

Skin wellness assessment and skin protection guide

Glove Products

The number one occupational issue among health-care workers is skin disorders. Skin-related health issues are one of the highest reported causes of occupational impairment. Studies published in the *American Journal of Infection Control* report that skin breakdown is now a major health problem among health-care workers, not only nurses and other clinicians, but also lab personnel and persons working in housekeeping and building maintenance.

Clinical research has consistently concluded that the number one cause of irritations for health-care providers is attributed to hand washing.

Additionally, it is often difficult for busy clinicians to take the time to apply products that can help restore, protect, soothe and moisturize their skin.

A number of occupational, environmental and individual factors contribute to dermal reactions and skin wellness. This assessment will help you consider risk factors in your situation.

NOTE: If you are over 45 years of age, are taking any medications such as Hormone Replacement Therapy medication (HRT), steroids or are being treated for any chronic conditions such as diabetes you may be at greater risk for dry skin.

Directions: Place your score in the block for each factor. When complete, total your score.
(If you cannot answer Yes or No, Score = 0)

		SCORE
1.	Do have dry, chapped skin now and/or in the winter months?	Yes = 3 No = 0
2.	Do you live in a dry climate?	Yes = 3 No = 0
3.	Have you been diagnosed with a skin disorder such as: acne, rosacea, chronic dermatitis, eczema?	Yes = 6 No = 0
4.	Do you have asthma, seasonal allergies or an allergy/sensitivity to a fragrance or soap?	Yes = 2 No = 0
5.	Do you use a moisturizing lotion or hand cream on your hands at home?	Yes = 0 No = 2
6.	Do you use gloves to perform household chores such as washing dishes?	Yes = 0 No = 2
7.	On average, how often do you wash your hands at home and at work?	Once every two hours (breaks and lunch) = 1 Once or twice an hour = 2 Three to five times an hour = 3 More than five times an hour = 4
8.	What water temperature is used when you wash your hands?	Hot = 2 Lukewarm = 0 Cold = 1
9.	What type of soap do you use at home or at work?	Antibacterial or deodorant = 1 Non-antibacterial moisturizing liquid or bar soap = 0
10.	How do you usually dry your hands?	Paper towel = 2 Cloth towel = 1 Air dry = 0
11.	If your job involves working with hard surface cleaners and disinfectants, do you routinely wear gloves?	Yes = 0 No = 2
12.	Do you wear gloves in conjunction with your work?	No = 0 Yes, powder-free = 2 Yes, powdered = 4
13.	Do you wear exam gloves?	Yes = 1 No = 0

(Continued on back)

SCORE

14. On average, how often do you change exam gloves in a work shift?	0 to 12 = 1 13 to 24 = 2 25 to 40 = 3 Over 40 = 4	
15. Do you wear surgical (hand-specific) gloves?	Yes = 1 No = 0	
16. On average, how often do you change surgical gloves in a work shift?	0 to 6 = 1 7 to 12 = 2 13 to 19 = 3 Over 20 = 4	
17. Do you have an established hand washing procedure at work?	Yes = 0 No = 1	
18. Do you use a moisturizing lotion or hand cream on your hands at work?	Yes = 0 No = 1	
19. Is the lotion you use at work provided by your employer?	Yes = 0 No = 1	
20. Is the lotion you use at work purchased from a retail store, i.e., an over-the-counter (OTC) product?	Yes = 2 No = 0	
21. Do you use an alcohol hand gel at work or at home?	Yes = 0 No = 1	
22. Do you use a surgical scrub?	Yes = 1 No = 0	
23. If yes, is the scrub brushless?	Yes = 0 No = 1	
24. Do you use a waterless scrub?	Yes = 0 No = 1	
25. How many times per day do you scrub?	None = 0 1 to 5 = 1 6 to 10 = 3 More than 10 = 5	
26. Do you feel you are under stress at home and/or at work?	Not at all = 0 Slightly stressed = 1 Moderately stressed = 2 Heavily stressed = 3	
TOTAL WELLNESS SCORE		

Interpreting your score

- 10 or less** **Minimal level of skin damage or potential damage.** In order to maintain at least this level of skin wellness, it is important to continue moisturization and protection of skin.
- Between 11 and 20** **Skin is moderately compromised.** Your skin requires not only moisturizing, but also restoring and protecting.
- Greater than 20** **Skin is significantly compromised.** This score indicates that your skin needs maximum protection, restoring, moisturizing and soothing!

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