

Infectious Peds Quiz & Revision

- **Exanthem:** a generalized cutaneous eruption associated with a systemic disease.
- **Enanthem:** a mucus membrane eruption, can be associated with exanthems

+ **Macule:** flat lesions that vary in color from the surrounding skin.
Size <1 cm

➤ **Patch:** Large macule >1 cm

+ **Papule:** palpable, discrete lesions measuring <0.5 cm diameter

➤ **Plaque:** a well-circumscribed, elevated, superficial, solid, >1cm

➤ **Vesicle:** small (<0.5 cm), circumscribed skin papules containing serous fluid.

➤ **Bullae:** large (≥ 0.5 cm) vesicles.

➤ **Pustule:** small (<0.5 cm), circumscribed skin papules containing pus

+ **Maculopapular**

+ **Nodule:** Large papule >0.5 cm.

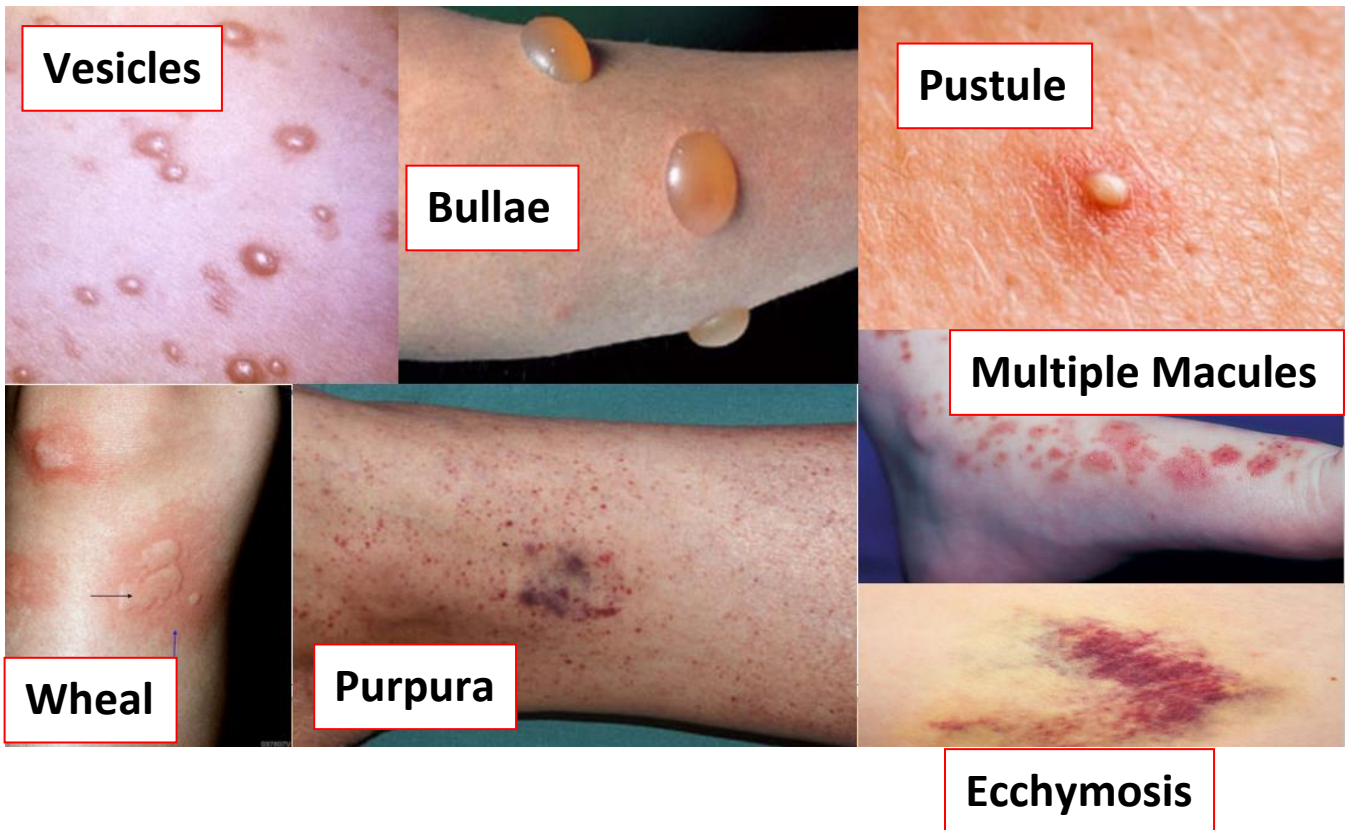
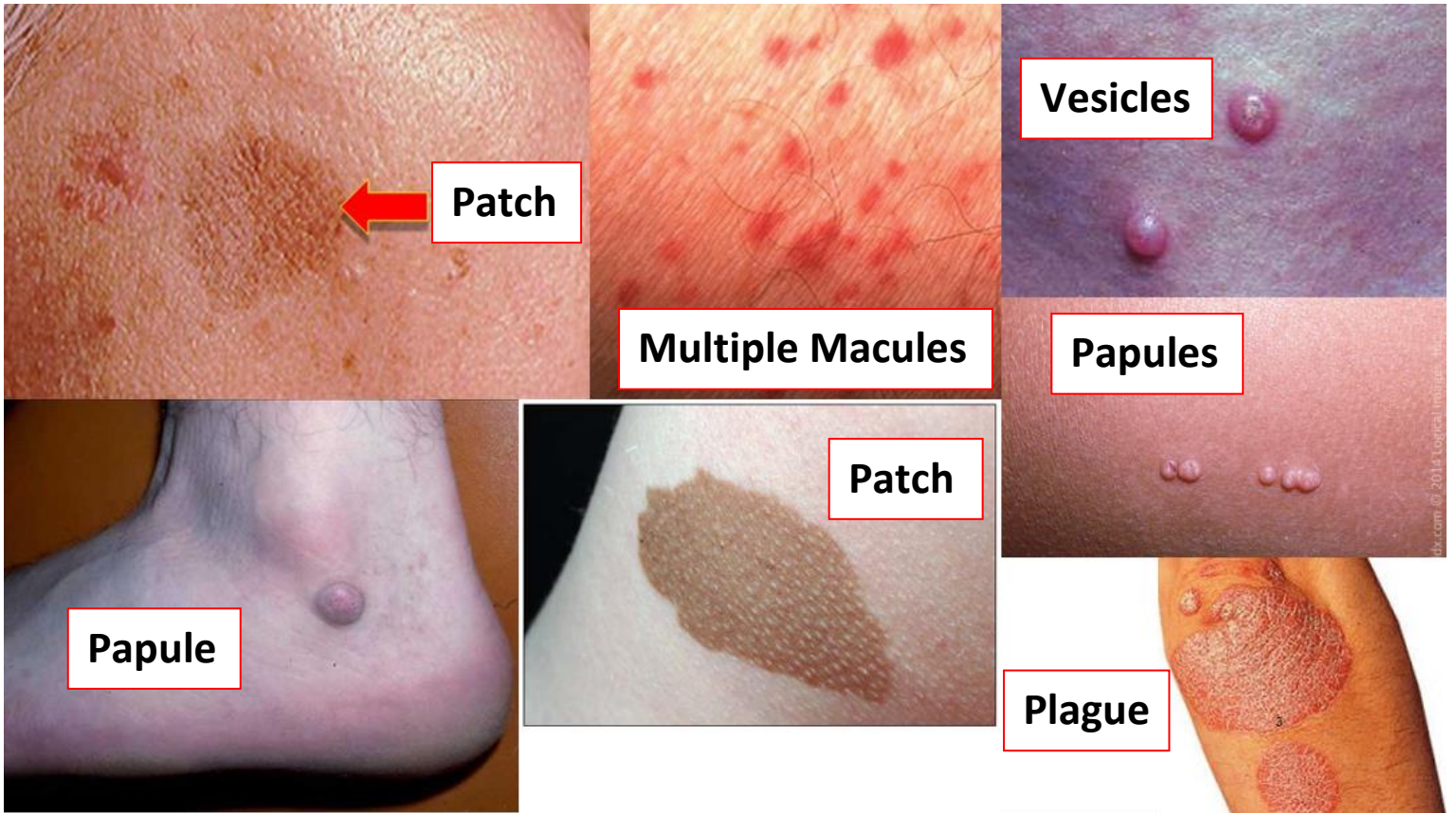
+ **Wheal:** elevated edematous skin area that are often erythematous, erythematous border and pale center usually

+ **Petechiae:** Pinpoint, round red lesions usually caused by capillary skin bleed, does not blanch with pressure (non-blanchable)

+ **Purpura:** Large (3-10 mm) red or purple skin lesions usually caused by bleeding beneath the skin, non-blanchable, palpable or non-palpable.

➤ **Ecchymosis:** Large purpura >1 cm

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1) All the following are findings suggestive of scarlet fever (caused by pyogenic toxins of GAS) except:

- a) Strawberry tongue.
- b) Sandpaper rash.
- c) Koplik's spots.
- d) Pastia lines.
- e) Circumoral pallor.

So, the parent may come to you during first 3 days with just a high-grade fever, and finally diagnosed by another doctor on the 4th day when the rash appears. It doesn't mean he is smarter than you, just more fortunate 😊



2) All the following statements regarding **Roseola Infantum are true except:**

- a) Caused by Human Herpes Type 6 and 7.
- b) Almost exclusively during infancy.
- c) You need to isolate the child from his siblings.
- d) Has a prolonged prodrome of high fever that resolves upon appearance of rose-colored maculopapular rash on day 3-4.
- e) May have bulging of tympanic membrane and anterior fontanelle.

3) Which of the following matches regarding the diagnosis and its incubation period is wrong?

- a) Rubeola (Measles) → 10-12 days.
- b) Roseola infantum → 5-15 days.
- c) Rubella → 2-3 weeks.
- d) Varicella Zoster → 10-21 days.
- e) Erythema infectiosum → 4-28 days.
- f) All the above are correct.

4) All the following matches are correct except for:

- a) Slapped Cheek → Erythema infectiosum.
- b) Koplik's Spots → Measles.
- c) Not contagious if all vesicles crusted → Varicella Zoster.
- d) Lasts longer with bathing or exercise → Erythema Infectiosum.
- e) All the above are correct.

5) All the following statements regarding measles are true except for:

- a) Usually affects children under the age of 5 years and is highly contagious.
- b) Incubation period is 7-14 days.
- c) Macular rash appears within 2 days of the appearance of Koplik spots, which appears initially behind the ears, on the face and trunk, then on the limbs.
- d) Rarely, encephalitis, otitis media and bronchopneumonia may complicate the infection.
- e) Vitamin A supplementation during the acute illness can reduce morbidity/mortality.
- f) All the above are correct.

6) All the following statements regarding rubella are true except for:

- a) Affects children and young adults.
- b) Incubation period is 14-21 days.
- c) First signs of the disease include erythema of the soft palate and lymphadenopathy.
- d) Later, pink macules appear on the face, spreading to trunk and limbs over 1-2 days, and clears over 1-2 days, in fact, occasionally, no rash develops.
- e) The risk of infection is highest in the first trimester and could cause congenital defects, that is why immunization of school-aged girls is a highly effective preventive method.
- f) All the above are correct.

Good to know:

Fifth Disease, also called **erythema infectiosum**, got its name because it was fifth in a list of historical classifications of common skin rash illnesses in children.

1. Rubeola ➡ 10 days Measles

2. Scarlet Fever

3. Rubella ➡ 3-day Measles (German Measles)

4.

5. Parvovirus B19 

6. Roseola infantum (6th disease)

Mneumonics..

Rashes: time of appearance after fever onset

"**Really Sick Children Must Take No Exercise**":

1 Day: Rubella

2 Days: Scarlet fever/ Smallpox

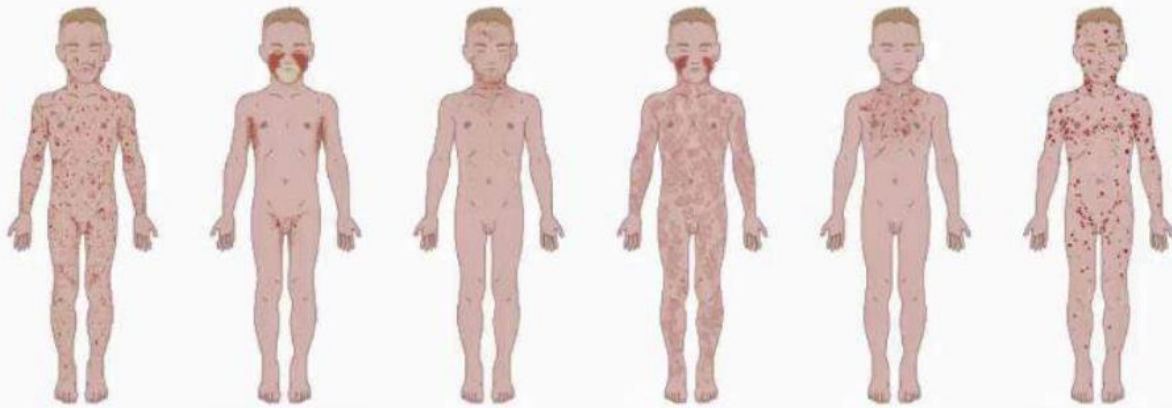
3 Days: Chickenpox

4 Days: Measles (and see the Koplik spots one day prior to rash)

5 Days: Typhus & rickettsia (this is variable)

6 Days: Nothing

7 Days: Enteric fever (salmonella)



Measles	Scarlet fever	Rubella (German measles)	Erythema infectiosum	Roseola infantum	Varicella (Chickenpox)
<ul style="list-style-type: none"> - Partially confluent - Starts behind ears then spreads - Koplik's spots 	<ul style="list-style-type: none"> - Fine, partially confluent rash - Starts at the neck - Most notably inguinal and axillary regions - Perioral sparing 	<ul style="list-style-type: none"> - Non-confluent rash - Starts behind ears then spreads 	<ul style="list-style-type: none"> - Asymptomatic in most cases - Lace pattern on trunk and limbs - Slapped cheek syndrome 	<ul style="list-style-type: none"> - Rash mainly on the trunk 	<ul style="list-style-type: none"> - Rash spreads to the scalp - Fluid-filled blisters - All stages present at once - "Starry sky" appearance

