

ABSTRACT

Background: Keloids negatively impact the quality of life of patients in that severe keloids are frequently disfiguring and are associated with recurrent infections, substantial pain and itching. Keloids are more prominent among patients with scars presenting in various hospital settings, yet their prevalence, clinical patterns and associated factors are hardly assessed.

Objective: To determine the prevalence, patterns and associated factors of keloids among patients presenting with scars at Plastic surgery OPD of Mbarara Regional Referral Hospital.

Methods: This was a hospital-based cross-sectional study using quantitative data from 99 among patients presenting with scars at Plastic surgery OPD of Mbarara Regional Referral Hospital between 26th April 2023 and 29th October 2023. Data on socio-demographic, lifestyle, medical and clinical characteristics were collected. Descriptive statistics were presented for socio-demographic, lifestyle, medical and clinical characteristics. Bivariate and multiple logistic regression analyses were conducted and variables with $p < 0.2$ or biologically plausible were entered into multiple logistic regression model. A factor was considered significant at $p < 0.05$. All analyses were done using STATA[®] 17.

Results: Of the 99 patients presenting with scars at Plastic surgery OPD of Mbarara Regional Referral Hospital, the prevalence of keloids was 28.2% ($n = 28$). Most patients had keloids on the chest (61%), shoulder (25%) and face (25%). Patients with family history of keloids (AOR = 4.0, 95%CI: 1.3-13.3, $p = 0.022$) and ear piercing (AOR = 5.3, 95%CI: 1.2- 24.4, $p = 0.031$) were more likely to have keloids.

Conclusions: The prevalence of keloids among patients presenting with scars at Plastic surgery OPD of Mbarara Regional Referral Hospital was high with the majority presenting on more than one site and others on the chest, shoulders and face and associated with family history of keloids and ear piercing. Thus, surveillance as regards family history and piercing are key to minimizing keloids.