

ABSTRAK

Latar Belakang : *Coronavirus disease 2019* (COVID-19) merupakan suatu penyakit menular yang telah menyebabkan lebih dari 4 juta kematian dan 214 juta kasus terkonfirmasi di seluruh dunia. Beberapa metode pencegahan telah dianjurkan sebagai upaya untuk mengurangi penularan COVID-19 termasuk menjaga kebersihan tangan. Hal ini menyebabkan peningkatan kesadaran akan kebersihan tangan dan perubahan perilaku *hand hygiene*, yakni peningkatan frekuensi serta penggunaan *alcohol-based hand sanitizer (ABHS)* yang baru, sehingga mengakibatkan timbulnya efek samping berupa gejala dermatitis kontak seperti eritema, kulit kering, dan rasa gatal pada tangan. Selain pada *healthcare workers (HCW)*, beberapa penelitian menemukan bahwa kelompok *non-HCW* juga mengalami masalah kulit tangan selama masa pandemi.

Tujuan Penelitian : Penelitian ini bertujuan untuk mengetahui dampak pola perilaku *hand hygiene*, prevalensi gejala dermatitis kontak, dan mengetahui gambaran penggunaan pelembab pada *non-HCW*.

Metode Penelitian : Penelitian ini menggunakan metode studi potong lintang terhadap 108 mahasiswa Fakultas Kedokteran Universitas Pelita Harapan.

Hasil : Penelitian ini menemukan bahwa metode yang sering digunakan untuk melakukan *hand hygiene* adalah air dan sabun (94.19%). Adapun metode lainnya yang berupa penggunaan *ABHS*, tisu basah, air saja, dan tisu kering. Secara umum, terdapat peningkatan penggunaan regimen pembersih tangan selama masa pandemi. Selama COVID-19, 29.6% mengalami gejala dermatitis kontak baru dan 37.5% dengan riwayat eksim mengalami eksaserbasi. Gejala yang sering dialami adalah kulit kering. Gejala DK ini ditemukan berhubungan dengan penggunaan air dan sabun ($p < 0.001$), *ABHS* ($p = .021$), tisu basah ($p = .047$), air saja ($p = .011$), dan tisu kering ($p = .028$) > 10 kali sehari. Sebesar 57.4% responden telah mulai menggunakan pelembab.

Kata Kunci : Perilaku *Hand Hygiene*, Dermatitis Kontak, COVID-19



ABSTRACT

Background : Coronavirus disease 2019 (COVID-19) is a communicable disease which has caused over 4 million deaths and 214 million confirmed cases around the world. Preventive methods have been advocated as an attempt to reduce COVID-19 transmission including maintaining hand hygiene. This results in increased awareness of hand hygiene and changes in hand hygiene behavior including increased frequency and recent use of alcohol-based hand sanitizer (ABHS), causing emergence of side effects specifically contact dermatitis symptoms such as erythema, skin dryness, and itchiness on hands. In addition to Healthcare Workers (HCW), studies have found that non-HCW also experience skin problems on hands during the pandemic.

Objective : This study aims to determine the effects of hand hygiene behavior, prevalence of contact dermatitis symptoms, and determine use of moisturizers in non-HCW.

Methods : This research uses a cross-sectional method towards 108 students in the Faculty of Medicine, Pelita Harapan University.

Results : This study found that the preferred method of hand hygiene is water and soap (94.19%). Other methods include use of ABHS, wet wipes, water only, and dry tissue. Generally, an increase in the use of these hand hygiene regiments have increased during the COVID-19 pandemic. During the pandemic, 29.6% experienced new onset contact dermatitis symptoms and 37.5% with history of eczema experienced its exacerbation. The most frequent symptom was dry skin. These symptoms are associated with use of water and soap ($p < 0.001$), ABHS ($p = .021$), wet wipes ($p = .047$), water only ($p = .011$), and dry tissue ($p = .028$) >10 times daily was found to be associated with contact dermatitis symptoms. 57.4% respondents have begun use of moisturizers.

Keywords : Hand Hygiene Behavior, Contact Dermatitis, COVID-19