



QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

## IMPACT OF DECORATIVE COSMETICS: HOW THE COMMUNITY PATIENT RESPONSES TO QUALITY OF LIFE IN DEVELOPING COUNTRY

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**Background:** Dermatological pigmentation disorders like vitiligo, leprosy, P.alba, post-inflammatory disorders, SLE are occurring worldwide that makes them isolation as normal people. Developing countries where there is low-literacy, traditional thinking, superstition and lack of resources make them double impact to find the good counselling and treatment on-time.

**Method:** It was a hospital based study among dermatological pigmentation disorders pre-and post use of decorative-cosmetic application (2016Jan -2017Dec). Two hundred patients (n=200) with Fitzpatrick skin type four to six, M:F= 1:1.5 with skin diseases affecting the patients face and sun exposure parts. Indepth-interview and pre-questionnaire for DLQI was done. After application of decorative cosmetics to mask the disorders for a month, post-questionnaire test was taken. The clinical course and photography documented by dermatologists independently.

**Result:** The mean DLQI score dropped significantly from 9.3 to 4.5 ( $p = 0.0009$ ). Improvement of quality of life reached statistical significance among patients with vitiligo (1.8 versus 8.8,  $p = 0.0078$ ) and among individuals with a less severe initial impairment of quality of life (1.4 versus 5.2,  $p = 0.007$ ).

**Conclusion:** Thus, the use of decorative cosmetics in disfiguring skin diseases is an effective, well- tolerated measure increasing the patients' quality of life. Long term use of many medicine are not promising to cure the disease. We therefore suggest that decorative cosmetics according to the skin type can complement the treatment of disfiguring skin diseases. Vitiligo is known to be associated with social stigma and a decreased quality of life. Many family members have difficulty to do the marriage that can cause profound social-embarrassment, psychological turmoil to the affected persons. Proper use of camouflage has been shown to improve the quality of life in patients with vitiligo which is important for developing-countries.

