Approach to a Generalized Rash!
....Clues to Underlying Diseases

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Get the History

- Timing
- Distribution
  - Where did it start?
  - Where has it spread?
  - Does it move (evanescent) or not (fixed)?
- Symptoms – Itching, Pain, Swelling
- New medications?
- Other people affected?
Systemic Associations?
Sick or Not?

• Fever?
• Signs of shock
  – Hypotension, poor perfusion, decreased consciousness
• Irritability
• Headache
• Respiratory symptoms
• Eye changes
• Mucous membrane lesions or pain
• Joint pain or swelling
What is the primary lesion?

Can you feel it?

- YES: How big is it?
  - < 1 cm: Papule/Nodule
  - > 1 cm: Plaque

- NO: How big is it?
  - < 1 cm: Macule
  - > 1 cm: Patch
Amount of Skin Involved/Lesion

- Macules/Papules
  - Bites
  - Folliculitis
  - Psoriasis
  - Eczema
  - Herpes
  - Scabies
  - Urticaria
  - Vasculitis

- Patches/Plaques
  - Eczema
  - Psoriasis
  - Urticaria
  - Tinea
  - Seborrheic dermatitis
  - Syphilis
  - Drug eruptions
  - Cutaneous lupus
  - Sarcoidosis

- Erythroderma
  - Drug eruption***
  - Eczematous dermatitis
  - Psoriasis
  - Cutaneous T cell lymphoma
What is the primary lesion?
Any secondary findings?

- Something in Papule?
- Pus
- Clear fluid
- Pustule
  - Culture
- Vesicle
  - Friction
Pustules!

• Culture, culture, culture
  – Wipe with alcohol, unroof, swab

• Also with honey colored crust
Other secondary changes?

- Changes?
  - Excoriation
    - Underlying pruritus?
    - Bug, drug, (malignancy)
  - Scarring
  - Erosions/Ulcerations
  - Scale/Crust
    - Vesicles?
    - Papulosquamous
Pruritic Disorders

- Insect bites
- Scabies
- Urticaria
- Eczema (contact, nummular, atopic)
- Varicella
- Drug
- Folliculitis
- Psoriasis
- Pityriasis rosea
- Tinea
- Viral exanthem
Danger Signs!!!

- Fever
- Skin pain with desquamation
- PURPLE or dusky color
- Mucosal changes
- Significant swelling
- Rapid progression
- Lots of blisters
- Concerning systemic symptoms....
References
