# IADVL
# Bedside Companion for
# Dermatology Residents




***Indian Association of Dermatologists, Venereologists and Leprologists***

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# Bedside Companion for
# Dermatology Residents


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## Dedication

*Dedicated to my wife Deepa Biju and daughter Parnika Biju for the time which they have given me so that I could complete the book in time. Also dedicated to my parents, teachers, colleagues, and students.*

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# Foreword



Bedside investigations in dermatology are an integral part of clinical dermatology and have a huge impact on patient care, making early institution of definitive treatment possible even before more elaborate and expensive investigation reports are received. It is one of the essential basics of training which needs to be imparted to dermatology postgraduate residents early in their training period.

These investigations are extremely cost effective, are relatively easy to perform, and require very little equipment and resources in most cases. However, the learning curve is steep and residents need to be persistent in their learning of these procedures, with constant motivation and validation by the faculty.

I personally have been extremely passionate learning these bedside investigations over the years from great teachers and peers alike and found them indispensable in day-to-day clinical dermatology practice. While I was fortunate to be holding the prestigious appointment of the Professor and Head, Department of Dermatology, AFMC, Pune, a few years back, we utilized the opportunity of an excellent academic facility, availability of brilliant faculty, and, most importantly, extremely motivated and equally passionate postgraduate residents who not only developed expertise in these bedside procedures, but also took them to a whole new level as will be evident from their contributions illustrated in this book.

I consider myself extremely fortunate to have contributed to this book and would like to place on record my gratitude to all faculty members and the passionate residents, without whose efforts compiling this book would not have been possible.

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# Preface

Bedside tests are the most important tools that a dermatologist can utilize to diagnose various dermatological disorders at the bedside. This realization was not fully there when we did our residency. However, Dr S Radhakrishnan who has been a mentor always guided me and many other juniors and students to do bedside tests for all patients and the results we obtained gave us a great amount of satisfaction. This experience induced the idea of bringing out a book on bedside tests as we found that literature on the above was scant.

This book contains bedside tests and investigations that would be handy for residents, practicing dermatologists, and faculty in institutions. The relevance, procedural steps, and findings of the tests in various situations are highlighted in the text using appropriate images, key messages, tables, and text. Bedside tests like KOH (Potassium hydroxide) mount, Slit-skin smear, Tzanck smear, and Tissue smear are invaluable tools described in detail along with the stains used, namely Ziehl–Neelsen, Gram stain, Giemsa stain, and many others.

Bedside tests would help to make an early probable diagnosis while bedside investigations would help us reach an early confirmatory diagnosis many times. These processes are simple, easy to replicate, and do not require expensive equipment or techniques. The results are available at bedside when the patient has just presented to the OPD. This reduces precious time wasted in diagnosis, thus leading to early management and maximum satisfaction to a patient with minimal wastage of time, expenses, and hardly any discomfort. This would bring satisfaction to the dermatology resident/dermatologist for having made a bedside diagnosis by following the simple procedures highlighted in the book. It would also help postgraduate residents and examiners in their pursuit of exams.

I hope that the book would make a substantial contribution in aiding early diagnosis by its readers.

**Biju Vasudevan**

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**Biju Vasudevan**

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