

Polecka A., Owsianko N.

**THE IMPACT OF DISINFECTION IN THE COVID-19 PANDEMIC ON THE
QUALITY OF LIFE AND CONDITION OF THE SKIN OF HANDS IN PATIENTS WITH
HAND SKIN DERMATOSES**

Scientific supervisors: Baran A., MD, PhD, Professor Flisiak I., MD, PhD

*Department of Dermatology and Venerology
Medical University of Bialystok, Bialystok*

Relevance. During the COVID-19 pandemic disinfection became an integral part of everybody's life in order to avoid spreading the coronavirus. Due to its usage, many people struggle with the hands skin problems.

Target: to analyze how using the disinfection affects the skin of the hand, especially of persons with hand skin problems, during COVID-19 pandemic.

Materials and methods. In 2021 an original anonymous online survey was carried among 164 respondents. They filled questions regarding usage of disinfectants and possible relations with hands skin condition. Statistical analysis was performed using Chi-Square test, statistically significant difference was at $p < 0.05$.

Results and its discussion. The study group included 137 women and 27 men at the mean age of 26 ± 0.23 . There were 109 healthy subjects and 55 ones with hand skin dermatoses. In the respondents group nearly 70% felt pain and stinging while applying disinfectant. Almost 50% of all analyzed subjects claimed new symptoms over the hands. 42% of respondents with no skin problems before the pandemic have now reported symptoms related to disinfection. 60% of the group with hand skin dermatoses declared new dermatological signs that they didn't notice before COVID-19 pandemic. Over 70% of patients experienced more frequent exacerbations of hand skin diseases. They declared taking medications longer and more often during pandemic. From the moment the disinfection recommendations were introduced, the total number of subjects using emollients and daily use of moisturizers increased. Despite this, 70% of respondents reckon that using disinfectants affect their lives and most of this group are patients with hand skin dermatoses.

Findings. People have been using disinfectants every day for several months. Our survey showed that it has an impact on the course of hand skin diseases. Disinfection interrupts the hydrolipid barrier and it's important to use it as intended and take care of skin with emollients.