



PHOTOTHERAPY, PHOTODYNAMIC THERAPY

THE UTILIZATION OF A HAND-HELD NARROW BAND PHOTOTHERAPY DEVICE IN THE DEPARTMENT OF DERMATOLOGY, GAZIANTEP SANKO UNIVERSITY: A -8 YEAR AUDIT

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Introduction: The hand-held narrow band ultraviolet B (NB-UVB) unit is a portable and lightweight device that is slightly larger than a usual hairbrush. It is held above any small area of the skin, and spacers are provided to standardize the distance from the skin. Hand-held NB-UVB units are suitable for small lesions, making phototherapy available for patients with limited disease.

Objective: We aim to describe the utilization of a hand-held phototherapy NB-UVB device in the Gaziantep Sanko University Department of Dermatology.

Methods: This is an 8-year retrospective audit on patients who underwent hand-held phototherapy between 2010 and 2017.

Results: There were 638 patients, F:M=1.38:1, aged from 3- 72 years, with a mean age of 26 ± 14.2 years who underwent hand-held phototherapy (Dermapal, Daavlin). Of the patients treated 31.6% (n= 202; F:M=1.84:1) were in the pediatric age group. The indications were psoriasis (37.8%), alopecia areata (31.5%), seborrheic dermatitis (26%) and vitiligo (4.5%). The median number of session received were 10 (range 6-63) for seborrheic dermatitis, 15 (range 6-123) for psoriasis, 19 (range 6-150) for alopecia areata and 23 (range 6-72) for vitiligo. The most common acute adverse effect experienced by patients was erythema (6%). Erythema was more common in the pediatric age group (n=25, 12.3%). Erythema was most common in pediatric age group of patients with vitiligo (88%) and alopecia areata (40%).

Conclusions: Hand-held portable devices could be a safe and effective treatment option available to patients with limited or localized diseases such as on the scalp. In the pediatric age group physicians should more careful about erythema occurrence.

