



DERMATITIS

What is Dermatitis?



- Dermatitis is a general term that describes a skin irritation.
- A common condition that has many causes and occurs in many forms.
- It usually involves itchy, dry skin or a rash on swollen, reddened skin. Or it may cause the skin to blister, ooze, crust or flake off.

Atopic dermatitis (eczema)



- Atopic dermatitis happens when there is damage to the skin barrier.
- This causes the skin to become inflamed, red, dry, bumpy and itchy.



Contact dermatitis

- Contact dermatitis is an allergic or irritant reaction that causes a painful or itchy skin rash.
- As the name suggests, you get contact dermatitis from coming into contact with an allergen.
- It can be caused by a frequent exposure to a weak irritant such as soap or detergent.

How common is Dermatitis?

- Some types of dermatitis are very common while others are less common.
- Atopic dermatitis affects two percent to three percent of adults and 25% of children.
- Contact dermatitis happens at some point to 15% to 20% of people.

IS DERMATITIS CONTAGIOUS?

No type of dermatitis is contagious.



Who gets Dermatitis?

Anyone – young and old – can get Dermatitis.

Some examples include:

- Babies can get cradle cap and nappy rash.
- Atopic dermatitis (eczema) usually begins in childhood, but anyone at any age can get it.
- Anyone can get contact dermatitis as it just involves skin to substance contact.
- Individuals with celiac disease are prone to dermatitis herpetiformis.

Dermatitis symptoms



- Redness
- Swelling
- Blisters
- Itching
- Sore skin
- Raised patches

Causes

- **Immune system** - Sometimes your immune system overreacts. If you have atopic dermatitis, your immune system reacts to seemingly small irritants or allergens. This causes inflammation.
- **Genetics** - Researchers have observed that if others in your family have dermatitis, you're more likely to have it. Additionally, experts have identified changes to genes that control a protein that helps your body maintain healthy skin. Your skin cannot remain healthy without normal levels of that protein.
- **Environment** - Your environment may make your immune system change the protective barrier of your skin. That causes more moisture to escape, and that can lead to dermatitis. Possible environmental factors include exposure to tobacco smoke and some types of air pollutants. Fragrances in some skin products and soap are also possible.
- **Exposure** - Some types of dermatitis are caused by exposure to chemicals and other irritants. Perioral dermatitis, for example, may be caused by exposure to fluoride in water or toothpaste.

SKIN CHECKS FOR DERMATITIS



See your Manager / Responsible Person for your statutory skin check and to report any skin problems



Look for

**DRYNESS
ITCHING
REDNESS**

which can develop into
**flaking, scaling,
cracks, swelling
and blisters**

If you have skin problems, report it to your Manager / Responsible Person.
Your Manager will need to refer you to the Occupational Health Department.

For further information on skin health see your local Health and Safety Control Book



For further advice contact the Occupational Health Service
01324 566663 FV-UHB.OHSadmin@nhs.net

DERMATITIS CHECK

How is Dermatitis treated?



- The type of treatment depends on the type of dermatitis and its location.
- Try to avoid what triggers the dermatitis. That may be stress, a chemical, tobacco smoke and/or a number of other irritants that cause or worsen dermatitis.
- Medication may be prescribed by your healthcare provider.

Treatments you can try at home

Use	Don't overheat	Protect	Decrease	Bathe in	Use	Avoid
Moisturiser Right after you shower or bathe, apply moisturiser to your skin. This helps keep your skin hydrated.	Don't overheat Keep your space at a cool temperature and avoid high humidity.	Protect your skin Stay away from anything that could irritate it. This includes rough clothing like wool.	Decrease your stress Take steps to keep your stress levels down.	Bathe in lukewarm water Be sure to use lukewarm water instead of hot. Take no more than one bath or shower per day.	Use a mild soap Use soap or cleanser that is unscented.	Avoid scratching Scratching at your dermatitis irritates it. You could break the skin, risking infection.



Medication

- **Moisturising creams.** Creams that hydrate and help restore the skin barrier.
- **Calcineurin inhibitors.** These topical medications decrease inflammation.
- **Corticosteroid creams and ointments.** Corticosteroids decrease inflammation.
- **Phosphodiesterase-4 inhibitors.** This also helps with inflammation.
- **Biologics.** This injection blocks functions of the immune system that affect dermatitis.
- **Oral medications.** Pills that reduce immune responses that affect dermatitis.
- **Antihistamines.** These are used, sometimes, for contact dermatitis.
- **Antibiotics:** These can be used for people who have perioral dermatitis.

Small steps stop dermatitis
becoming a big problem.



For more information,
call 0845 345 0055 or visit
www.badhandday.hse.gov.uk

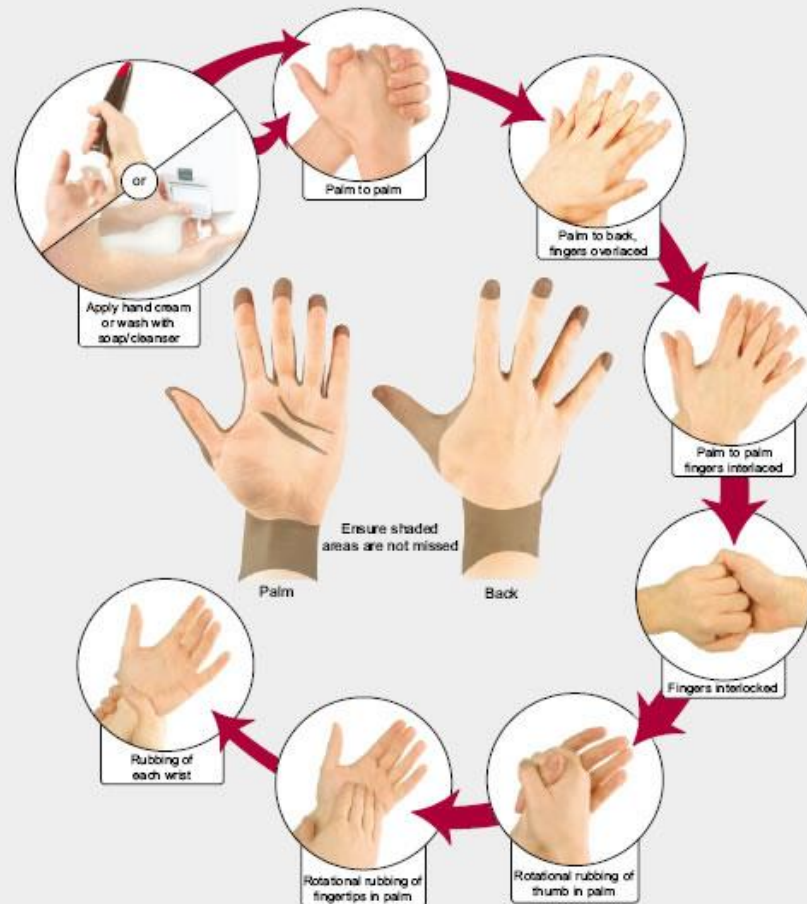


HOW CAN I
PREVENT OR
REDUCE MY
RISK OF
DERMATITIS?

Skin Care

Method for using hand cream, soap and cleanser

Follow the steps shown



www.hse.gov.uk

See your healthcare provider as soon as you start to see symptoms of dermatitis.



Feeling itchy and/or in pain all the time affects your quality of life. It's distracting, uncomfortable and can even keep you from having a good night's sleep.



It can affect your self-esteem and your social life or relationships. But remember that as many as 15% to 20% of people experience some form of dermatitis at some point in time, so know that you're not alone!



Dermatitis is very normal, but it may make you feel self-conscious in public.