



# Prevention of occupational hand eczema among Danish hairdressing apprentices

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# The dream of becoming a hairdresser...





Faculty of Health Sciences

# The dream of becoming a hairdresser...





## The dream of becoming a hairdresser...



42 % of educated Danish hairdressers have ever had hand eczema





- 71% were apprentices at hand eczema onset
- 44 % no longer worked in the trade
- Those who left, were 8.4 years in the trade

Lysdal SH. et al. Contact Dermatitis 2011

## Occupational skin diseases

Definition: A skin disease caused or aggravated by work conditions

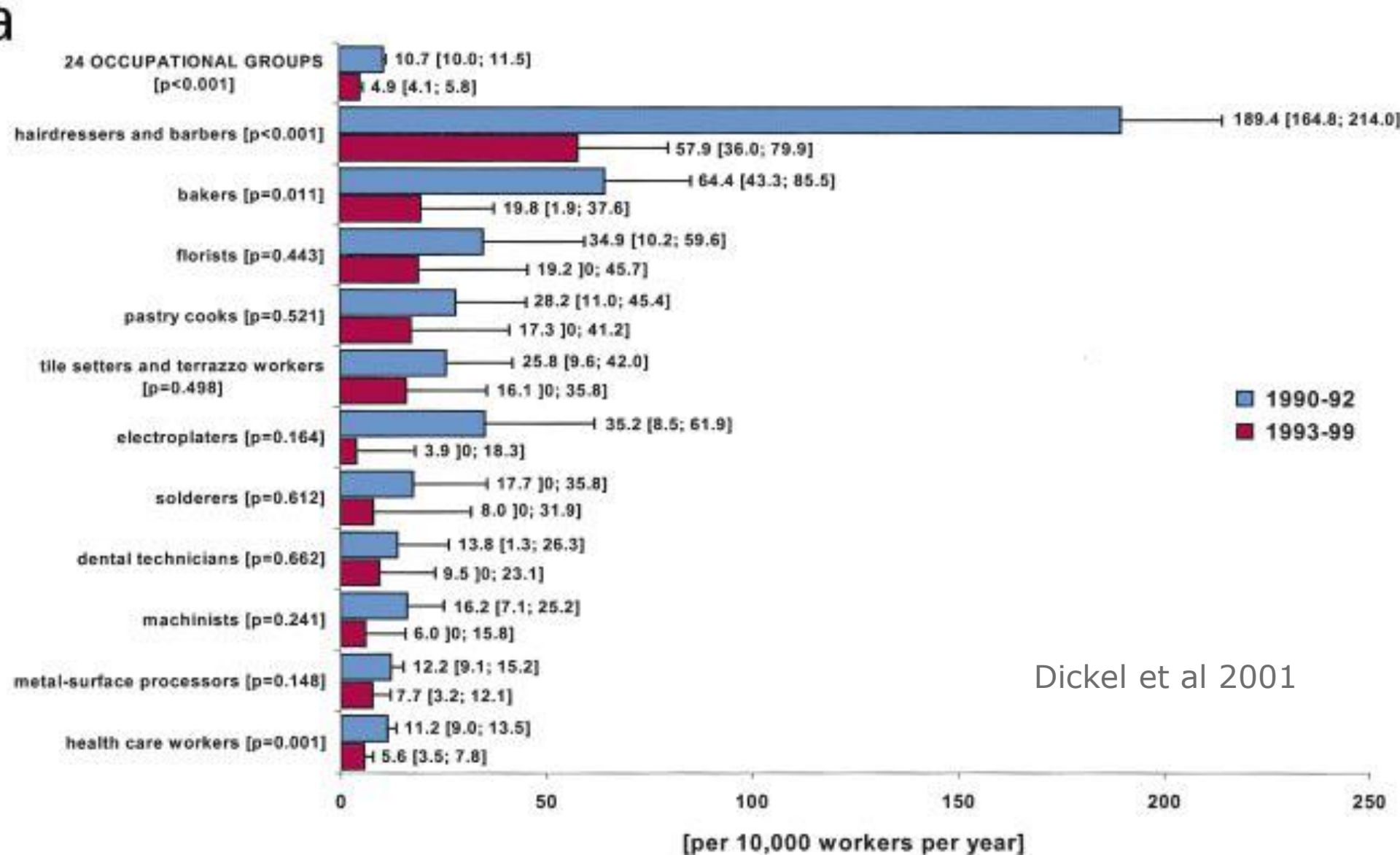
- 90 – 95 % of all cases comprises hand eczema
- Hairdressers is one of the most frequent occupations reporting occupational skin diseases
- High impact on the individual and on society

Skoet R et al, Contact Dermatitis 2004

Diepgen TL et al, Int Arch Occup Environ Health 1999

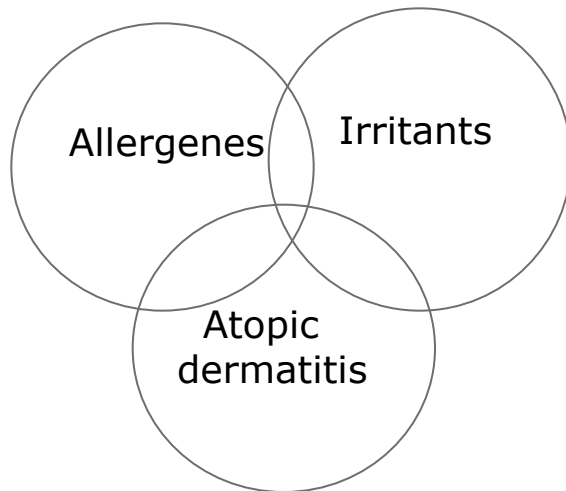


## Incidence rates of cases with an Occupational Skin disease within occupational groups



# Hand eczema

Polymorphic pattern: erythema, scaling, vesicles, oedema, papules and fissures





## First day at hairdressing school



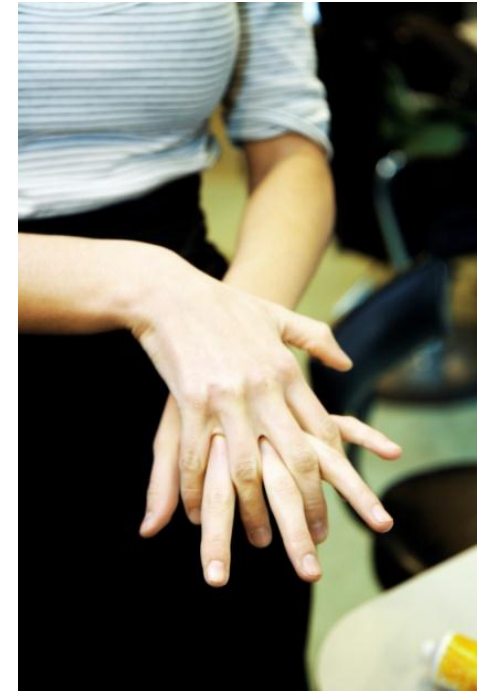
	Hairdressing apprentices (n=374)	Other young people (n=1277)	P
<b>Hand eczema</b>			
Lifetime prevalence	8.0% (30)	12.5% (159)	0.009
<b>Eczema on wrists or forearms</b>			
Lifetime prevalence	5.3% (20)	11.9% (149)	<0.001
<b>Atopic dermatitis</b>	21.4% (80)	29.8% (381)	0.001

Hairdressers have less atopic dermatitis and less eczema compared to the reference group

## Apprentices at hairdressing schools



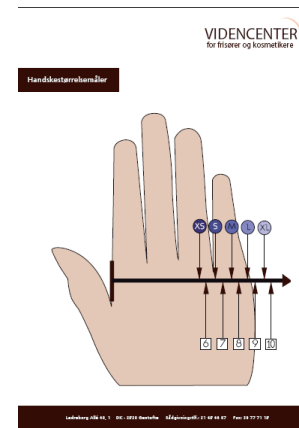
## What was the goal?



## The education programme

***We developed an education programme  
in cooperation with the teachers from the intervention  
schools***

- Power point presentations
- Groupwork
- Glove size measure
- Hand outs
- Usefull links
- Pamphlet
- Products
- Nickel test
- Contact to the salons



# Students glove use after 1½ year in hairdressing school

	Students of educated teachers (n=147)	Students of "ordinary" teachers (n=136)
Shampooing school	70.7 %	46.3 %
Bleaching	89.8 %	77.2 %

Bregnhøj et al. 2012



# Eczema in the cohort of hairdressers apprentices after 1½ year

	Students of educated teachers	Students of "ordinary" teachers
	% (n/total)	% (n/total)
<b>Hand eczema</b>		
<i>After 1½ year education</i>	20.4% (30/147)	29.4% (40/136)
	8.0%	
<b>Hand eczema and eczema on wrists or forearms</b>		
<i>After 1½ year education</i>	21.8% (32/147)	33.8% (46/136)
	5.3%	

## Outcome of the education programme

- In the intervention group compared with the control group

- Decreased time with wet hands
- Increased time with glove use
- Increased glove use in high exposure procedures
- Increased glove use in the salons
- Decreased incidence of hand eczema

Bregnhøj et al 2012



I hope this gets the hairdressers' dreams come true...

