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Effects of skin promotion program in reducing occupational skin diseases symptoms and improvement of protective health behaviors in young workers

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The aim of the study is to determine effects of Skin Promotion Program (SPP) in reducing occupational skin diseases symptoms and improvement of protective health behaviors in young workers who are hairdresser/barber apprentice at vocational training centers. The study was designed as pre- and post-test control group research with repetitive measurement, and consisted of 100 young workers (Intervention=50, control=50) with a score of 2 points or less on eczema symptom, educated and who were of two different. The SPP program was developed on the basis of the health promotion model that applied to intervention group. The program consists of evidence-based education and counseling practices aimed at improving health and preventive health behaviors (hand washing, using latex-free (nitrile) gloves, cotton gloves and moisturizers). Both groups were examined by a specialist physician to determine the degree of eczema symptoms before and after intervention. The monitoring processes were made with workplace health surveillance, message, telephone call, WhatsApp messages, checklists and photo records. The data collection tools were; dermatology life quality index, self-efficacy scale, Turkish Nordik occupational skin questionnaire, eczema symptom scale assessment form, protective behavior monitoring form. The mean age of young workers was found to be 20.77 ± 4.85 . After the program, there was a decrease in favor of the intervention group at the eczema symptoms (redness, itching, dryness, cracking/splitting, flake/scaling and total eczema) score between the both groups. Also; within the intervention group, there was a statistically significant difference between the scores of eczema symptom and skin protection behaviors before and after the program ($p < 0.05$). The SPP is effective in reducing of eczema symptoms and improving preventive health behaviors and self-efficacy of young workers who work as hairdresser/berbers.

Biography

Emine Kurtulus is a Research Assistant at Istanbul University - Florence Nightingale Faculty of Nursing, Public Health Nursing department. She completed her Graduation at Istanbul University Institute of Health Sciences. She has five articles in international and national journals and has been serving as a Journal Referee. Her research interest is in the area of "Occupational skin diseases in young workers, apprentice skin diseases".

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