Miliaria crystallina in an intensive care patient

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Abstract

Miliaria crystallina is a benign skin condition that follows intense sweating due to excessive exposure to heat, hyperthermia, or humidity. Therefore, it is often observed in intensive care patients, who usually meet these conditions.

Title: Miliaria crystallina in an intensive care patient

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Key clinical message

Miliaria crystallin is frequently seen in intensive care patients. This skin condition shoul be known by both anesthesiologists and dermatologists to avoid unnecessary investigations.

Observation

We report the case of a 28-year-old man hospitalized in the Intensive Care Unit due traumatic brain injury. The patient has developed an acute rash following a febrile syndrome due to ventilator-associated pneumonia. Physical examination showed multiple pinhead to 5mm size, clear vesicles on healthy skin. Lesions were diffuse throughout the trunk, suggesting miliaria crystallina (figure 1). Miliaria crystallina is a skin condition due to the occlusion of the sweat duct opening, resulting in obstruction of the flow of sweat and retention in a vesicle below the stratum corneum (1). Milia Crystallina follows intense sweating due to excessive exposure to heat, hyperthermia, or humidity (2). Patients who are hospitalized in intensive care unit often develop this skin condiction because of the high levels of temperature and humidity(1). No treatment is necessary because miliaria crystallina is a benign dermatosis that heals spontaneously in a few hours with slight desquamation (2) as was the case with our patient after the fever disappeared.

A cknowledgement

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Conflict of interest

None

Author Contributions

Miss. Rouai Meriem: is the guarantor of the content of the manuscript, including the data and analysis.

Dr. Meryam Chaabani: contributed to interpretation of data and revision of the manuscript.

Miss. Ayette Laabidi: contributed to data collection.

Dr. Noureddine Litaiem: contributed to analysis and interpretation of data, revised it critically for important intellectual content, and final approval of the version to be submitted.

Dr. Lotfi Rebai: attending anesthesiologist.

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Figures

Figure 1: Multiple pinhead clear vesicules of healthy skin