Occupational dermatitis: what's new?

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Occupational Dermatology Clinic

- Started 1993 at Monash Medical Centre, 4000 pts
- Transferred to Skin and Cancer Foundation (SCF) in 2001 which is a tertiary referral dermatology outpatient centre
- SCF started 1987 by most of the dermatologists in Melbourne who donated \$1000 each
- SCF is a private facility: patients are billed, doctors initially donated their time
- Approx 30 sub-specialty clinics- skin cancer,
 Moh's surgery, transplant dermatology, nails,
 hair, psoriasis, contact/occupational dermatitis



Skin & Cancer Foundation80 Drummond St, corner Queensberry St, Carlton











Outline

- Assessment of occupational dermatitis
- Patch testing
- Making a diagnosis
- Australian Baseline Series
- Latex allergy in 2018
- An important allergen- methylisothiazolinone
- Addressing occupational dermatitis in healthcare workers- alcohol-based hand rubs are good!







Making a diagnosis of contact dermatitis

- History-condition, occupation, hobbies, home
- Exposure assessment
- Clinical examination
- Patch testing
- Blood tests: RASTs especially for latex; total lgE as an indicator of atopy
- Prick testing, especially for foods contacted by chefs
- Other-skin biopsy, fungal scrapings etc



Why assess exposure?

 To decide which allergens might have caused the dermatitis and what to patch test with

 To decide how to dilute substances from work or home for patch testing

To decide if patch test reactions are relevant



We diagnose allergic contact dermatitis on the basis of:

- 1. Clinical history and rash compatible with allergic contact dermatitis
- 2. Positive patch test
- 3. History of allergen exposure

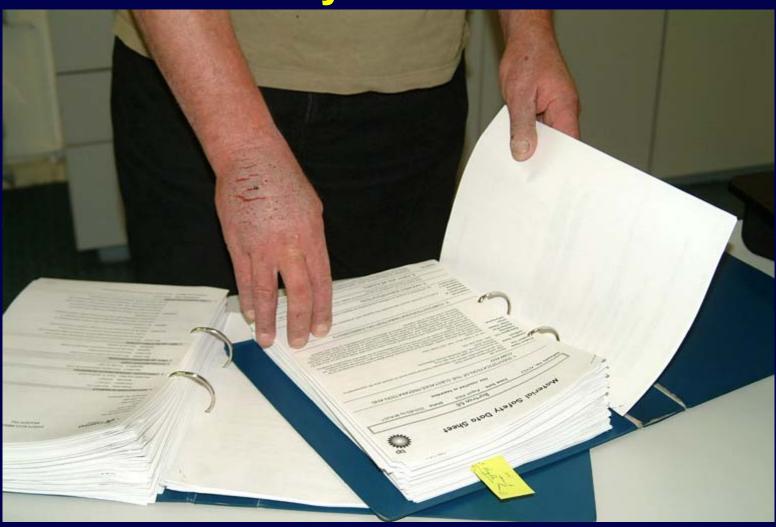


How to assess exposure? There are a number of ways

- History given by patient, doctor or workplace
- Information regarding substances contacting the skin eg product labels
- Material safety data sheets (SDS)
- Information from websites
- Chemical analyses- Malmo
- Occupational hygienist-Toronto
- Workplace visits
- Photos of workplace-now taken with patient's phone!



Exposure assessment: Safety data sheets







Skin examination: Need to make a skin diagnosis!

There are many causes of rashes on hands besides contact dermatitis

- > Tinea or fungal infection
- Secondary bacterial infection
- Endogenous hand eczema (pompholyx), atopic eczema, hyperkeratotic hand eczema, discoid eczema
- **Psoriasis**
- > Id or autoeczematisation reaction
- Porphyria cutanea tarda



Porphyria cutanea tarda





Irritant contact dermatitis (ICD)

Skin barrier damage resulting from

- Water and wet work
- Soaps and detergents
- Heat and sweating
- Dusts and fibres
- Solvents and thinners
- o Oils
- Friction



➤ Different occupational groups will have different exposures to irritants, specific to their job or work processes.



Allergic contact dermatitis (ACD)

- Allergic contact dermatitis is caused by a <u>delayed</u> hypersensitivity reaction to a sensitising substance touching the skin
- Occurs after exposure to the allergen/chemical, with the initial sensitization process taking 10 days to 3 weeks
- The rash appears 6 to 24 hours after contact and lasts for several days
- It may be difficult to determine the cause or to identify the offending substance or chemical from the history
- People may become sensitized years after the first exposure



Patch testing for delayed hypersensitivity

Tests are applied for 48 hours and then removed Read reactions according to international guidelines



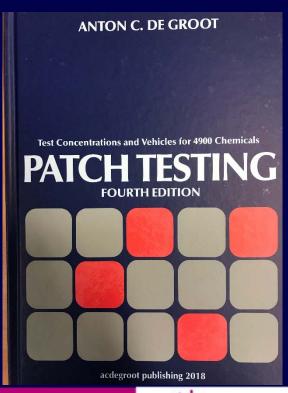




There have been reports of allergic contact dermatitis to 4900 chemicals from a total of approx. 100,000 chemicals

We have around 400 chemicals for testing







Patch test clinicTest our allergens and own substances from work and home, often need dilution Do not test with known irritants





Patch testing

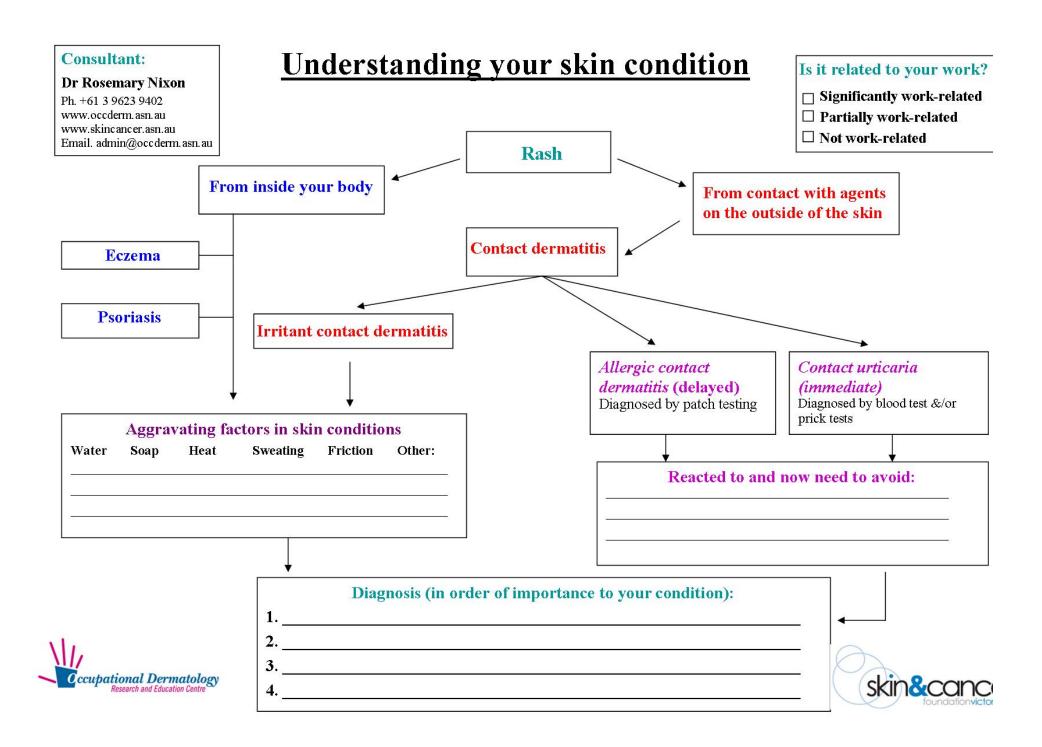
- 1. Australian Baseline Series: our group has reported 60 most frequent and important allergens in Australian population
- 2. Additional series based on exposures eg hairdressing, cosmetics, nurses, rubber chemicals, epoxy resins, acrylates etc
- Toholka R, Wang Y-S, Palmer A, Nixon R. The first Australian Baseline Series: Recommendations for patch testing in suspected contact dermatitis. *Australas J Dermatol* 2015; 56: 107-15



Make an accurate diagnosis!

- In order to help our patients as much as possible, we need to make an accurate diagnosis of all the factors contributing to our patients' skin conditions
- There may be multiple factors
- Combination of subjective and objective assessment





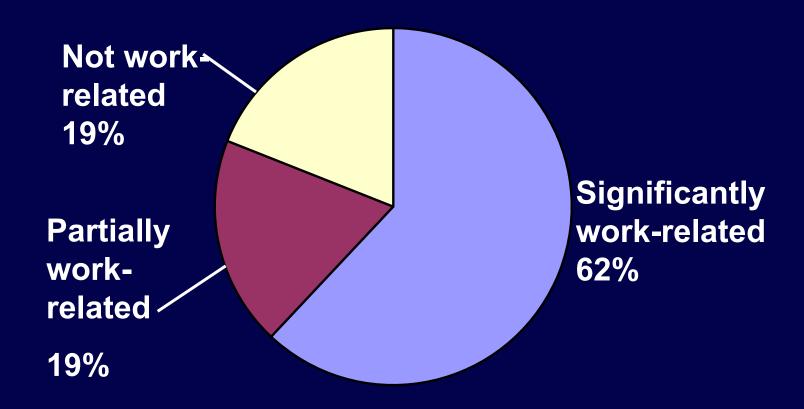
Attempt to list all diagnoses contributing to occupational dermatitis (n= 1590)

- Patients with 1 diagnosis 820 (51.5%)
- Patients with 2 diagnoses 560 (35.2%)
- Patients with 3 diagnoses 181 (11.4%)
- Patients with 4 diagnoses 29 (1.9%)



Work relationship

Occupational dermatology clinic





Immediate hypersensitivity reactions

- Cause asthma, hay fever, food allergies and contact urticaria
- Usually investigated in Australia by allergists with prick testing
- Whereas people with skin rashes (eczema, contact dermatitis, psoriasis) are appropriately referred to dermatologists
- Contact urticaria presents with immediate burning, redness which usually resolves quickly



Immediate hypersensitivity reactions

- Contact urticaria commonly caused by natural rubber latex, foods, ammonium persulphate (hairdressing bleach)
- Less commonly, inhalant allergens- house dust mite, animals, malassezia furfur, chlorhexidine
- Repeated episodes may cause protein contact dermatitis
- Tested for specific IgE (RAST) or prick testing,
 NOT tested by patch testing





Risk factors for latex allergy

- Exposure lower levels of latex protein these days
- Atopy a personal or family history of asthma, eczema or hay fever (even eczema occurring as a baby with no skin problems since)
- Damaged skin barrier, such as with contact dermatitis, has been shown to facilitate sensitisation to latex
- Glove powder, which aerosolizes latex protein



Latex allergy forgotten but not completely gone

- Peak was in 2001- 19 cases; 2017- 4 cases
- Most recent cases of latex allergy involved workers wearing powdered disposable latex gloves inappropriately
- Occupations involved were hairdresser, bicycle mechanic, concreter, laboratory worker
- Highest rates of latex protein in products like balloons, causing problems in shopping centres
- In our clinic, 27% of people with latex allergy presented with a facial rash, 4.3% generalized rash
- Bhahba F, Palmer A, Nixon R. Are reusable rubber gloves associated with latex allergy? Contact Dermatitis 2012; 67: 381-2



Healthcare workers –should use nitrile gloves (synthetic rubber) if latex allergy or first responders



Cases from the clinic coalface

Our cases represent

- Failure of workplace education: exposure to known allergens which should be preventable (awareness, engineering controls, personal protective equipment)
- Inappropriate exposures from inadequate personal protective equipment
- Exposure to hard-to-avoid allergens, especially in gloves and skincare products
- Where the problem is

"to determine the aetiology of the occupational skin disease and to make recommendations for its prevention"

42 year old male floor coating applicator

- Rash on hands for 6 months
- Work duties-mixed epoxy resin and hardeners in bucket
- Stirred with drill
- Trowelled onto surfaces, smoothed with rake
- Wore rubber gloves 'sometimes'



Diagnosis: allergic contact dermatitis to epoxy resin

 Positive patch test to epoxy resin and diluted sample of own resin





Allergic contact dermatitis to epoxy resin

- Rubber gloves do not provide appropriate skin protection from epoxies
- Reusable thick nitrile gloves or multi-laminated barrier gloves have been found to be suitable
- Concurrent solvent use can affect glove function
- It is often falsely assumed that all gloves protect from all chemicals





Gloves need to be adequate for the job!

- Charts indicating glove permeation data for specific chemicals
- www.bestglove.com
- www.ansellchemsafe.com
- Appropriate length- wrists protected
- Appropriate material



54-year-old male paediatric nurse

- Two-year history pruritic dermatitis: dorsal hands, neck, eyelids
- Skin improved when away from work
- Previous treatment: oral and topical steroids



Exposures

Workplace

- Emergency Department 12 years
- Microshield handwash, had previously used Microshield 4 (contained chlorhexidine)
- Skinman (waterless hand cleaner), previously Debug
- Latex and nitrile gloves

Home

- QV wash (soap substitute)
- Home handyman
- Motorbike



Investigations

- Patch testing: Australian Baseline Series, rubber series, nurses' series, Microshield product series, own contactants
- Specific IgE blood test (RAST) for latex – negative







Patch test reactions

- +++ thiuram mix, plus reactions to several other thiurams (rubber accelerators)
- ++ carba mix, plus reactions to several other carbamates (rubber accelerators)
- + methylisothiazolinone (MI), 1+ methylchloroisothiazolinone (MCI)/MI
- + own face cream (contained MI)
- + own nitrile glove (known to contain carbamates)

Diagnoses

- 1. Allergic contact dermatitis (ACD) to rubber accelerators relevant to use of gloves at work
- 2. ACD to MI and MCI contained in his face cream, shampoo and also liquid hand wash used at home
- 3. Irritant contact dermatitis wet work

Higgins C and Nixon R Facial contact dermatitis without hand involvement caused by disposable latex gloves Contact Dermatitis 2016; 74: 251-3



Management

- Accelerator-free gloves: Ansell Microtouch Nitrafree (disposable), Ansell Gammex Dermaprene or Sensoprene (sterile)
- Products free of MI and MCI (home use)
- Soap free wash, moisturising cream, topical corticosteroid ointment
- Minimise irritant exposure
- Workers' compensation claim: time off work for skin to heal



Comment

- ACD to hard-to-avoid allergen (rubber accelerators)
- Long history of wet work causing skin barrier damage may have facilitated sensitisation
- This case also exemplifies that sometimes contact dermatitis is caused by a combination of work and non-work factors (face cream, shampoo and liquid soap)
- Kohli and Nedorost Inflamed skin predisposes to sensitisation to less potent allergens J Am Acad Dermatol 2016; 75: 312-7.



49 year old concrete worker allergic to chromate, allergen in cement





Chromate

- Exposure in wet cement
- Also used to tan leather
- In Europe, ferrous sulphate is routinely added to cement to reduce oxidation state rendering it non-allergenic
- No such legislation in Australia, USA
- 25 + cases per year in Australia?
- May be associated with persistent postoccupational dermatitis



44 yr old carpenter with fingertip dermatitis on non-dominant hand who thought he was allergic to his nails

- Patch testing revealed diallyl disulphide ++ (allergen in garlic)
- He cut up garlic every night when cooking for his family





Most important allergens in occupational allergic dermatitis affecting the hands (2800 cases 1993-2010)

- P-phenylenediamine (hair dye)
- Ammonium persulphate (hairdressing bleach)
- Thiurams (rubber accelerators)
- Chromate (cement, leather)
- Epoxy resin

Cahill, JL, Williams JD, Matheson MC, Palmer AM, Burgess JA, Dharmage SC, Nixon RL. Occupational skin disease in Victoria, Australia. *Australas J Dermatol* 2016; 57: 108-114.



Relevant allergens in occupational hand dermatitis-Occupational Derm Clinic 1993-2013





Incidence rates of occupational skin disease per 100,000 person years

- Hair and beauty 70
- Machine and plant operators 38
- Healthcare workers 21
- Automotive workers 18
- Science workers 18
- Cahill, JL, Williams JD, Matheson MC, Palmer AM, Burgess JA, Dharmage SC, Nixon RL. Occupational skin disease in Victoria, Australia. *Australas J Dermatol* 2016; 57: 108-114.



New epidemic of contact allergy!

- Worldwide epidemic of allergy of the preservative methylisothiazolinone (MI) in baby wipes, skin cleansers, sorbolene lotions, shampoos, deoderants, facial wipes, paints
- Inappropriately high concentration of MI having been allowed from 2005 to 2017
- Mainly non-occupational especially carers of babies, but also in some hand cleaners, paints
- Boyapati A, Tate B, Tam M, Nixon R. Allergic contact dermatitis from
- methylisothiazolinone: exposure from baby wipes causing hand dermatitis in carers *Australas J Dermatol* 54:264-7.



How did the epidemic of MI sensitisation occur?

According to Dr Ian White, UK, ESCD 2014:

- Failure of industry of submit ALL information regarding sensitization at the time of evaluation
- Systematic error found in local lymph node assay data
- There is NO safe limit in leave-on cosmetics
- It should be restricted to 15ppm in rinse-off products
- "That men do not learn the lessons of history is the most important lesson of history" Aldous Huxley



Process worker allergic to methylisothiazolinone in in a hand cleaner



Allergic contact dermatitis to MI in a facial wipe





MI containing products, especially shampoos





Gerde pit-balanced formula is suitable for everyday use.

You daily treat. Gently massage into your scalp and work through to the tips of your hat Rinse and repeat if desired. For best results use with classic clean conditioner.

and contact with eyes. If contact occurs, rinse thoroughly with water.

Ingedients: Aqua, Sodium Laureth Sulfate, Sodium Lauryl Sulfate, Cocamide MEA. Orhorate Glycol Distearate, Sodium Chloride, Zinc Pyrithione, Dimethicone, Cetyl Al. lisz Hydroxypropyltrimonium Chloride, Parfum, Sodium Xylenesulfonate, Magni white, Sodium Benzoate, Ammonium Laureth Sulfate, Butylphenyl Methylprop Indool, Sodium Diethylenetriamine Pentamethylene Phosphonate, Magni Unboate Hydroxide, Hexyl Cinnamal, Benzyl Alcohol, Etidronic Acid, Hydroxylsc Hyrakezere Carboxaldehyde, Limonene, Citronellol, Paraffinum Liquidum, Se Papethalenessimonate, Methylchloroisothiazolinone, DMDM Hydanisia Disco Les Schum EDTA, Methylisothiazolinone, CI 42090, CI 60730.







Dettol

profresh

MI containing products

Parsley Seed Anti-Oxidant Facial

Toner

Parsley Seed Anti-Oxidant Facial Toner

An anti-oxidant rich toner for all skin types, including dry and sensitive.

How to Use

Ingredients

Aloe Barbadensis Leaf Juice, Water (Aqua), Polysor Sodium Lactate, Hamamelis Virginiana (Witch Haze Phenoxyethanol, Lavandula Angustifolia (Lavender) Sorbitol, Panthenol, Disodium EDTA, Ethylhexylglyc Ormenis Multicaulis Oil, Camellia Sinensis Leaf Extr Benzalkonium Chloride, Chamomilla Recutita (Matri Flower Qf, Methylisothiazolinone, Calum Petroselin (Parsley) Seed Oil, Linalool, d-Limenene

This ingradient list is subject to change, quetomore



Macadamia Ternifolia Seed Oil
Triticum Vulgare Germ Oil
Hydrolyzed Wheat Gluten
Olea Europaea (Olive) Fruit Extrac
Citrus Aurantium Amara (Bitter Ora
Methylisothiazolinone
Panax Ginseng Extract
Avena Sativa (Oat) Peptide
Methylchloroisothiazolinone, mixtu



Ingredients

Water (Aqua), Sodium Laureth Sulfate, Cocamidopropyl Betaine, Sea Salt (Maris sal), Glycerin, Polysorbate 20, Citrus Nobilis (Mandarin Orange) Peel Oil, Lavandula Angustifolia (Lavender) Oil, Phenoxyethanol, Cananga Odorata Flower Oil, Magnesium Nitrate,

Methylchloroisothiazolinone, Magnesium Chloride, Methylisothiazolinone, Citric Acid, Limonene, Linalool, Benzyl Benzoate.

This ingredient list is subject to change, customers should refer to the product packaging for the most up-to-date ingredient list.



panser
nnant pour le Visige
19 Ylang * Lavende Sir
3 * Ylang Ylang * Tig Ar
in requiring mic cleany
formula to remove gins air
d massage over the au et et
Aescop toner and hybration.
I motion nécessarie et man
te qué élimine les imputés é
mains propres et moises et
créatez voire per

Amazing Face Cleanser

A non-drying daily cleanser enhanced with purifying Mandarin Rind to effectively cleanse the skin witho disturbing its natural balance.

Suited to

Oily, combination and open-pored skin, for those in and humid climates

Skin feel

Refreshed, balanced and scrupulously clean



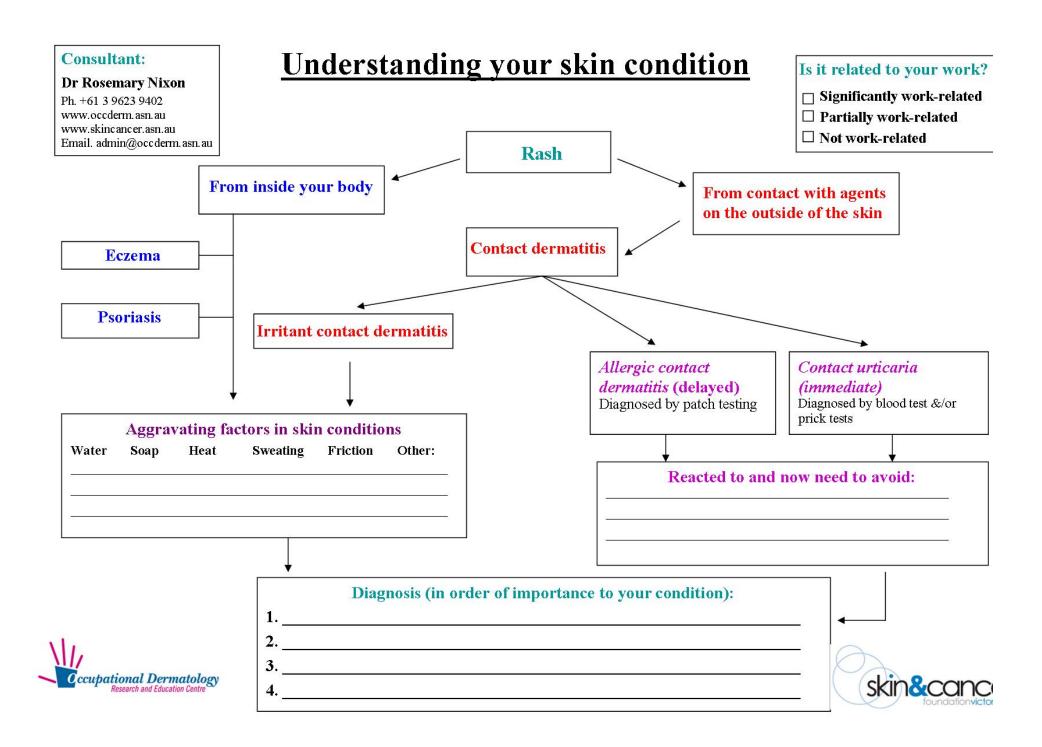
SCF Patch test clinic data

Year	No patch tested	Positive reactions	Percentage of those tested %
2011	419	17	4.1
2012	452	56	12.4
2013	372	58	15.6
2014	428	84	19.6
2015	389	79	20.3
2016	361	68	18.8
2017	366	42	11.4

Boyapati A, Tate B, Tam M, Nixon R. Allergic contact dermatitis from methylisothiazolinone: exposure from baby wipes causing hand dermatitis in carers. Australas J Dermatol 2013 Cahill J, Toholka R, Palmer A, Nixon R Med J Aust 2014

Flury U, Palmer A, Nixon R The methylisothiazolinone allergy in Australia Contact Dermatitis 2018





Management of occupational dermatitis

- MAKE A DIAGNOSIS: avoidance of allergens and irritants
- Appropriate gloves for each activity; cotton gloves for housework
- SKIN CARE:
- (i) Soap substitutes (pH balanced), avoid bar soaps which are alkaline
- (ii) Moisturising lotions, creams and ointments
- (iii) Topical steroid ointments to areas of dermatitis
- Physical therapies- Grenz ray, UV to hands
- Systemic therapies-oral corticosteroids and steroidsparing agents

Impact of occupational skin disease (OSD)

LARGEST INDUSTRY GROUP

Healthcare and social assistance



Quality of life **Direct costs** Ability to work Public health & infection **Indirect costs** control



Healthcare workers (HCWs) – a high risk group for occupational skin disease

Lots of exposure to irritants and allergens

- Hand hygiene requirements
- •PPE gloves, sweating
- Cleaning/disinfectants, washing
- Tools of the trade (eg acrylates dentists)

Prevalence 17-50% worldwide, with rates of up to 65% in ICU/NICU



Hand eczema: prevalence and risk factors of hand eczema in a population of 2274 healthcare workers

Kristina S. Ibler ☑, Gregor B. E. Jemec, Mari-Ann Flyvholm, Thomas L. Diepgen, Askel Jensen, Tove Agner

First published: 24 May 2012 Full publication history

DOI: 10.1111/j.1600-0536.2012.02105.x View/save citation



View issue TOC Volume 67, Issue 4 October 2012 Pages 200–207



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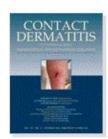
Original Article

Occupational skin disease among Australian healthcare workers: a retrospective analysis from an occupational dermatology clinic, 1993–2014

Claire L. Higgins ☑, Amanda M. Palmer, Jennifer L. Cahill, Rosemary L. Nixon

First published: 20 July 2016 Full publication history

DOI: 10.1111/cod.12616 View/save citation



View issue TOC Volume 75, Issue 4 October 2016 Pages 213–222



Major occupational allergens (237 ACD)

25 most frequent occupational allergens in HCWs with occupational ACD

	Relevant		Proportion of
ALLERGEN	reactions	Total tested	total tested
	n	n	%
Thiuram mix	49	537	9.1
Tetraethylthiuram disulfide	42	502	8.4
Formaldehyde	28	534	5.2
Coconut diethanolamide	26	492	5.3
Dipentamethylenethiuram disulfide	23	502	4.6
Dowicil [™] 200 (quaternium 15)	18	534	3.4
Tetramethylthiuram monosulfide	16	502	3.2
Tetramethylthiuram disulfide	13	502	2.6
Methylchloroisothiazolinone	13	536	2.4
Fragrance mix	12	534	2.2
Chlorhexidine diacetate	11	496	2.2
Chlorhexidine digluconate	11	497	2.2
Methylisothiazolinone	10	101	9.9
Amerchol® L-101	10	513	1.9
Lanolin alcohol	9	538	1.7
Germall 115 (imidazolidinylurea)	8	535	1.5
Germall II (diazolidinylurea)	7	514	1.4
2-Hydroxyethyl methacrylate	6	100	6
Glutaraldehyde	6	52	11.5
Zinc diethyldithiocarbamate	6	491	1.2
DMDM Hydantoin	5	442	1.1
Methyl methacrylate	5	35	14.3
Nickel sulfate	5	534	0.9
Myroxolon pereriae	4	534	0.7
Carba mix	7	159	4.4

62

5 hand cleansers among the top 30 causes of ACD

	RELEVANT REACTIONS n	TOTAL TESTED n	PROPORTION OF TOTAL TESTED %
Microshield® Handwash Mild Neutral Formula pH7	22	191	11.5
Microshield® 4 Chlorhexidine Skin Cleanser	11	173	6.4
Microshield® 2 Chlorhexidine Skin Cleanser	11	182	6.0
Ecolab® Glad Hands Concentrated Lotion Skin Cleanser	8	107	7.5
Microshield® Skincare Cleanser pH5.5	6	76	7.9

NB Microshield most common brand of cleanser used in Australian hospitals



Hand cleansers vs alcohol-based hand rubs (ABHRs)

- ACD caused by hand cleansers 8 x rate from ABHRs (12.4 % vs 1.6 %)
- Hand cleansers major cause of ICD
- Hand cleansers often being used when ABHRs indicated
- ABHRs sting on broken skin often misinterpreted as "allergy"
- Graham M, Nixon R, Burrell L J, Bolger C, Johnson P D R, Grayson M L. Low rates of cutaneous adverse reactions to alcohol-based hand hygiene solution during prolonged use in a large teaching hospital.

 Antimicrobial Agents and Chemotherapy 2005; 49:4404-4405.



Conclusions

- •ABHRs caused substantially less ACD and less ICD than commercial hand cleansers
- •Stinging ≠ allergy!
- Appreciable number of reactions to so called "hard-to-avoid" weak allergens present in commercial hand cleaners
- Rubber glove chemicals still an issue
- Latex allergy trending down
- High rates of occupational ACD to MI

OSD presents a significant burden of disease in Australian HCWs



SO WHAT CAN WE DO??



Individual level

Primary prevention

- EDUCATION
- Early management of symptoms

Secondary prevention

- Allergen avoidance and substition
- Accelerator-free gloves

Manufacturer level

- Mandatory labelling
- Allergensubstitution –responding to the evidence
- Accurate MSDS

Management level and beyond

- Promoting ABHRs instead of hand cleansers where indicated
- Integrating skin care education with hand hygiene training
- Overarching national guidelines
- National OSD

Skin care education and individual counselling versus treatment as usual in healthcare workers with hand eczema: randomised clinical trial.

Ibler KS¹, Jemec GB, Diepgen TL, Gluud C, Lindschou Hansen J, Winkel P, Thomsen SF, Agner T.



Safework Australia supported the development of skin care within the hand hygiene module

Integrating skin care education with hand hygiene training....

Healthcare workers Occupational Dermatitis
and Skin Care







Hand Hygiene Nursing/Midwifery Module

help ? close X

Nursing/Midwifery Section A 🗸 Nursing/Midwifery Section B ✓

Nursing/Midwifery Section C ✓

Nursing/Midwifery Section D -Skin Care

Irritant Contact Dermatitis

Allergic Contact Dermatitis

Contact Urticaria

Looking after your skin

What to do if contact dermatitis develops

Quiz

Nursing/Midwifery Section E ■

Quiz

Skin Care

This section of the module has been created by The Occupational Dermatology Research & Education Centre, Skin & Cancer Foundation Inc. Funded by Safe Work Australia.

Occupational contact dermatitis is an inflammatory skin condition which occurs when workplace substances damage the skin. Usually the hands of healthcare workers are affected, although other exposed skin may be involved, such as the arms, face and neck.

There are 3 main types of contact dermatitis: irritant contact dermatitis (ICD), allergic contact dermatitis (ACD) and contact urticaria.

Signs and symptoms of contact dermatitis include:

- Dryness (involvement of the web spaces between the fingers is often the first sign)
- Redness
- Itchiness
- Soreness
- Scaling and flaking
- Splitting and cracking
- Blistering



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- Australian Baseline Series for patch testing
- Latex allergy in 2018
- An important allergen- methylisothiazolinone
- Addressing occupational dermatitis in healthcare workers- alcohol-based hand rubs are good!



Thanks for listening! rnixon@occderm.asn.au www.occderm.asn.au



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Research and Education Centre