

# Chronic itchiness of the hands

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### Case history

A factory worker from Malaysia, 21 years of age, presents with itchy rashes over both her hands of 6 months duration. No facial rash or joint pain. The rashes started 1 month after she took up a job in a factory manufacturing urinary catheters. Both hands show hyperpigmentation, fissures and lichenification. The lesions involve both the dorsal aspect of the hands, but spared the interdigital areas. The skin beyond the wrist appears normal.

### Question 1

What is your diagnosis?

### Question 2

What is your plan of management?

### ANSWERS TO DECEMBER BRAIN TEASER

#### Answer 1

Allergic contact dermatitis.

#### Answer 2

Metal belt or buckle.

#### Answer 3

Treatment includes: preventing or minimising exposure to allergen, skin care including use of soap substitute and lipid rich moisturising cream or ointment, topical steroids to treat skin inflammation (preferably in an ointment base), systemic antibiotic if secondary bacterial infection, and antihistamines if severe pruritus.

