DERMNotes

Dermatology Clinical Pocket Guide

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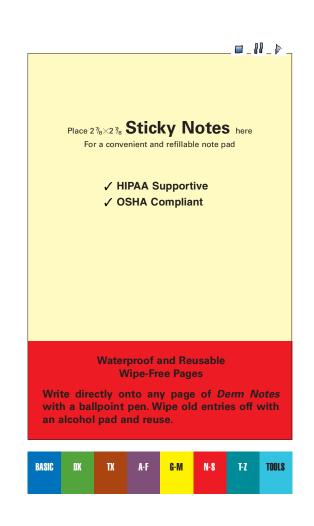
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History Taking in Dermatology

ID: Age, race, sex, occupation, hobbies

- a. When did the rash/lesion start or was first noticed?b. Where did it start?

- Where directions: E.g., does it itch, hurt, burn?
 Evolution: How has it spread or developed over time?
- e. What makes the rash or symptoms worse? E.g., heat, cold, sun, exercise, season
- f. What therapy has been tried?—dose, duration, frequency

Contacts (where appropriate): Pets or farm animal contact, travel, motel stays

PMHx: Diabetes, hypertension, atopy (eczema, asthma, hay fever), previous skin cancers or other skin problems; STDs, HIV, blood transfusions

Medications: Dosage listed for any derm drugs; specific topical steroid names

Allergies (& specific reaction)

Habits: Smoking, alcohol, drug abuse

FamHx: Psoriasis, melanoma, atopy, genetic conditions (e.g., neurofibromatosis)

Constitutional symptoms (if relevant: infection, previous malignancy): Headache, fever, chills, sweats, fatigue, weakness, anorexia, weight loss

Review of systems: Based on clinical scenario. E.g., If autoimmune connective tissue disease is in the differential, ask about arthralgias, myalgias, aphthous ulcers, keratoconjunctivitis sicca, Raynaud's phenomenon, neurologic or renal problems.

Approach to Describing Skin Lesions

Mnemonic: LEST. CABS

Descriptors

Location & Distribution
Symmetrical, asymmetrical, sun-exposed, flexures/extensors, acral (hands/feet)

Erythema

Erythematous or nonerythematous lesions &/or underlying skin

Surface Features

Crusting, rough, smooth, scaly, warty

*Type*Cyst, macule, papule, pustule, ulcer, vesicle

Color Blue, brown, pink, purple, red, white

Arrangement
Single or multiple, discrete, unilateral, generalized, disseminated, grouped, annular, gyrate, dermatomal, linear, serpiginous

Border & ShapeWell- or poorly defined, active edge, round, oval, irregular, pedunculated

Special Sites/Systemic
Scalp, mouth, nails, genitalia, systemic disease, constitutional

Terminology of Dermatology			
Lesion	Definition	Examples	
Abscess	Accumulation of pus in the dermis or subcutaneous tissue	Perianal abscess, Staphylococcus aureus infection	
Annular	Ring-shaped	Granuloma annulare, tinea corporis	
Atrophy	Depressed surface due to a thinned epider- mis and/or dermis and/or subcutis	Lichen sclerosus, necrobiosis lipoidica, prolonged potent topical steroid use	
Bulla (blister)	A large, circumscribed, fluid-containing elevation (>5 mm)	Bullous impetigo, bullous pemphigoid, pemphigus vulgaris	
Burrow	Liner S-shaped elevated channel in the epidermis	Scabies	
Carbuncle	Inflammatory nodules or abscess of numer- ous contiguous hair follicles	Hidradenitis suppurativa	
Comedo	Plugged pilosebaceous follicle containing serum & keratin. Closed = whitehead; open = blackhead	Acne	
Crust (scab)	Dried serum, pus, or blood (usually preceded by vesicle, bulla, or pustule)	Herpes simplex or VZV, impetigo	
Cyst	Nodule containing fluid, cells or keratin	Epidermoid cyst, mucous cyst, pilar cyst	

BASICS

Terminology of Dermatology (Continued)			
Lesion	Definition	Examples	
Ecchymosis ("bruise")	Large, confluent area of purpura	Postsurgery or trauma	
Erosion	Partial loss of epider- mis. Heals without scarring.	Eczema, lichen simplex, pemphigus vulgaris	
Erythema	Redness that blanches on pressure	Cellulitis, erysipelas, erythroderma, sunburn	
Excoriation	Shallow abrasion due to scratching. Linear or pinpoint erosions or crusts.	Dermatitis	
Exudate	Serum, blood, or pus accumulated on the skin surface	Acute eczema	
Fissure	Linear split in epider- mis &/or crack in (skin) dermis	Eczema	
Folliculitis	Pustule involving a hair follicle	Folliculitis due to S. aureus	
Furuncle	Deep necrotizing type of folliculitis	Furuncle due to S. aureus, hidradenitis suppurativa	
Keratin/horn	Rough, uneven surface due to accumulation of keratin. Hard to pick off, unlike crust.	Actinic keratosis, corn, squamous cell carcinoma, wart	
Lichenification	Focal area of thickened skin with accentua- tion of skin lines due to rubbing/scratching	Atopic dermatitis, lichen simplex chronicus	
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