

Cutaneous Adverse Drug Reaction In A Tertiary Care Hospital-A Prospective Observational Study

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ABSTRACT: “An adverse drug reaction may be defined as an untoward clinical manifestation resulting from administration of a particular drug”. The most common target organ for adverse drug reaction is the skin. Monitoring the CADR will help the health care professionals in better patient care and better use of drugs. The aim of this study was to assess the type of cutaneous adverse drug reaction. It is a prospective observational study carried out in a tertiary care hospital and data on CADR was collected from the day-to-day ward rounds. Primary ends points of this study included the type of reaction, the time of onset, drugs causing the CADR and treatment was studied. The study included 60 cases ,most of the reaction took one day for onset and the commonest cutaneous reaction was EME(43.3%) treatment given was Inj.Chlorpheniramine(40%) and Urticaria (13.3%) treatment given was Inj.Chlorpheniramine(50%) , the common causative drug class were antibiotics(43.3%), corticosteroids (8.3%) and NSAIDs (8.3%). Common route of administration was oral (50%) and IV (45%). The most common risk factor was age (38.3%) and intercurrent disease (33.3%). CADR which required intervention to prevent permanent impairment/damage 53 (83.3%) cases, life threatening 5 (3.3%) cases, and caused disability was seen in 2 (3.3%) cases.

Monitoring of drug reactions should be prioritized in every health care institution to improve the quality of life of patient.

KEYWORDS: Cutaneous Adverse Drug Reaction (CADR), Adverse Drug Reaction, Stevens Johnson Syndrome (SJS), Exantamateous Maculopapular Eruption (EME), Assessment, Treatment

INTRODUCTION

The World Health Organization (WHO) defines an adverse drug reaction (ADR) as a response to a drug that is noxious and unintended and that occurs at doses normally used in man for the prophylaxis, diagnosis, or therapy of disease, or for the modification of physiological function¹

The two mechanisms for mechanisms for cutaneous reactions to drug are Pharmacologic and Immunoallergic. The Pharmacological reactions can be predictable like overdose, toxicity, adverse effects or the can be unpredictable like idiosyncratic, intolerance or anaphylactic reaction. The immunological mechanisms can be IgE mediated or mediated by lymphocytes. When the reaction is immunological then the chronological sequence of events can be used to identify the drug which is responsible can be identified according to the data present in literatures². Drugs, no matter how effective and safe always comes with the risk of adverse reactions. ADRs have significant morbidity and mortality rate in patients. The severity and incidence of ADRs can be affected by various patient- related factors like age, gender, co morbidities, genetic influence of the patient, and many other drug related factors like type of drug used, dosage, route of administration, duration of therapy. Another important risk factor associated with adverse drug reactions are increased number of drug exposures also advanced age, length of hospitalization of the patient and function of excreting organs³

Classification of Adverse Drug Reactions

The modern pharmacological classification of adverse drug reactions differentiates dose related and non-dose-related reactions, which were initially called type A and type B, respectively and later on for mnemonic purposes, they were labelled “Augmented” and “Bizarre” afterwards two further types of reaction were added: reactions which were related to both dose and time, and delayed reactions, later labelled types C and D. Lastly these categories can be split into two: time-related reactions and withdrawal effects. Of late, a sixth category has been proposed: unexpected failure of therapy. This classification is shown in table 1 with examples of adverse drug reactions in each category and notes on their management⁴

TYPE OF REACTION	MNEMONIC	FEATURES	EXAMPLE	MANAGEMENT
A:DOSE-RELATED	Augmented	Common Related to a pharmacological action of the drug Predictable Low mortality	Toxic effect: digitoxin toxicity; serotonin syndrome with SSRIs	Reduce dose or with Consider effects of concomitant therapy

B:NONDOSE-RELATED	Bizarre	Uncommon Not related to pharmacological action of the drug Unpredictable High mortality	Immunological reactions: Penicillin hypersensitivity Idiosyncratic reactions: Acute porphyria Malignant hyperthermia Pseudo allergy (eg, ampicillin)	Withhold and avoid in future
C:DOSE-RELATED AND TIME-RELATED	Chronic	Uncommon Related to cumulate dose	Hypothalamic-pituitary-adrenal axis suppression by corticosteroids	Reduce dose or withhold; withdrawal may have to be prolonged
D:TIME-RELATED	Delayed	Uncommon Usually dose-related Occurs or becomes apparent in sometime after the use of the drug	Teratogenesis Carcinogenesis Tardivedyskinesia	Often intractable
E:WITHDRAWAL	End of use	Uncommon Occurs as soon as the drug is withdrawn	Opiate withdrawal syndrome Beta-blocker withdrawal	Reintroduce and withdraw slowly
F:UNEXPECTED FAILURE OF THERAPY	Failure	Common Dose-related Often caused by drug interactions	Inadequate dosage of an oral contraceptive, particularly when used with specific enzyme inducers	Increase dosage Consider effects of concomitant therapy

TYPES OF CUTANEOUS REACTIONS

- **Maculopapular Eruptions – MPE (Synonyms: Morbilliform, Exanthematous)**
A symmetric distribution of polymorphous pink-to-red macules distribution is seen that may coalesce to form plaques⁷, after the beginning of a new medication eruptions begin between 4 and 14 days⁶
- **Drug Induced Vasculitis(DIV)**
The antibodies which are formed against the drugs, act on the vascular endothelium and also the vascular wall which leads to vasculitis⁷
- **Urticaria and Angioedema**
Urticaria clinically presents as itchy erythematous wheals, in different number and size. The single wheals appear anywhere on the body and which last less than 24 hour the skin appears normally later. Edema in subcutaneous tissue, it is known as angioedema⁸.
- **Drug Induced Erythroderma**
The interaction between cytokines and cellular adhesion molecules is a complex process which results in highly increased epidermal turnover which leads to decreased transit time of keratinocytes through epidermis which cause a loss of cellular material from the surface of the skin⁷
- **Drug Reaction with Eosinophilia and Systemic Symptoms (DRESS)**
Having characteristics of maculopapular eruptions or erythroderma, lymphadenopathy, eosinophilia, atypical lymphocytes, and visceral involvement and high fever.⁶
- **Serum Sickness-Like Reaction (SSLR)**
Erythema that progresses to urticarial lesions is the most frequent skin finding in SSLR³
- **SJS Stevens-Johnson Syndrome (SJS) and Toxic Epidermal Necrolysis (TEN)**
These are rare, acute and life-threatening adverse cutaneous drug reactions, extensive death of keratinocytes leads to the separation of areas of skin in the dermal-epidermal junction causing SJS, the skin appears scaly.⁷

MANAGEMENT

The important step in the management of a cutaneous ADR is identifying and discontinuing the causative drug. Symptomatic treatment like antipruritic agents and potent topical glucocorticoids may be helpful in the management. H1-receptor blockers are the choice of treatment for patients with only cutaneous symptoms. A short course of oral corticosteroids may be given to patients with severe symptoms. Occasionally emergency treatment and withdrawal of all medicines is essential, in which case care should be taken while reintroducing essential medicines.¹³

OBJECTIVES

PRIMARY OBJECTIVE:

1) To assess the type of the Cutaneous Adverse Drug Reaction in the tertiary care hospital.

SECONDARY OBJECTIVE:

- 1) To document the time required for the onset of reaction and route of administration of the drug.
- 2) To study the class of drug causing cutaneous adverse drug reactions.
- 3) To study the risk factors, seriousness of the reaction
- 4) To document the treatment of the reaction

METHOD

The present study is a prospective observational study carried out at tertiary care hospital from February to July 2021.

Inclusion Criteria:

- Inpatient and outpatient presenting with cutaneous lesions
- Patient referred from all departments presenting with cutaneous lesions
- Patient of all age groups presenting with cutaneous lesions following intake of drug are included in the study

Exclusion Criteria:

- The patients who developed ADR without the cutaneous lesions are excluded from the study.
- The patients who developed cutaneous lesions due to conditions other than the administered drug.
- Pregnant and lactating women

According to the inclusion criteria, different data on cutaneous adverse drug reaction has been collected from the day to day ward rounds, as well as from dermatology OPD. The data collected were noted in the ADR reporting form which includes subject’s detail like demographic details, clinical history, pre-existing medical condition, family history, past history because of drug allergies and other relevant lab data if required.

After the diagnosis of the cutaneous ADRs was done, the necessary information like the causative drugs behind the reaction, the time of onset of the reaction, as well as patient’s information regarding the risk factors, seriousness of the reaction was noted in a data collection form. In case of more than one drug suspected the most likely causative drug has been noted down and this impression has been confirmed by the subsidence of clinical feature after withdrawal of drugs.

- The exact diagnosis is done by the senior dermatologist on duty and patients were given information about the study and following data had been noted down from the patient medication history interview after taking the consent from the patients

Ethical considerations:

Written Informed consent was taken from the participants before enrollment and stated that privacy and confidentiality of the research participants will be protected.

Result:

In this study which was carried out on cutaneous ADR, the total number of subjects involved were 60 out of which 25(41.6%) were male and 35(58.3%) were female patients. Female patients were predominant when compared to male patients.

Figure 1: AGE WISE DISTRIBUTION OF CASES

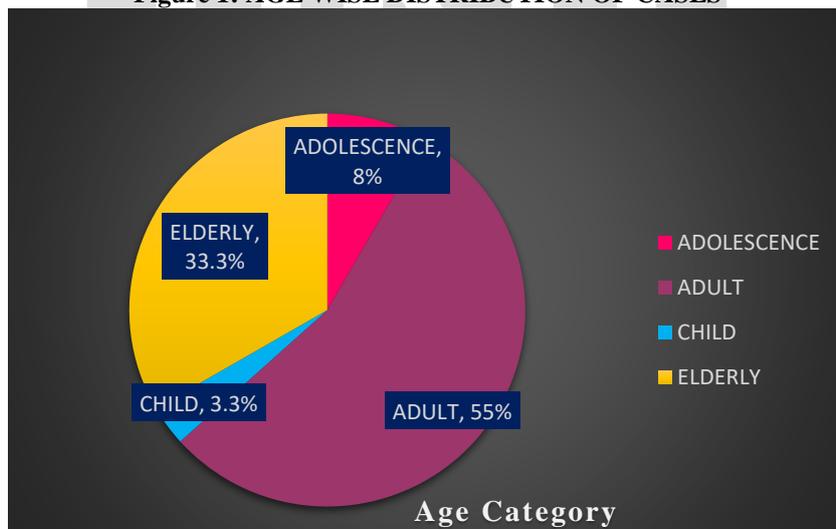


Table 1: CAUSATIVE DRUG FOR SUSPECTED CADR

Type Of CADR’s	CADR (%)	Name of the drug	No of cases (%)	Time of onset Min/Hrs/Days
Acute Generalized Exanthamatus Pustolosis	5	Amoxicillin	1(1.6)	1Day
		Ceftriaxone	1(1.6)	1Day

		Thiocolchicoside	1(1.6)	2Days
Fixed Drug Eruptions	8.3	Ibuprofen	1(1.6)	1Hour
		Fluvoxamine	1(1.6)	40Mins
		Norfloxacin	1(1.6)	40Mins
		Mefenamic acid	1(1.6)	7Days
		Ceftriaxone	1(1.6)	12Hours
Anigoedema	1.6	Paracetamol	1(1.6)	1Day
Urticaria	13.3	Prednisolone	1(1.6)	2Mins
			1(1.6)	20Mins
		Amoxicillin	1(1.6)	10Mins
		Ranitidine	1(1.6)	15-20Mins
		Metronidazole	1(1.6)	15Mins
		Piperacillin/Tazobactam	2(3.3)	20Mins
		Ceftriaxone	1(1.6)	15Mins
Lichenoid Eruption	1.6	Bisoprolol	1(1.6)	1Days
Erythema Multiforme	1.6	Piperacillin/Tazobactam	1(1.6)	1Hour
Dress	1.6	Piperacillin/Tazobactam	1(1.6)	15Days
Photodermatitis	1.6	Terbinafine	1(1.6)	6Hours
		Pirfenidone	1(1.6)	12Hours
Dermatitis	5	Ranitidine	1(1.6)	30Mins
		Dexamethasone	1(1.6)	12Hours
		Betamethasone	1(1.6)	24Hours
Localized Lesions	11.7	Piperacillin/Tazobactam	1(1.6)	20Mins
		Metronidazole	1(1.6)	15Mins
		Ciprofloxacin	1(1.6)	30Mins
		Cefotaxime	1(1.6)	10Mins
		Ceftriaxone	1(1.6)	10Mins
		Fondaperinox	1(1.6)	15Mins
		Doxycycline	1(1.6)	30Mins
Steven Johnson's Syndrome	1.6	Phenytoin	1(1.6)	7Days
Vasculitis	1.6	Ranitidine	1(1.6)	7Days
Exanthematous Maculopapular Eruption	43.3	Acyclovir	2(3.3)	4Days
		Ibuprofen	1(1.6)	4Days
		Diclofenac	1(1.6)	6Days
		Lamivudine	1(1.6)	5Days
		Thrombophob	1(1.6)	14Days
		Furosemide	1(1.6)	4Days
		Amoxicillin/Clavulanic acid	1(1.6)	4Days
			1(1.6)	5Days
		Phenytoin	1(1.6)	15Days
		Cyclophosphamide	1(1.6)	6Days
		Ciprofloxacin	3(5)	5-6Days
		Pantoprazole	1(1.6)	5Days
		Tramadol	1(1.6)	6Days
		Sodium valporate	1(1.6)	4Days
		Dapsone	1(1.6)	4Days
		Nimusulide	1(1.6)	5Days
		Vancomycin	1(1.6)	5Days
Amoxicillin	1(1.6)	4Days		
Morphine	1(1.6)	5Days		

	Cefoperazone/Sulbactam	1(1.6)	6Days
	Clobetasol propionate	1(1.6)	7Days
	Atorvasatin	1(1.6)	4Days
	Paracetamol	1(1.6)	5Days

Table 2: CLASS OF DRUGS FOR SUSPECTED CADR

Dosage form	No of cases (N=60)	Percentage%
Capsule	1	1.6%
Cream	2	3.3%
Injection	27	45%
Ointment	1	1.6%
Tablet	29	48.3%

Class Of Drug	No Of Cases N=60	Frequency (%)
Antibiotic	26	43.3
Alkylating Agent	1	1.6
Analgesics and Antipyretic	2	3.3
Antiviral	2	3.3
Anticoagulant	2	3.3
Anticonvulsant	1	1.6
Antiepileptic	2	3.3
Antifungal	1	1.6
Beta Blocker	1	1.6
Corticosteroid	5	8.3
Diuretic	1	1.6
H2 Blocker	3	5
Hmg-Coa Reductase Inhibitor	1	1.6
Muscle Relaxant	1	1.6
NRTI	1	1.6
NSAID	5	8.3
Opiate Analgesic	2	3.3
PPI	1	1.6
Pyridone	1	1.6
SSRI	1	1.6

Table 3: DOSAGE FORM OF THE DRUG INVOLVED IN CAUSING CAD

Figure 2: ROUTE OF ADMINISTRATION OF THE DRUGS

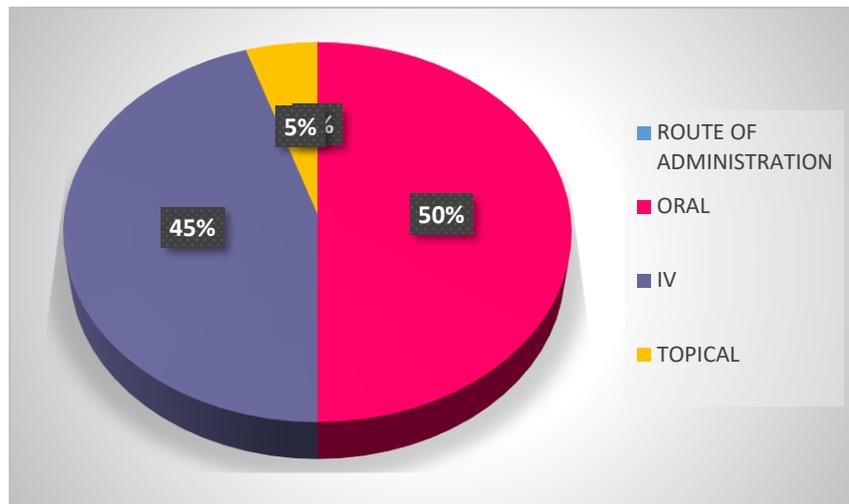


Table 4: PREDISPOSING FACTORS OF THE CASES IN THE STUDY

Predisposing factors	Frequency	Percentage
Age	23	38.3%
Intercurrent disease	20	33.3%
Multiple drug therapy	13	21.6%
Genetic	1	1.6%
Gender	15	25%
Allergic	2	3.3%

Table 5: TREATMENT OF THE CADR

Type of reaction	Treatment	Frequency
AGEP	Inj.Chlorpheniramine	1
	T. Levocetirizine	1
FDE	Luliconazole ointment	1
	Tacrolimus ointment	1
	Inj.Chlorpheniramine	1
Angioedema	Inj. Chlorpheniramine	1
Urticaria	Luliconazole ointment	1
	T. Levocetirizine	1
	Inj.Chlorpheniramine	2
Lichenoid Eruptions	Clobetasol Ointment	1
DRESS	T.Levocetirizine	1
Photodermatitis	T.Levocetirizine	1
	Luliconazole ointment	1
Dermatitis	Clotrimazole mouth paint	1
	Adapalene and Clindamycin gel	1
	T.Levocetirizine	1
Localized lesions	Inj.Chlorpheniramine	2
SJS	Hydrocortisone ointment	1
Vasculitis	Inj.Chlorpheniramine	1
EME	Inj. Chlorpheniramine	6
	Calamine lotion	3
	Inj. Hydrocortisone	1

	Mometasone+Fusidin cream	1
	T.Fexpfenadine	1
	White soft parafin	2

Table 6:SERIOUSNESS OF THE CADR

Seriouness of the CADR	No of cases N=60	Percentage
Disability	2	3.3%
Life threatening	5	8.3%
Required intervention to prevent permanent impairment/ damage	53	88.3%

CAPTURED CUTANEOUS ADVERSE DRUG REACTION:

Ceftriaxone induced Acute Urticaria



Acyclovir induced EME

**Discussion:**

Drugs which are meant to be used for prophylaxis and treatment of numerous disease conditions are said to be safe when used rationally. However sometimes drugs can show ADR in various patient.¹². The development of cutaneous reaction is frequently mentioned for discontinuation of the drug therapy without completing the full course of therapy. Moreover prescribing a drug in previously sensitized patients and patient with cross reactivity with related medication are the common musicological hazards and should be considered sincerely²⁴.

The study was conducted over a 6 month period and 60 patients were included keeping focus on pattern of cutaneous ADRs of drug class in the post marketing surveillance study to detect the effect in a huge and diverse population. Exanthematous maculopapular rash was most commonly reported cutaneous ADR and most of the reactions were reported within the 24 hours of drug administration. The most common drug was antibiotics followed by NSAIDS and corticosteroids given by IV route. Most of these reactions were moderate level and was preventable because either the patient had a past history of the reaction or the treatment of the reaction was well known.

In this study female patient were more affected (58.3%) in compared with male patients, like the studies conducted by Ruchika Nanda et.al, Shweta Sharma et.al and Raja Amrinder^{12,22,16}. This may be because of the fact that females are more concerned and aware in compared with male about the minor reaction that might occur to their body. Whereas some studies like Tejashwani et.al, Anal Modi et.al shows male predominance^{17,15,25}

In this study cutaneous ADRs were most commonly found in adult patients (55%) followed by elderly patients (33.3%) and adolescence (8.3%) which is similar to the study conducted by Padmavati et.al, Rohini Sharma et.al and M Shusma et.al this may be because of the fact that adult patients are more aware and elderly patients trend to be in polypharmacy because of multiple disease condition. Although occurrence of reactions in various age group cannot be predicted because of variable pharmacokinetics, it has hit both the extremities of the age group, as the reaction was seen in 5 month old patient as well as 84 year old patient^{21,19}.

The study conducted by Ruchika Nanda et.al and Tejashwini et.al shows that most common cutaneous reaction is exanthematous maculopapular eruption (42.8% and 16.6% respectively) similarly our study also shows that most common cutaneous reaction was

exanthematous maculopapular eruption (43.3%) followed by urticaria (13.3%) and treatment was given and localized lesions (11.6%) and most common treatment for these reactions was inj. Chlorpheniramine^{17,23}

Similar to the study conducted by Shweta Sharma et.al our study shows that maximum of the reaction took 1 day for onset and this is again contradictory to the studies like Raja Amrinder et.al, BJanardhan et.al, and Ankita Agarwal which shows the onset of CADR is 2-14 days, 1-7 days, 2-5 days respectively^{22,16,20,24}. The reason for this may be the early diagnosis of the reaction.

In this study the most common causative drug class for CADR was found to be antibiotics (43.3%) followed by corticosteroids (8.3%) and NSAIDs (8.3%) similar to the study conducted by the Raja Amrinder et al. which shows that Antibiotics(37.5%) and NSAIDs(25%) are the most common causative drugs for CADR.

In this study the most common risk factor for CADR is the age (38.3%) followed by intercurrent disease (33.3%) and gender (25%) whereas the studies like Padmavati S et.al and Anal Modi et.al tells that polypharmacy is the most common risk factor for the CADR. This may be due to inclusion of outpatient and they seem to take less medication^{10,15}

Similar to the studies like Anal Modi et.al, Shweta Sharma et.al and Murshida Pravin et.al our study also tells that maximum of the cutaneous reaction were needed Intervention (88.3%) followed by life threatening (8.3%) and caused disability(3.3%)^{16,14,23}, the reason behind this may be the need of hospitalization following CADR^{15,22,24}.

Conclusion:

CADR can be of different morphology and can occur at different time in different patients according to the individual's susceptibility comorbidities and polypharmacy. Physicians should carefully evaluate the signs and symptoms of all ADRs thought to be due to drugs and immediately discontinue all drugs that are not essential. Whenever an ADR occurs the physician or clinical pharmacist should give the relevant information to the patient. As it is said prevention is better than cure, the monitoring and reporting of the drug reactions should be prioritized in every health institution to improve the quality of life of patient.

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