Atypical Presentation of Hand, Foot, and Mouth Disease in an Adult

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Section Editor: Rick A. McPheeters, DO
Submission history: Submitted January 20, 2018; Revision received February 28, 2018; Accepted March 7, 2018
Electronically published April 17, 2018
Full text available through open access at http://escholarship.org/uc/uciem_cpcem
DOI: 10.5811/cpcem.2018.3.37686

CASE PRESENTATION
A 21-year-old, active-duty military male presented to the emergency department (ED) with three days of fever of 103°F, fatigue, rash and sore throat. The rash was especially painful on his hands and feet. The patient’s history was significant for having spent a week in a field training exercise in a wooded area. Vital signs were normal. Examination revealed purpuric, maculo-papular lesions and erosions of the feet (Image 1A and 2A) and hands extending onto his forearms (Image 1B). He also had crusted erosions periorally and soft palate petechiae (Image 1C). Additionally, there were crusted lesions on the head extending into the neck and torso (Image 2B and 2C).

Initial workup included a rapid antigen streptococcal test, rapid plasma reagin, Rocky Mountain spotted fever (RMSF), coxsackievirus serologies, complete blood count and coagulation studies. The laboratory testing resulted during his ED stay was normal. The RMSF and coxsackievirus serology results returned within the week. The patient was discharged from the ED with a presumptive diagnosis of RMSF on a doxycycline regimen.

DIAGNOSIS
The patient was later diagnosed with hand, foot, and mouth disease (HFMD) after serology testing was positive for coxsackievirus A6 (CVA6) and the rest of the workup was normal. HFMD typically occurs in children, and historically adults have been asymptomatic.1,2 With a recent increase in emergence of CVA6, several outbreaks have been reported worldwide.1-4 Atypical HFMD presents with more variable and severe manifestation such as diffuse rash, purpuric lesions and adult-age predilection.1,4 Transmission can occur via respiratory secretions, oral-oral, fecal-oral, or contact with fomites.1,2,4 Sharing close living quarters makes military trainees more susceptible to being infected with the virus.1 Complications, although rare, can include onychomadesis, bacterial skin

Image 1. Dermatologic manifestation of atypical hand, foot, and mouth disease, illustrating A) ill-defined, erythematous to violaceous lesions on plantar surface of feet; B) discrete, violaceous lesions extending from palmar surface of hands onto the flexor aspects of the upper extremities; and C) perioral, crusted lesions.
superinfection, encephalitis and aseptic meningitis. The patient continued his doxycycline regimen for the bacterial superinfection and recovered without complications.

Documented patient informed consent and/or Institutional Review Board approval has been obtained and filed for publication of this case report.

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Conflicts of Interest: By the CPC-EM article submission agreement, all authors are required to disclose all affiliations, funding sources and financial or management relationships that could be perceived as potential sources of bias. The authors disclosed none. The views expressed in this article are those of the author(s) and do not reflect the official policy of the Department of Army, Department of Defense, or U.S. Government.

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