduction: Infantile haemangioma (IH) is childhood's most common vascular tumour, occurring in up to 10% of infants. Whilst the majority are small and innocuous, if left untreated, some IH results in functional impairment or permanent disfigurement. BCG (Bacille Calmette-Guérin) vaccine, a live attenuated vaccine derived from Mycobacterium bovis, is one of the childhood vaccines under the NPI schedule. Abnormal reactions to BCG vaccine occur in 1% to 2% of cases, one of which is BCGitis, a suppurative reaction that takes long to heal and may require specific treatment.

Case Presentation: A 5-month-old male infant presented to us with a red patch of skin on the left shoulder and upper arm, which was noticed from birth and rapidly increased in size and thickness following BCG injection at the site. There was an associated deepening in color to bright red. It spread to involve the entire left side of the anterior chest wall, left shoulder, and upper arm. The BCG site ulcerated, with subsequent yellowish discharge, which persisted till presentation. No dysmorphic features or systemic features were present except growth failure.

Results: The Patient had anti-tuberculous drugs and oral propranolol with remarkable response.

Conclusion: The index case had a dual condition that, in isolation, may resolve spontaneously. However, it is still unclear whether the rapid proliferation of the Hemangioma after the BCG vaccination was just a coincidence or was caused by the immunological reaction to BCG vaccination.

Keywords: *Infantile haemangioma, Bacilli Calmette Guerin, BCGitis, Rapid increase.*

Coexistence Of Dystrophic EB With Scabies Infestation: The Need For Thorough History Taking

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Background: Dystrophic EB belongs to one of the four major classes of inherited EB that is transmitted in either an autosomal dominant or autosomal recessive manner and is caused by mutations in the type VII collagen gene. It is characterised by mechanically fragile skin, erosions and blisters. About 14 subtypes of DEB exist. The deficiency and/or dysfunction of type VII collagen leads to subepidermal blistering immediately below the lamina densa, resulting in mucocutaneous fragility and disease complications such as intractable ulcers, extensive scarring, malnutrition, and malignancy. Pruritus in DEB is not commonly reported.

Scabies is an infectious skin disease caused by the mite *Sarcoptes scabiei* var. *hominis*. It is a WHO-defined neglected tropical disease with a continuously rising incidence worldwide. A classical symptom is intense itch, typically worse at night or after a hot bath, which may be present before overt cutaneous signs appear. Thorough epidemiologic history and distribution of lesions and pruritus form the basis of the clinical diagnosis.

Case report: An 8-year-old female developed generalised spontaneous blisters and fusion of the digits from the second day of life. She had a skin biopsy that was suggestive of DEB. There were no facilities for genetic studies. She presented with severe pruritus and worsened blistering of the skin. Examination revealed a young girl with multiple flaccid bullae and erosions worse on the trunk armpit, neck and genital area with sparing of the face. There was also milia formation and alopecia.

Result: She was admitted and placed on dapsone, antihistamines, emollients, and daily dressing with normal saline. There was no significant improvement in the severity of the pruritus. Further history revealed itching in the parents and siblings. They

were all treated for scabies, and symptoms improved significantly.

Conclusion: Skin disorders can co-exist, and detailed and continuous history taking is necessary for diagnosis and right management of these disorders.

Keywords: *DEB, EB, Scabies, Detailed and continuous history taking*

Dermatofibrosarcoma Protuberans: A Case Report of a Rare Skin Tumor

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Introduction: Dermatofibrosarcoma protuberans (DFSP) is a slow-growing, low- to intermediate-grade dermal soft-tissue tumor. It is characterised by a uniform spindle cell arrangement, classically with a storiform pattern and CD34 immunoreactivity. It has a high local recurrence rate but low metastatic potential. DFSP accounts for less than 0.1% of all malignancies and less than 1% of all soft-tissue sarcomas. Diagnosis can only be made by excisional biopsy with histopathology and immunochemistry.

Case report: A 23-year-old student presented to the dermatology out-patient clinic with a 4-month history of a solitary mass affecting her right arm. It was insidious in onset, started as a papule, then became nodular, with no associated tenderness or pruritus. No history of similar lesions in the past or in any other parts of the body. No family history of a similar lesion. A diagnosis of dermatofibrosarcoma protuberans was made with histological confirmation. She was managed (surgical excision, chemotherapy and psychotherapy).

This case report aims to increase clinicians' awareness and understanding of this rare skin malignancy.

Conclusion: Dermatofibrosarcoma protuberans (DFSP) is a low- to intermediate-grade malignancy frequently occurring in the young to middle-aged population.

It is histologically characterised by bland spindle cells in a storiform pattern with multiple histological variants. This needs to be differentiated from other benign and malignant cutaneous lesions. Early recognition and prompt management with surgical excision and chemotherapy (imatinib mesylate) are essential to improve the quality of life of affected individuals.

Keywords: Dermatofibrosarcoma protuberans (DFSP), Soft-tissue sarcoma, Spindle-cell, storiform pattern, Immunoreactivity, Histopathology

The Psychological Impact of Chronic Dermatological Conditions in Adolescents: A Case Series and Cross-Sectional Analysis

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Introduction: Adolescents commonly experience chronic dermatological conditions like alopecia totalis, atopic dermatitis, and acne vulgaris and a variety of other conditions, which can have a substantial impact on their mental well-being. The objective of this study is to investigate the psychological impacts of these conditions on adolescents, employing both comprehensive case summaries and cross-sectional analysis.

Methodology: We conducted a comprehensive investigation using various research methods. This included analysing three in-depth case summaries of teenagers with long-lasting skin conditions, as well as examining a larger group of 15 randomly selected patients through a cross-sectional analysis. Every participant successfully filled out the Generalised Anxiety Disorder 7-item (GAD-7) scale and the Patient Health Questionnaire (PHQ-9) to evaluate their levels of anxiety and depression, respectively. The qualitative data collection involved using open-ended questions to gather information on stigmatisation and coping mechanisms.

Results: The three cases exhibited different levels of psychological distress. The 13-year-old adolescent, who is male, presented with dyshidrotic eczema on a background of atopic dermatitis and reported experiencing moderate anxiety, mild depression and severe bullying. These psychological symptoms were

worsened by the presence of visible skin lesions and the resulting social stigmatisation. The young adult, aged 22, who has suffered from severe acne vulgaris from when he was 17 years old displayed pronounced levels of anxiety and depression, which had a significant impact on his ability to engage in social interactions and his self-confidence. The 17-year-old female suffering from alopecia totalis exhibited moderate levels of anxiety and depression. It is worth noting that her mental health significantly improved with the regrowth of her hair. An examination of the 15 additional patients using cross-sectional analysis showed that a significant number of them experienced a significant level of anxiety ranging from moderate to severe. At the same time, a lot reported a similar level of depression. Stigmatisation, loss of self-confidence and social isolation were prevalent factors that had a significant impact on mental health.

Conclusion: Chronic skin conditions in teenagers are linked to considerable psychological distress, such as anxiety, depression, social stigmatisation and loss of self-confidence. These results emphasise the necessity of combining dermatological and psychological care to enhance the overall outcomes of patients.

Effective Reduction of Post-Inflammatory Hyperpigmentation with Chemical Peels: A Case Report

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Background: Post-inflammatory hyperpigmentation is an acquired hypermelanosis that occurs after various endogenous and exogenous stimuli, especially in dark-skinned individuals.

Chemical peeling is a cost-effective and safe modality for treating cutaneous pigmentation. It creates a controlled chemical injury at a specific skin depth to stimulate new skin growth with improved surface, texture, and appearance, thus improving pigmentary dyschromias.

Case Report: We report a case of a 43-year-old Nigerian female who presented with a year history of symmetrical hyperpigmented papules and patches coalescing into plaques on the dorsum of both feet extending to the medial and lateral surfaces of both feet, the heel and ankle with lichenification. The initial assessment was Allergic contact dermatitis (shoe allergy).

Punch biopsies from two sites were similar and showed a markedly dense orthokeratotic stratum corneum underlain by mild acanthosis, variable hypergranulosis, and increased collagenisation of the superficial dermis with mild superficial perivascular mixed inflammation. These features are suggestive of a corn.

She had three sessions of Chemical peels with 18% Salicylic acid and 15% azelaic acid; a 40% mandelic acid peel with exfoliation and clinical improvement was observed.

Conclusion: Chemical peeling effectively reduces post-inflammatory hyperpigmentation; however, timely initiation of this treatment and caution with these agents are required to improve quality of life.

Keywords: *Post-inflammatory hyperpigmentation, Chemical peels, Quality of life*

A Case Report of Nevus Unius Lateralis with Facial Involvement and Pain in South-Eastern Nigeria

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Introduction: Nevus unius lateralis is a rare cutaneous condition characterised by the unilateral distribution of verrucous, papillomatous, or seborrheic keratosis-like lesions along the lines of Blaschko. The lesions typically manifest during childhood or adolescence and can gradually increase in number and size. They are strictly confined to one side of the body, following the lines of Blaschko, which correspond to the embryonic migration patterns of epidermal cells.

Case report: A 25-year-old female presented with multiple papillomatous, hyperpigmented lesions involving predominantly the left hemibody since childhood. Lesions were erythematous in childhood but gradually became hyperpigmented with age, with associated worsening pain. No associated visual, auditory, skeletal or neurocognitive abnormalities and no history of similar presentation in her immediate family. Cutaneous examination revealed hyperpigmented papillomatous swirled plaques involving the left side of the scalp, face, neck, axilla, arm, trunk, abdomen, back, groin, thigh and leg.

Discussion: Clinical diagnosis is the gold standard; however, a biopsy may sometimes be required. A biopsy would report papillomatosis, hyperkeratosis, acanthosis and elongation of rete ridges. Treatment of this condition includes topical and systemic retinoids, cryotherapy, laser therapy, or surgical removal, depending on the extent and severity of the lesions.

Achieving full clearance is frequently difficult because the lesions tend to be widespread and distributed in a linear pattern.

Conclusion: It is advisable to undergo regular dermatological examinations to promptly assess any alterations in the appearance or behaviour of the lesions, as this benign condition may have cosmetic consequences that require attention.

A Five-Year Odyssey: Tracking The Progress of Two Collodion Babies

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Collodion baby "CB" is a rare dermatological condition characterised by a tight, shiny membrane encasing the newborn. This condition can be associated with several congenital ichthyoses; the two most common underlying diseases are lamella ichthyosis and non-bullous congenital erythroderma. The membrane undergoes desquamation, and the underlying skin disorder is eventually revealed by two weeks of life. It poses significant risks, including infection, dehydration, and thermal instability. Long-term outcomes and management strategies remain critical for improving patient prognosis.

This report describes the clinical courses and long-term outcomes of two collodion babies followed over five years with favourable progress.

Mind Skin Connection: Body Perception, Body Shaming and Body Dysmorphic Disorder (BDD)

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The skin plays a crucial role in psychiatry, responding to emotional stimuli. Providing self-esteem significantly impacts the socialisation process. The intricate relationship between skin and brain has been recognised since ancient times, as both originate from the same ectodermal layer and are influenced by the same hormones and neurotransmitters. This interplay, known as the mind-skin connection, highlights the bidirectional influence between psychological states and skin health.

Psychiatric morbidity is prevalent among dermatology patients, with studies indicating significant rates of co-occurrence. In Poland, the incidence was 30-60%, while UK and Nigerian studies reported prevalence rates of 30-40% and 38%, respectively. The interplay is categorised into three: psychophysiological disorders (e.g., psoriasis), primary psychiatric disorders causing skin conditions (e.g., trichotillomania, body dysmorphic disorder), and secondary psychiatric disorders resulting from skin conditions.

Body shaming, which involves criticising or mocking someone's physical appearance, can lead to profound psychological effects, including decreased self-esteem, anxiety, and depression. Body perception, or how individuals view and feel about their bodies, is influenced by media, culture, experiences, and societal standards. Positive body perception is associated with better mental health, whereas negative perception can contribute to mental health disorders.

Dermatologists play a crucial role in identifying BDD, with indicators such as significant emotional distress, coexisting psychiatric conditions, and persistent treatment-seeking behaviours without

improvement. Effective management requires maintaining a high index of suspicion and conducting thorough assessments, routine psychiatric screenings, and treatments that include medications and non-pharmacological methods. Collaborative care involving general practitioners, psychiatrists, and dermatologists is vital for successful management, highlighting the importance of a holistic approach to treating mental and skin health conditions.

Keywords: Body Dysmorphic Disorder, Body Shaming, Body Perception, Dermatology, Psychiatry.

Psychological Techniques in the Management of Psychodermatological Disorders

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Psychodermatology is an emerging field that bridges psychiatry and dermatology, focusing on the complex interplay between mental health and skin disorders. Approximately 30-40% of patients seeking treatment for skin conditions have underlying psychiatric or psychological issues that contribute to their condition. Stress and psychological events significantly impact the course of many skin disorders, leading to chronic conditions and secondary psychiatric disorders. The pathogenesis of psychodermatologic disorders involves a complex mind-skin connection, with the neuro-immuno-cutaneous-endocrine model explaining the mind-body relationship. The hypothalamic-pituitary-adrenal axis responds to psychological stress by releasing hormones that can trigger immune dysregulation and various skin disorders. Epigenetics and adverse childhood experiences also play a role in the development and progression of these conditions.

Psychodermatological disorders can be classified into three main categories: psychophysiological disorders, primary psychiatric disorders, and secondary psychiatric disorders. Psychophysiological disorders are those in which the course of a skin disease is affected by the patient's psychological state, often precipitated or exacerbated by emotional stress. Primary psychiatric disorders involve skin complaints that are self-induced and

secondary to an underlying psychological issue. Secondary psychiatric disorders arise as a result of the significant morbidity and impact on quality of life associated with chronic skin conditions.

Comprehensive management of psychodermatological disorders requires a multidisciplinary approach, incorporating pharmacological and non-pharmacological interventions. Complementary non-pharmacological therapies, such as biofeedback, cognitive-behavioral therapy (CBT), hypnosis, and support groups, have been shown to have a positive impact on many dermatologic disorders. These interventions can enhance compliance with therapeutic regimens, modify immune and endocrine function, and reduce stress and anxiety. Biofeedback, in particular, is effective in managing psychodermatological disorders by teaching patients to control their physiological responses and break the cycle of stress and flare-ups. CBT deals with dysfunctional thought patterns or actions that interfere with dermatologic therapy. At the same time, support groups provide a vital source of community, empowerment, and coping strategies for patients struggling with the psychological aspects of their skin conditions. In conclusion, psychodermatology is crucial in the comprehensive management of skin disorders. We can improve patient outcomes and quality of life by recognising the significant psychosomatic component in many dermatologic conditions and incorporating both pharmacological and non-pharmacological interventions. Collaboration between dermatologists and psychiatrists is essential in providing holistic care for patients with psychodermatological disorders.

Updates in the Management of Acne Vulgaris

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Acne Vulgaris is a common skin condition of multifactorial origin affecting all regions of the world and significantly affecting individuals' quality of life. Begins in adolescence and can continue into adulthood. There have been advances in the treatment of acne. These advances include new antibiotics, newer retinoids, sebum suppression and

the use of lasers and lights. We also look at new ways to combine older treatments.

Keywords: Acne Vulgaris, Update, Treatment of acne

Follicular Occlusion Tetrad in A Young Woman: A Rare Case Report

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Follicular occlusion tetrad (FOT) is a complex condition involving four disorders with similar pathophysiology: Hidradenitis suppurativa, acne conglobata, dissecting cellulitis of the scalp and pilonidal sinus. It is characterised by follicular hyperkeratinisation and apocrine gland involvement. The exact cause is unknown, and its prevalence is undetermined. Although these conditions often occur individually, FOT as a syndrome is rarely reported, particularly in females.

FOT leads to progressive scalp, face, axilla, and gluteal region scarring. It is challenging to manage, necessitating a multidisciplinary approach. Treatment often includes antibiotics and retinoids. Although FOT has been reported in males, here, we present a case of FOT in a 25-year-old female.