



ISCH COST Action TD 1206



Development and Implementation of European Standards on Prevention of Occupational Skin Diseases (StandERM)

Short term Scientific Mission (STSM) report

Participant: Dr. Ingvill Sandven

Department of Occupational and Environmental medicine, Oslo University hospital,
Norway

Hosts: Prof. Dr. med. Jeanne Duus Johansen, Dr. Jacob P. Thyssen

Dept. of Dermato-allergology and National Allergy Research Centre- Gentofte Hospital,
Denmark

Period: 15 - 19 February 2016

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1) **Purpose of STSM:**

I work in the department of Occupational and Environmental medicine at Oslo University Hospital, and have a special interest in occupational allergology. I am involved in the allergy unit at the hospital. There has been little research in the field of occupational allergology in Norway, but I have found a lot of useful information published by the National Allergy Centre in Denmark. I was therefore very interested to visit the National Allergy Centre and the Department of Dermato-allergology in Gentofte in order to learn and to get inspiration. My aim is to improve this field in Norway (both research and preventive measures).

Another reason for my visit is that we have a SIC chamber at Oslo University Hospital that is currently not being used and I am involved in a project to evaluate the future strategy for the SIC chamber. I am therefore interested in the department's experience using SIC for occupational related diseases, both in routine and research.

Aims:

1) To learn how the National Allergy Research Centre (Videncenter for Allergy) is organized and how they investigate patients with occupational skin and lung diseases, and their experience using SIC for the evaluation of occupational disease and also in research.

2) To learn from current scientific work focusing on hairdressers and health care workers.

There are not many epidemiological studies in Norway that describe the relationship between work exposure and risk of developing disease in hairdressers and health care workers. The National Allergy Research Centre has a pre-eminent position when it comes to research on work exposure and health risks.

3) To learn how to implement prevention programs that may be effective to reduce occupational diseases in hairdressers and health care workers.

4) To discuss the role of occupational medicine in allergology at Videncenter for Allergy.

2) Description of the work carried out:

Date	Time and activity	Contact Person
Monday 15 February	<p>8.00-8.30 Morning conference</p> <p>9.00- 13.00 Allergy test unit Practical aspects of testing with nurse Lone Holm Clausen</p> <p>13.00 Lunch with researchers in The National Allergy Research Centre.</p> <p>13.30-15.30 Introduction to NARC. Rounds to the researchers at NARC (Entrance 20A, 1. floor)</p>	<p>Dr. Jacob Thyssen Mobile no. +45 6171736</p> <p>Meeting place: Department of dermatology. Gentofte Hospital Entrance 15, 3. floor Conference room (left in the corridor)</p> <p>Allergy test: Entrance 15, 2. floor Nurse Hanne Knudsen Phone: +45 38673201</p> <p>Dr. Jeanne Duus Johansen Tel: +45 38677301</p>
Tuesday 16 February	<p>8.30-13.00 Out-patient clinic Contact Dermatitis with Dr. Marianne Hald</p> <p>13.00 Lunch</p> <p>14.00 Specialist statement occupational hand eczema with Dr. Marianne Hald</p>	<p>Department of Dermatology Entrance 15, 2. floor Dr. Marianne Hald</p>
Wednesday 17 Feb.	<p>8.30-13.00 Out-patient Clinic Contact Dermatitis with Dr. Jacob Thyssen</p> <p>13.00: Lunch with Jacob Thyssen</p> <p>14.00-16.00: discussions with ph.d. students Demonstration of tape stripping</p> <p>18.00 Joint dinner</p>	<p>Department of Dermatology Entrance 15, 2. floor Jacob Thyssen Mobile no. +45 6171736</p> <p>Drs. Engebretsen and Andersen (1. floor)</p>
Thursday 18 February	<p>8.00 -9.00 Moring conference Contact dermatitis cases</p> <p>9.00 – 12.00 Glove extractions Information concerning -The Research Centre for Hairdressers -Exposure analysis in eczema patients</p> <p>12.00 Lunch</p> <p>13.00-15.00 Formaldehyde analysis. Preparation of patients own materials</p>	<p>Department of Dermatology Entrance 15, 3. floor, conference room.</p> <p>Dr. Ulrik Fischer Friis Mobile: +45 27 52 39 86 Entrance 15, 1. floor.</p> <p>Labatory technician Anni Olsen Tel:38673697</p>
Friday 19 February	<p>9.00 – 12.00 Airborne provocations MI and paint</p> <p>12.00 Lunch</p> <p>13.00-15.00 Clinic with Dr. Claus Johnsen Type I investigations</p>	<p>Dr. Andreas Vinter Thomsen Allergy unit (Klinik for Allergi) Entrance 8, 1. floor Mobile: +45 2987 7971</p> <p>Entrance 8, 1. floor</p>

2) Description of the main results obtained:

The visit to the Department of Dermato-allergology at Gentofte hospital was interesting, inspiring and very useful for me in my future work. Jeanne Duus Johansen had organized a great program for me and everyone were welcoming and friendly, taking time during their busy days to spend time with me. They explained and showed me their work and answered all my many questions. I am really impressed by the amount and quality of research at the Department and also the general knowledge, enthusiasm and good working environment.

I have gained a lot of knowledge that I can use in my future work and I am grateful for the opportunity to have this STSM.

Through this STSM I have specifically learned about:

The National Allergy Research Centre (NARC):

I was invited to the NARC for lunch with Jeanne Duus Johansen and the other researchers there. I had a long talk with Jeanne who told me about the Department, the NARC and how it is organized.

I also had the opportunity to talk to four different PhD students working at the NARC with very different and interesting projects. I got an introduction to their projects involving asthma in hairdressers, perfume allergy, Fillagrin mutations and skin microbiotics. I also learned about the research database at the NARC.

Contact dermatitis clinic:

I joined consultant Jacob Thyssen and one of the junior doctors at the contact dermatitis (CD) clinic and through observation and their teaching I learned about CD and how patients with CD are managed at Gentofte hospital.

The day with Jacob Thyssen was especially interesting because he had a lot of work-related cases. Especially interesting for me was a hairdresser who had developed severe hand eczema and asthma. She had been through a patch test that showed allergy for nickel and PPD, and Dr. Thyssen went through the results with her and also examined her eczema. She had an appointment with an allergologist (at the Allergy unit at Gentofte hospital) later in the week to investigate her asthma, and also to be tested in the provocation chamber for persulfate allergy. There were also many other interesting work-related cases.

I learned how the contact dermatitis clinic is organized (very well organized!) and how routines are standardized so that all the doctors are able to follow the same protocols and procedures (the junior doctors rotate for three months at the time). The doctors have separate days when a consultant and a junior doctor have a clinic for contact dermatitis where they see patients (mainly referred by their GP or a private dermatologist). The clinic is organized so that during one week new patients see a doctor twice, are path-tested, get information about hand eczema (by a specialist nurse) and about their allergy (if proven) both from specialist nurses and the doctor. When the allergy testing is finished the patient has a final appointment with a doctor and also gets an allergy card that states the proven allergens. They learn how to read an INCI list so they can avoid the allergen and they can also bring in their products (both from work and private use) and the nurses will go through them with the patient.



Allergy testing:

I was introduced to the practical aspects of allergy testing by the specialist nurses working with this. I joined them for several patient appointments, both path testing and prick-tests. Four specialized nurses who only work with this perform the patch

tests. They see the patients four times (the last time at day seven), and they also inform the patient about their allergies and how to read an INCI list etc. The nurses were really friendly, enthusiastic and had great knowledge about the field.

The patch tests are organized into different series (standard series, special series for bakers, hairdressers etc) and they also test products the patient might suspect they are allergic to. The doctors decide what tests to perform on the first appointment.

I also attended a morning conference at the end of the week with the doctors and nurses from the contact dermatitis clinic. They discussed interesting cases that they had seen during the week and patients they wanted to discuss with the team.

Specialist statements:

I observed Jacob Thyssen when he did a specialist statement regarding a patient with occupational hand-eczema. It was interesting to see how this is done in Denmark. The procedure is quite similar to what we do in Norway. The main difference is that the dermatologists at Gentofte hospital do this themselves without occupational physicians involved in the exposure assessment. It is not part of their job at the hospital; they are paid for doing this directly by the governmental organ dealing with occupational compensations.

Fillagrin mutations and tape stripping:

I talked to two Norwegian PhD students who introduced me to their projects, both involving Fillagrin mutations. One of them, Dr Engebretsen, also showed me tape stripping, one method that she uses in her studies to look at the level of natural moisturizing factor (NMF). I learned a lot about Fillagrin mutations which I didn't know from before. Jacob Thyssen also told me about his research in this field and I got a lot of interesting articles to read.

The Research Centre for Hairdressers and Glove extractions:

Dr. Ulrik Fischer Friis demonstrated how to perform glove-extractions and the indications for doing this procedure.

I also had the opportunity to talk to Dr. Ulrik Fischer Friis and nurse Anne Marie Topp about the Research Centre, how it is organized, research they are involved in and

how they work to prevent work-related skin diseases. They had a lot of useful information and advice that I can use in my future work with hairdressers.

Formaldehyde analysis:

Technician Anni Olsen demonstrated and thought me about formaldehyde analysis.

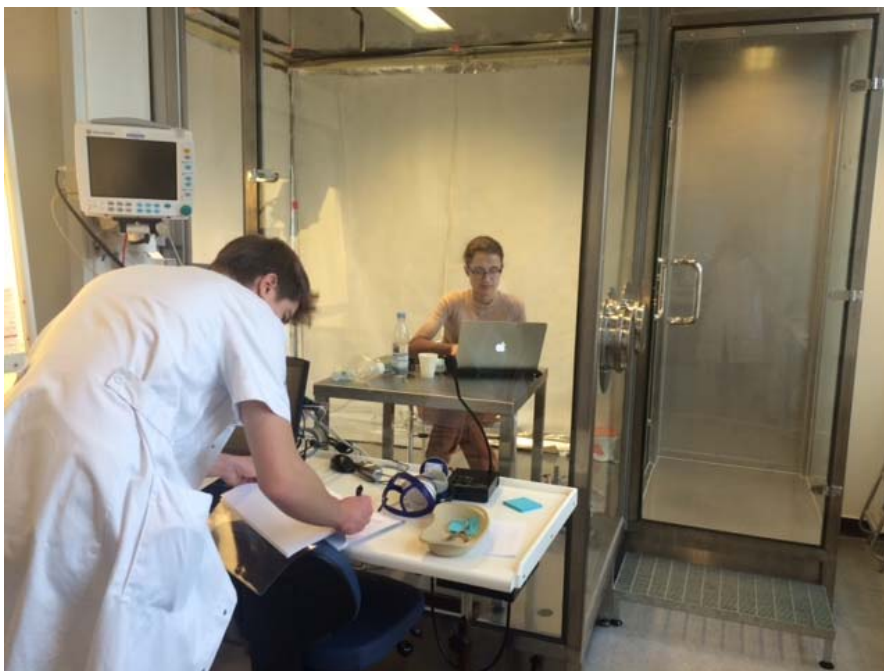
The allergy unit and airborne provocations:

I spent a day at the Allergy unit with Dr. Claus Johnsen and medical student Andreas Vinter Thomsen. They gave me good insight into how the unit is organized and how they use SIC. Dr. Claus Johnsen also taught me about airborne provocations in general and gave me good advice about relevant literature.

Vinter Thomsen told me about his research on MI in paint and whether it can give asthma in patients. He had his first patient in the SIC chamber the week I was there so it was a great way to learn about the procedure.

I also got to observe Dr Claus Johnsen when he had a consultation with a patient with work-related allergy where it was planned for a SIC test.

The whole day was very interesting and useful for me because we are about to start an evaluation of future use of the SIC chamber in Oslo (which is currently not being used).



4) Planned activities after STSM:

1) Hairdressers:

I am going to continue my work to increase the awareness regarding occupational allergology in Norway, especially in hairdressers, with the aim of preventing work related eczema and asthma. My STSM at Gentofte Hospital has given me inspiration and knowledge that will help me in this work. I will specifically work to improve the education of hairdressing students in this field (it is very sparse and random at the moment). I have been asked to be a “silent partner” for “Teaching teachers” a Nordic project that are currently applying for funds.

I have been asked to have various lectures about occupational disease in hairdressers; there are three events planned so far.

2) SIC chamber

I am the project manager of a group that is going to evaluate the future use of SIC in chamber in Oslo, starting up shortly.

3) Project about contact dermatitis in health-care workers:

This is collaboration between the National Institute of Occupational Health and the Department of Occupational health at Oslo University Hospital to investigate the rate of contact dermatitis in health care workers at Oslo University Hospital. We are about to start collecting data (questionnaires).

4) I am planning to write an article about the management of occupational contact dermatitis for the Norwegian Journal of Occupational and Environmental Medicine.

5) From April 2016, I am going to work for the allergy-unit at the hospital one day a week (20 % of my position).