

4TH WORLD DERMATOLOGY CONGRESS

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3RD INTERNATIONAL CONFERENCE ON DIET & NUTRITION

June 19-20, 2019 | Berlin, Germany

Prevalence of signs and symptoms of musculoskeletal disorders in patients with Psoriasis vulgaris**Neda Emad, Mohammadreza Emad and Ladan Dastgheib**

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Introduction/Background: Psoriasis vulgaris is an inflammatory, skin disease with considerable frequency in society. Sometimes complaints of musculoskeletal problems are observed in these patients. Therefore, we decided to evaluate the frequency of patients' musculoskeletal disorders.

Material and Method: This cross-sectional study was based on the recall of patients with psoriasis vulgaris, whose files were recorded in outpatient clinics. Patients aged 18-60 years old, didn't have any arthropathic and erythrodermic or pustular form of psoriasis, nor did they have any underlying rheumatologic or neurological, inflammatory disease and traumatic conditions. Finally, 73 patients (29 females and 44 males) were evaluated for musculoskeletal signs and symptoms and related examinations.

Results: In this study, we asked patients about their

musculoskeletal pains which results are mentioned in table 1 and the results of findings of musculoskeletal physical examinations are in table 2. According to this study, the highest frequency observed in musculoskeletal pain was: knee pain (31.5%), back pain (23.3%), and neck pain (15.1%). The highest frequency of impaired musculoskeletal examinations was: positive Phalen test (19.1%), positive Patrick test (12.3%), and hamstring tightness (10.9%). Often, the prevalence of musculoskeletal problems was higher in women.

Conclusion: Although psoriasis vulgaris is basically a skin disease, due to the considerable frequency of musculoskeletal problems observed in this study, we suggest considering pain control and musculoskeletal disorders evaluations in these patients to improve their quality of life. Due to the limited sample size, more comprehensive and larger studies are recommended to get more accurate data.

Biography

Neda Emad has been graduated from Shiraz University of Medical Sciences, Iran in 2017. She submitted this study as her graduation thesis with A+ degree from Department of Dermatology and Physical Medicine and Rehabilitation, Shiraz University of Medical Sciences (SUMS). She is the pioneer and lecturer and contributor of multidisciplinary workshops and projects in SUMS.

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