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# A case report of palmoplantar keratoderma in a 3-year-old girl: A structured approach in primary care settings

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Mohd Noor, Asma Amirah[a] ; Abdul Hadi, Azwanis[a] ; Abdul Rahim, Abdul Rahman Che[b]

[a] Department of Family Medicine, Kulliyyah of Medicine, International Islamic University Malaysia, Pahang, Kuantan, Malaysia

## Abstract

Palmoplantar keratoderma (PPK) is a dermatological disorder characterised by excessive thickening of the palms and soles, encompassing more than 20 conditions. The disease is often misdiagnosed in primary care settings, leading to unnecessary treatments and delays. We present the case of a 3-year-old girl with skin thickening on both her palms and soles persisting for 2 years, initially believed to be an acquired condition. Subsequent evaluation revealed a family history of similar skin lesions. This case report highlights the crucial role of family physicians in differentiating hereditary from acquired PPK, especially in settings where advanced testing is unavailable. Implementing a structured diagnostic approach at the primary care level can significantly improve patient management and reduce morbidities and healthcare costs. This case contributes to the existing knowledge in this field, where hereditary PPK remains underexplored. © 2025, Academy of Family Physicians of Malaysia. All rights reserved.

## Author keywords

Diagnosis; Genetic disease; Keratoderma; Palmoplantar; Primary health care

## Indexed keywords

**EMTREE medical terms**

Article; case report; child; clinical article; clinical examination; consultation; dermatology; differential diagnosis; eczema; female; general practitioner; health care cost; human; hyperpigmentation; lichen planus; lymphadenopathy; palmoplantar keratoderma; pityriasis rubra pilaris; preschool child; primary care access; psoriasis; skin defect; skin disease

## Corresponding authors

| | |
|---|---|
| Corresponding author | A. Abdul Hadi |
| Affiliation | Department of Family Medicine, Kulliyyah of Medicine, International Islamic University Malaysia, Pahang, Kuantan, Malaysia |
| Email address | azwanis@iium.edu.my |





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