



CONTACT DERMATITIS AND OCCUPATIONAL DERMATOSES

PATCH TESTING WITH INDIAN STANDARD SERIES IN HAND AND FOOT ECZEMA

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Introduction: Hand & foot eczema is a very common distressing skin disorder with a prolonged course, remissions, exacerbations and occasional resistance to treatment. Patch testing is a very useful tool in management of contact dermatitis.

Objective: To study the clinical profile of hand and foot eczema and to investigate the patients enrolled with patch testing using the Indian standard series

Materials and methods: 82 cases of hand & foot eczema were enrolled. A detailed history was elicited and a thorough clinical examination was carried out. An attempt was made to clinically classify the eczema as acute, subacute or chronic. The patch testing was done one week after the subsidence of active eczema with the Indian standard series. Results were recorded at 48 hours (day 2) and 120 hours (day 5) after application of Finn chambers and graded as per the guidelines of the International Contact Dermatitis Research Group (ICDRG).

Results: 50 patients were males and 32 were females. Most common age group was 31-40 years. Maximum number of patients were masons and housewives. Itching was the commonest complaint followed by burning and pigmentation. The shortest duration of disease was 2 days and the longest was 10 years. Scaling was the most common skin lesion encountered in our study. 49 patients were diagnostically classified as hand eczema, 21 patients as foot eczema and 12 patients as hand and foot eczema. 39 patients had 46 positive patch test reactions in our study. The most frequent positive reaction was with potassium bichromate.

Conclusions: Patch testing does not imply just diagnosing the possible allergens, but the patients should also be counselled about possible occupational exposure, lifestyle modifications and preventive measures. Indian standard series is a good method of finding the possible allergens in hand eczema but individualized modifications should be considered.

