

CONTACT DERMATITIS AND ITS DIFFERENTIAL DIAGNOSIS

Bazarkulova Shaxnoza Qahromonovna

Termez University of Economics and Service, Faculty of Medicine, student of the medical specialty

shaxnozabazarkulova@gmail.com

Boygobilov Soatmurod Shuxrat ugli

Lecturer, Department of Natural Sciences, Faculty of Medicine, Termez University of Economics and Service

soatmurod_boygobilov@tues.uz

Abstract: Contact dermatitis is a common inflammatory skin disease that occurs as a result of direct skin contact with external factors. This article discusses the clinical forms, etiology, and differential diagnosis of contact dermatitis. The clinical differences between allergic and irritant forms, diagnostic methods, especially the importance of patch testing, and important criteria for differentiating them from other skin diseases are presented. Correct diagnosis and treatment of contact dermatitis allows for effective management of the disease.

Keywords: contact dermatitis, allergic dermatitis, irritant dermatitis, differential diagnosis, patch test.

Аннотация: Контактный дерматит — распространенное воспалительное заболевание кожи, возникающее в результате прямого контакта кожи с внешними факторами. В статье рассматриваются клинические формы, этиология и дифференциальная диагностика контактного дерматита. Представлены клинические различия между аллергическими и раздражающими формами, методы диагностики, особенно значение кожных проб, а также критерии, важные для их дифференциации от других кожных заболеваний. Правильная диагностика и лечение контактного дерматита позволяют эффективно контролировать заболевание.

Ключевые слова: контактный дерматит, аллергический дерматит, раздражающий дерматит, дифференциальная диагностика, патч-тест.

INTRODUCTION

Contact dermatitis is an inflammatory skin disease belonging to the eczema group, which develops as a result of direct or indirect contact of the skin with various chemical, biological or physical factors. The disease is widespread among workers in large industries, medical workers, beauty salon specialists, farmers and housewives. There are two main forms of contact dermatitis: irritant (diffuse) and allergic. Although these two forms are clinically similar, they differ in pathogenesis, course and treatment. In many cases, as a result of incorrect diagnosis, patients develop chronic dermatitis. Therefore, being able to distinguish contact dermatitis from other diseases is an important step in practical dermatology.

LITERATURE ANALYSIS AND METHODODOLOGY

Forms and etiology of contact dermatitis

Irritant contact dermatitis: Irritant form - occurs as a result of direct skin damage by chemical or physical factors. The most common factors: soap, antiseptics, acidic and alkaline solutions, synthetic clothing and dusty environments. This form usually develops without the participation of the immune system.

Allergic contact dermatitis: Allergic form - a delayed-type hypersensitivity reaction that develops when the body is re-exposed to substances with which it has previously come into contact. In this case, an immunological response mediated by T-lymphocytes occurs. The most common allergens: nickel, chromium, latex, cosmetics, drugs (e.g. neomycin).

Clinical signs

Contact dermatitis can occur clinically in an acute or chronic form.

- In the acute form: Erythema, edema, vesicles and pustules, itching and burning, fluid discharge from inflamed surfaces.
- In chronic form: Dry skin, thickening, severe itching, crusting, cracks, and pigmentation.

RESULTS

Table 1. Differential diagnosis

Disease name	Differentiating symptoms from contact dermatitis
Atopic dermatitis	Onset in childhood, family history of allergies
Seborrheic dermatitis	More common in the scalp and oily skin areas, manifested by yellow-oily crusts
Psoriasis	Symptoms are symmetrical, wax-chip sign and blood drop sign are present
Mycotic dermatitis	Detected by mycological examination, clearly demarcated rash
Eczema	Persistent infiltration is present, long-term course is characteristic



Figure 1. Contact dermatitis.

Diagnostic methods

The following methods are used to diagnose contact dermatitis:

- Anamnesis
- Clinical examination
- Patch test
- Laboratory and microscopic examinations

Treatment and prevention

The main principle in the treatment of contact dermatitis is to stop contact with the causative agent.

- Local treatment: corticosteroid creams, antiseptic solutions
- Systemic treatment: oral antihistamines
- Emollients
- Prevention: personal protective equipment

CONCLUSION

Contact dermatitis is a common skin condition that can be caused by a variety of factors, and it is often misdiagnosed. Accurate diagnosis through accurate differential diagnosis and patch testing is essential for the patient's health.

REFERENCES

1. Rycroft RJG, et al. Contact Dermatitis. Springer, 2011.
2. Lachapelle JM, Maibach HI. Patch Testing and Prick Testing. Springer, 2012.
3. WHO. Occupational Dermatitis. Geneva: WHO Press, 2020.
4. Alikhan A, et al. Review of irritant and allergic contact dermatitis. Dermatol Clin. 2014.
5. Ўзбекистон ССВ dermatologiya protokollari, 2024.