

การศึกษาภาวะผิวหนังอักเสบ ภายหลังยกเลิกการใช้ถุงมืออย่างทางการแพทย์ชนิดมีแป้ง ในบุคลากรทางการแพทย์ของห้องผ่าตัด

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บทคัดย่อ

ภาวะผิวหนังอักเสบจากการใช้ถุงมือเป็นภาวะที่พบได้บ่อยในบุคลากรทางการแพทย์ โดยสามารถแบ่งภาวะดังกล่าวออกเป็น 2 ประเภท ได้แก่ ภาวะผิวหนังอักเสบจากถุงมือชนิดแพ้สัมผัส และชนิดระคายสัมผัส การสัมผัสถุงมือลาเท็กซ์ชนิดมีแป้งเป็นหนึ่งในปัจจัยสำคัญที่ก่อให้เกิดภาวะดังกล่าวได้ การศึกษานี้เป็นการวิจัยกึ่งทดลอง เพื่อศึกษาความสัมพันธ์ของสัดส่วนที่ลดลงของผู้ปฏิบัติงานพยาบาลห้องผ่าตัดที่มีภาวะผิวหนังอักเสบจากถุงมือ ภายหลังงดการใช้ถุงมือลาเท็กซ์ชนิดมีแป้ง และทดแทนด้วยถุงมืออย่างสังเคราะห์เป็นระยะเวลา 3 เดือน ห้องผ่าตัดของโรงพยาบาลมหาวิทยาลัยแห่งหนึ่งในภาคตะวันออกเฉียงเหนือ โดยระหว่างงดการใช้ถุงมือลาเท็กซ์ชนิดมีแป้งดังกล่าว ยังคงมีการใช้ถุงมือลาเท็กซ์ชนิดไร้แป้ง และชนิดไร้แป้งโปรตีนต่ำ ดำเนินการเก็บข้อมูลด้วยการใช้แบบสอบถามชนิดตอบเอง ผลการศึกษาพบว่า มีอัตราการตอบกลับแบบสอบถามคิดเป็นร้อยละ 78.3 ความชุกของบุคลากรที่มีภาวะผิวหนังอักเสบจากการใช้ถุงมือก่อนและหลังการเปลี่ยนไปใช้ถุงมืออย่างสังเคราะห์ คิดเป็นร้อยละ 17.8 (ความเชื่อมั่นร้อยละ 95 = 11.7 - 24.5) และ 4.9 (ความเชื่อมั่นร้อยละ 95 = 1.8 - 8.6) ตามลำดับ และมีความแตกต่างของความชุกอยู่ที่ร้อยละ 12.9 (ความเชื่อมั่นร้อยละ 95 = 8.6 - 17.8) โดยในระยะก่อนการเปลี่ยนไปใช้ถุงมืออย่างสังเคราะห์พบว่า มีผู้ที่มีภาวะผิวหนังอักเสบจากการใช้ถุงมือชนิดแพ้สัมผัส คิดเป็นร้อยละ 8.6 และชนิดระคายสัมผัสคิดเป็นร้อยละ 14.7 ในขณะที่ภายหลังการใช้ถุงมืออย่างสังเคราะห์ พบภาวะดังกล่าวลดลงเหลือเพียงร้อยละ 2.5 และร้อยละ 3.7 ตามลำดับ ทั้งนี้พบว่า ภาวะผิวหนังอักเสบจากการใช้ถุงมือลดลงอย่างมีนัยสำคัญทางสถิติเมื่อเปรียบเทียบระหว่างก่อนและหลังงดการใช้ถุงมือลาเท็กซ์ชนิดมีแป้ง (OR 0.24, ความเชื่อมั่นร้อยละ 95 = 0.1 - 0.53) ทั้งชนิดแพ้สัมผัส (OR 0.27, ความเชื่อมั่นร้อยละ 95 = 0.075 - 0.8) และชนิดระคายสัมผัส (OR 0.22, ความเชื่อมั่นร้อยละ 95 = 0.08 - 0.54) โดยสรุปคือ การใช้ถุงมือลาเท็กซ์ชนิดมีแป้งสัมพันธ์กับการเกิดภาวะผิวหนังอักเสบ การงดการใช้ถุงมือลาเท็กซ์ชนิดมีแป้งดังกล่าวสามารถลดการเกิดภาวะผิวหนังอักเสบจากการใช้ถุงมือในผู้ปฏิบัติงานพยาบาลได้

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A study of contact dermatitis among operating theatre health personnel following the ban of powdered latex gloves

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Abstract

Glove-related contact dermatitis is a common occupational disease in the healthcare industry, and it is categorized as a glove-related allergic contact dermatitis (ACD) and irritant contact dermatitis (ICD). Exposure to powdered latex gloves is a contributing factor in developing glove-related ACD and ICD. This quasi-experimental study aimed to study the decline of glove-related contact dermatitis among nursing staff following a three-month ban on powdered latex gloves in the operating theatre at a university hospital in northeastern Thailand. During the ban, synthetic rubber gloves and nonpowdered latex gloves were used. Data were collected using a self-reported questionnaire sent to operating theatre nursing staff. The questionnaire response rate was 78.3%. The prevalence of glove-related contact dermatitis symptoms in the pre- and post-replacement phases was 17.8% (95%CI 11.7 - 24.5) and 4.9% (95%CI 1.8 - 8.6), respectively. In this case, the difference between those phases is 12.9% (95%CI 8.6 - 17.8). In the pre-replacement phase, glove-related ACD and ICD were reported at 8.6% and 14.7%, while it was 2.5% and 3.7% in the post-replacement phase, respectively. After replacement, there were significant decreases in glove-related contact dermatitis (OR 0.24, 95%CI 0.1 - 0.53), glove-related ACD (OR 0.27, 95%CI 0.075 - 0.8), and glove-related ICD (OR 0.22, 95%CI 0.08 - 0.54). In conclusion, powdered latex gloves are associated with glove-related contact dermatitis, and the ban on such gloves significantly reduces glove-related contact dermatitis among nursing staff.

Keywords: latex gloves, contact dermatitis, latex allergy, glove allergy, healthcare worker

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Introduction

Occupational skin diseases are the second most common occupational disease in the workplace, and 90% of those skin problems are occupational contact dermatitis (OCD)¹. OCD is generally found in many workplace settings, including healthcare settings where workers are typically exposed to several irritant and allergic agents such as soaps, wet work, biocides, hand sanitizers, or even personal protective equipment (PPE) (e.g., rubber gloves and rubber-containing products)^{1,2}. Several reports describe the prevalence and primary cause of OCD in healthcare workers (HCWs). For example, 21.2% of HCWs experienced contact dermatitis of the hands or forearm in Italy, and 12.3% had undesirably subsequent effects due to gloves³. The prevalence of self-reported OCD in HCWs in Ethiopia was 31.5% higher¹. Furthermore, latex gloves are a major cause of OCD in HCWs in Poland⁴. UK surveillance reported that healthcare workers (HCWs) account for 18.5% of OCD cases and that latex is the most common cause in nurses⁵.

Glove-related contact dermatitis is categorized as allergic contact dermatitis (ACD) and irritant contact dermatitis (ICD)⁶. Glove-related ACD is a type-IV hypersensitivity reaction caused by exposure to chemical additives (e.g., Carba mix, Thiuram mix) in rubber-containing products. Glove-related ACD occurs only in susceptible individuals because it depends on the immunological process^{7,8}. By contrast, glove-related ICD can result from exposure to rubber in all individuals. Rubber

gloves may induce skin irritation through various mechanisms; for instance, occlusion in prolonged glove-wearing, friction effect, and maceration. In addition, cornstarch powder on rubber gloves can result in glove-related ICD as it provokes cutaneous irritants and affects skin roughness^{9,10}.

Since the 1980s, powdered latex gloves have been widely used for protecting against infectious agents due to their excellent features of biological hazard protection and dexterity¹¹. Consequently, the prevalence of powdered latex glove-related diseases—particularly in HCWs—has grown continuously and dramatically during the COVID-19 pandemic¹²⁻¹⁴. Furthermore, latex glove-related diseases in HCWs, primarily due to working conditions, affect the quality of life and decrease work productivity¹¹.

Recognizing the importance of controlling glove-related disease is key to management. For example, in the UK, the imposition of a latex gloves replacement policy (e.g., substitution with nonpowdered/non-latex gloves) led to a significant decrease in latex allergy and glove-related ACD in HCWs¹³. Similarly, establishing a powder-free latex gloves policy in Sweden resulted in a substantial reduction in glove-related contact dermatitis cases among HCWs¹⁵.

In Thailand, however, replacing powdered latex gloves with nonpowdered latex or non-latex gloves has not been enforced because of financial constraints. Consequently, powdered latex gloves largely remain in use, especially in the healthcare

industry. According to a study in a tertiary hospital, 85% of HCWs were regularly exposed to powdered latex gloves¹⁶, and 11.3% of those experienced glove-related cutaneous symptoms¹⁷. In 2019, latex allergy and post-operative complications raised government concern after exposure to powdered latex gloves. The Ministry of Public Health, therefore, prohibited producing, trading, and importing surgical powdered latex gloves since 2020¹⁸. Notwithstanding, disposable powdered latex gloves remain in use.

In short, glove-related contact dermatitis is a crucial occupational skin disease in HCWs. The establishment of a policy banning powdered latex gloves is beneficial for lowering the prevalence of glove-related contact dermatitis. Thus, it is essential to explore the outcomes of replacing powdered latex gloves with nonpowdered latex gloves and synthetic rubber gloves in Thailand.

Objectives

The current study aimed to study the decline of glove-related contact dermatitis among nursing staff after powdered latex gloves were banned in the operating theatre.

Material and Methods

This quasi-experimental study was conducted at Srinagarind Hospital, Khon Kaen University (KKU), after replacing disposable powdered latex gloves with synthetic rubber gloves in January 2022. All nursing staff in the operating theatre were asked to complete the self-administered questionnaire between

March and April 2022. In addition to replacing synthetic rubber gloves, sterile hypoallergenic latex gloves—including nonpowdered and nonpowdered low protein latex gloves—have been used for many years.

The current study is part of a study on the association between low allergenic latex gloves and latex sensitization among nursing staff at a tertiary university hospital. The Khon Kaen University Ethics Committee for Human Research reviewed and approved ethical considerations as per the Declaration of Helsinki and the ICH Good Clinical Practice Guidelines (approval HE641367).

Research tools

The self-administered questionnaire was modified from the Thai version generated by Chaiear et al. (KKU)¹⁹ to describe symptoms related to natural rubber latex products and Boonchai et al. (Mahidol University)¹⁶ to explore the characteristics of latex glove usage and its related symptoms. In addition, three experts assessed the validity in dermatology, allergy and immunology, and occupational medicine. Finally, the questionnaire explores demographic data (i.e., sex, age, occupational history, and underlying atopic diseases), gloves and other causes of contact dermatitis exposure characteristics, and glove-related contact dermatitis symptoms.

Study populations

The entire 212 nursing staff in the operating theatre (i.e., registered nurses, assistant nurses, and nurse aids) who used at least three pairs of low allergenic latex gloves per day were included. In addition, nursing

staff who use powdered latex gloves in other settings (e.g., at home) were excluded.

Statistical analysis

Statistical analyses were performed using the IBM SPSS statistic version 28.0 (IBM, Armonk, NY, USA). Categorical variables—demographic data, exposure characteristics, and dermatitis symptoms—were expressed as n (%) and 95% confidence intervals. Continuous variables—age, duration of employment, and exposure characteristics—were presented as mean (SD) or median (IQR). Chi-square or Fisher exact test was employed in analyzing dermatitis symptoms between pre- and post-replacement. OpenEpi was utilized to determine an Odds ratio and 95% confidence intervals. A *p*-value < 0.05 was considered significant.

Results

Most (78.3%; 166/212) of the nursing staff responded to the self-administered questionnaire. Three staff were excluded due to exposure to powdered latex gloves in the household setting (1) or at another job (2). The majority of respondents were females (92.0%) and registered nurses (76.7%). The age of responders ranged between 20 and 60. The respective median age and duration of employment was 30 years old and 7 years. Seventeen staff had another job, 7 of whom were exposed to nonpowdered latex products (i.e., latex glue and dishwashing gloves). Six of the 9 staff had previous jobs where they were exposed to latex products. Furthermore, 106 (62.6%) staff experienced atopic diseases, including atopic dermatitis (40.5%), allergic rhinitis (44.2%), and asthma (6.1%). Demographic data, job position, and related-underlying factors are presented in Table 1.

Table 1 Demographic data of participants

| Demographic data | N (%) |
|--|-------------|
| Sex | |
| male | 13 (8.0%) |
| female | 150 (92.0%) |
| Median age, IQR (year) | 30 (25, 37) |
| Job position | |
| registered nurse | 125 (76.7%) |
| assistant nurse | 37 (22.7%) |
| nurse aid | 1 (0.6%) |
| Median duration of employment, IQR (year) | 7 (2, 12) |
| Extra job | |
| yes | 17 (10.4%) |
| no | 146 (89.6%) |

Table 1 (Con.)

| Demographic data | N (%) |
|-----------------------------------|-------------|
| History of atopic diseases | |
| presence | 106 (62.6%) |
| atopic dermatitis | 66 (40.5%) |
| allergic rhinitis | 73 (44.2%) |
| asthma | 10 (6.1%) |

The characteristics of medical gloves and other causes of contact dermatitis exposure are presented in Table 2. Disposable synthetic rubber gloves were mostly used, followed by low-protein and nonpowdered latex gloves. The median pairs of gloves used per day were 7 (IQR 5 - 10), for 6 hours per

day (IQR 4 - 8), 5 days per week (IQR 5 - 6). Additionally, 156 (95.7%) staff reported exposure to other causes of contact dermatitis in their practice (e.g., alcohol-based hand rub, Hibiscrub, chlorhexidine, soap, detergent, formaldehyde and disinfectant).

Table 2 Characteristics of medical gloves and other causes of contact dermatitis exposure of the participants

| Exposure characteristics | n (%) |
|--|-------------|
| Type of gloves used | |
| disposable nonpowdered latex gloves | 9 (5.5%) |
| sterile low protein latex gloves | 156 (95.7%) |
| disposable nitrile gloves | 159 (97.5%) |
| Duration of gloves used per day | |
| ≤ 1 hour per day | 15 (9.2%) |
| 1 - 3 hours per day | 14 (8.6%) |
| > 3 hours per day | 134 (82.2%) |
| Quantity of gloves used per day | |
| 3 - 10 pairs per day | 62 (38.0%) |
| 11 - 20 pairs per day | 76 (46.6%) |
| > 20 pairs per day | 25 (15.3%) |
| Other causes of contact dermatitis exposure | |
| yes | 156 (95.7%) |
| no | 7 (4.2%) |

Prior to their replacement, 41 (25.2%, 95%CI 18.5 - 33.1) cases experienced dermatitis symptoms during the pre-replacement phase, including burning, fissure and cracking, hand drying, scaling, vesicle, and itching. Only three (1.8%) were diagnosed with hand eczema. Twenty-nine (17.8%, 95%CI 11.7 - 24.5) cases reported that their symptoms were related to latex gloves exposure, including powdered latex gloves (28 cases; 17.2%) and other latex gloves (1 case).

After the replacement, namely the post-replacement phase, 10 (6.1%, 95%CI 2.5 - 10.4) cases experienced at least one dermatitis symptom, and only eight (4.9%) related to glove exposure; in this case, the prevalence of glove-related contact dermatitis in the post-replacement phase is 4.9% (95%CI 1.9 - 8.6). Four (2.5%, 95%CI 0.6 - 4.8) cases

had vesicle and itching lesions on both hands with a suspected glove-related ACD. Six (3.7%, 95%CI 1.2 - 6.7) cases experienced irritant symptoms related to glove-related ICD, including burning sensation, dry skin, scaling, or fissure lesion. This means that two cases suffered from both glove-related ACD and ICD. In addition, six of the eight cases with glove-related contact dermatitis were also exposed to other agents, and two of them had dermatitis symptoms related to alcohol-based handrub, chlorhexidine, and Hibiscrub.

Comparing the pre- and post-replacement, there was a significant decrease in dermatitis symptoms and glove-related dermatitis, including ICD and ACD. The prevalence and crude OR of glove-related symptoms and diseases in the pre- and post-replacement phase are presented in Table 3.

Table 3 Proportion of participants who acquired different types of glove-related contact dermatitis in the pre- replacement (exposure to powdered gloves) and post-replacement (non-exposure to powdered gloves)

| Symptoms/diseases | Pre-replacement N (%) | Post-replacement N (%) | Crude OR (95%CI) | p-value |
|---------------------------------|--------------------------|---------------------------|--------------------|---------|
| Dermatitis symptoms | 41 (25.2%) | 10 (6.1%) | 0.20 (0.09 - 0.40) | <0.001 |
| Glove-related dermatitis | 29 (17.8%) | 8 (4.9%) | 0.24 (0.10 - 0.53) | <0.001 |
| - glove-related ICD | 24 (14.7%) | 6 (3.7%) | 0.22 (0.08 - 0.54) | <0.001 |
| - glove-related ACD | 14 (8.6%) | 4 (2.5%) | 0.27 (0.07 - 0.80) | 0.02 |
| - both ACD and ICD | 9 (5.5%) | 2 (1.2%) | 0.21 (0.03 - 0.91) | 0.04 |

In the pre-replacement phase, 23 of 29 cases who experienced glove-related contact dermatitis had atopic diseases compared to all eight cases who had glove-related contact dermatitis in the post-

replacement phase. Chi-square and Fisher exact test revealed that individuals with atopic diseases significantly increase the risk of developing glove-related contact dermatitis in the pre-replacement phase with OR

2.65 (95%CI 1.05 - 7.56, $p = 0.04$) and post-replacement phase OR 7.1 (95%CI 0.89 - 208.6, $p = 0.02$). However, there was no statistically significant association between atopic diseases and glove-related ACD in the pre-replacement phase ($p = 0.34$) and post-replacement phase ($p = 0.15$).

Discussion

Exposure to rubber gloves, especially powdered latex gloves, cause contact dermatitis through different mechanisms. For instance, exposure to allergens in gloves such as rubber accelerators (e.g., Thiuram and Carba mix) and latex cause ACD in sensitized individuals through a type-IV hypersensitivity reaction—interaction between CD4+ T cell lymphocytes and exogenous allergens^{20,21}. Furthermore, prolonged contact of gloves, friction effect, and powder and accelerators in gloves cause skin irritation (e.g., physical injury of a superficial layer of skin and skin barrier damage) which can develop into an ICD^{7,11,22}.

The study demonstrated a substantial contribution to reducing glove-related dermatitis issues in Thailand. The results showed that glove-related dermatitis significantly decreased after removal of powdered latex gloves. Our findings are similar to many studies. In the UK, banning powdered latex gloves has indicated a significant reduction in allergy or ACD with an incidence rate ratio of 0.67 (95%CI 0.61 - 0.74)¹³. Likewise, ACD symptoms dropped from 25% to 22% after powdered latex gloves were removed in

Sweden²³. A prospective cohort study between 2000 to 2009 in Italy also found a low incidence of ACD and ICD after the use of nonpowdered latex gloves²⁴.

Although synthetic rubber gloves are being used, eight cases nevertheless experienced glove-related contact dermatitis. Since there were no changes in the work process or changes in other allergic and irritant agents used in the work practice, a possible reason is that dermatitis symptoms are dose-dependently associated with the duration of glove exposure regardless of the type of gloves. For example, exposure to gloves for three hours daily is associated with a high risk of developing dermatitis symptoms^{25,26}. For this reason, we found that all eight nursing staff were exposed to gloves for more than four hours per day. Furthermore, in the present study, 134 (82.2%) nursing staff were exposed to gloves for more than three hours per day, and the median duration was six hours per day. Thus, those nurses were at risk of developing contact dermatitis.

In addition, the replacement synthetic rubber gloves were accelerator-free rubber gloves. Chemical accelerators and additives in rubber gloves can induce type-IV hypersensitivity reaction—glove-related ACD; hence, the use of accelerator-free rubber gloves can also reduce glove-related ACD problems^{20,27}. This study observed that glove-related ACD was significantly reduced from 14 to 4 cases after gloves accelerators exposure were reduced (OR 0.27, 95%CI 0.08 - 0.80).

The current study found that glove-related ICD significantly decreased from 24 to 6 cases, OR 0.27 (95%CI 0.07 - 0.80), after replacement. Cornstarch powder on rubber gloves can provoke skin irritation resulting in glove-related ICD^{10,25,28}. For this reason, removing powdered-containing gloves could decrease the incidence of glove-related ICD. However, our results were different from the UK surveillance report, in which the glove-related ICD cases remained steady after introducing the powdered glove replacement policy¹³. At the same time, a hand hygiene policy was also implemented in the UK to reduce healthcare-associated infection²⁹. Prolonged contact with water enhances skin permeability and susceptibility to irritants³⁰. Given that both policies coincided, the incidence of glove-related ICD remained constant rather than decreased.

Furthermore, we observed that all nursing staff with glove-related ICDs following the replacement also reported a history of atopic diseases. In that case, a chronically impaired skin barrier in atopic individuals could be explained as the disrupted epithelial barrier increases susceptibility to irritants resulting in ICD. Therefore, workers with atopic diseases are more likely to develop ICD than non-atopic individuals, which has also been reported by other researchers^{8,31}.

Lastly, using a self-administered questionnaire may induce a reporting bias, which is a limitation of the study. Glove-related symptoms may not be reported in the post-replacement phase since nonpowdered

gloves are recommended, and disadvantages of powdered latex gloves have been recognized by the informed consent process and the occupational health program.

Conclusion

In conclusion, this study found that replacing powdered latex gloves with synthetic rubber gloves can reduce the symptoms of glove-related contact dermatitis among operating theatre nursing staff. In effect, establishing a powder-free rubber glove policy is mutually beneficial to reduce the suffering of glove-related contact dermatitis among nursing staff.

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