

## Original Research Article

## Skin Diseases among Migrant Construction Workers

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### Abstract

**Background:** The people who live and work in construction fields live in the dirtiest place which will often very be unhygienically maintained. So naturally the construction workers will be more prone to a lot of diseases. The unnatural chemicals to which the workers would be exposed are so many. The chemicals to which the construction workers would be exposed has the real potential to cause a health hazard. This study puts in an effort to actually find the burden of skin diseases in migrant construction workers. **Aims and Objectives:** To study the skin disease burden in migrant construction workers. **Materials and Methods:** This study is a cross sectional study and its community-based study. The study was done from March 2020 to February 2021. The study was done in the construction sites in and around A. J. Institute of Medical Sciences and Research Centre, Mangalore, Karnataka, India. **Results:** The burden is huge and educating these people is a must with proper treatment.

**Keywords:** Skin Diseases, Migrant, Construction, Workers.

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### Introduction

Construction working live in the dirtiest place which will often very be unhygienically maintained. So naturally the construction workers will be more prone to a lot of diseases[1]. The unnatural chemicals to which the workers would be exposed are so many. The chemicals to which the construction workers would be exposed has the real potential to cause a health hazard[2,3]. They would also be exposed to a number of allergens and dust which tend to cause immunological reactions[4]. Skin as the largest organ and also as the organ of first contact to external world will be exposed to these dangers first[5]. Unhygienic environment would be tagged along with overcrowding and this adds on to the health problems[6]. Between twenty five percent to seventy five percent of construction workers have been suffering from dermatological pathologies[7]. Skin allergies and contact dermatitis have been reported as the most common pathologies that the construction labours suffer from according to the

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studies[8-12]. There are a limited number of studies which have actually reported the skin disease profile in migrant construction workers in this part of the world. This study puts in an effort to actually find the burden of skin diseases in migrant construction workers.

### Aims and Objectives

To study the skin disease burden in migrant construction workers.

### Materials and Methods

This study is a cross sectional study and its community-based study. The study was done from March 2020 to February 2021. The study was done in the construction sites in and around A. J. Institute of Medical Sciences and Research Centre, Mangalore, Karnataka, India. All the migrant construction workers, who were available on site were screened by a team of qualified dermatologists and diagnosis of skin diseases was made using clinical skills and lab investigations such as skin biopsy, potassium hydroxide (KOH) smear examination and slit skin smear as required. Informed written consent was obtained from all the participants for participation in the study. Appropriate timely treatment was also given to the workers.

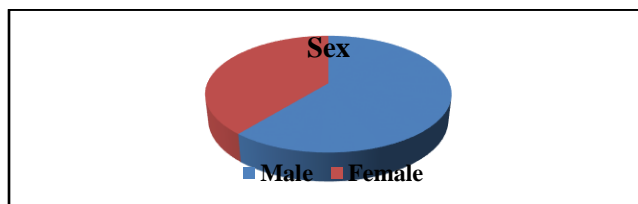


Fig 1: Sex Distribution

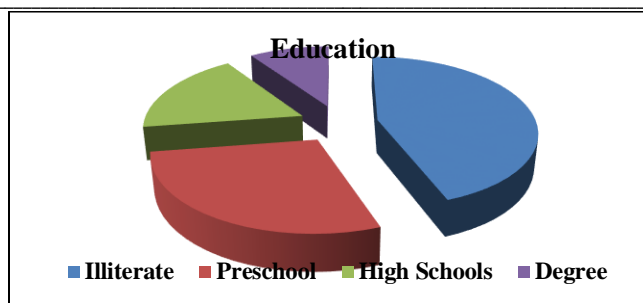


Fig 2: Education status

Table 1: Age

Number	Mean Age of the population	Standard deviation
241	29.93 years	±6.38 years

Table 2: Skin Lesions

Fungal	
Tinea corporis	67
Tinea cruris	19
Tinea versicolor	17
Candida	04
Tinea Pedis	28
Bacterial	
Furuncle	03
Folliculitis	07
Ecthyma	04
Leprosy	01
Viral	
Herpes Zoster	03
Herpes Labialis	01
Molluscum contagiosum	11
Contact Dermatitis	
Photodermatitis	17
Hand eczema	42
Vitiligo	19

### Results and Discussion

Majority of them had more than one infection but no significant co-infections were seen after applying the statistics.

A study from Kerala indicated towards the fact that around 16 percent of the total people who were involved in construction site working were suffering from skin diseases. Literacy and knowledge about the cleanliness and hygiene plays an important role in prevention of these diseases. But as the literacy rate is less in these individuals, they contribute to a lot of cases.<sup>11</sup> so educating these people also is as important as the treatment. The individuals living conditions also is very important. The environment in which the individual lives make a very big impact on their health. Another study reported the prevalence of more than 45 percent which was very high when compared to our study[8]. Yet another study from Karnataka reported around 22 percent prevalence[7]. The prevalence depends on different geographical and environmental factors as different prevalence rates are reported by different studies[12-14]. The highest was indicated by a study conducted by Bose et al[15]. They reported a staggering 57 percent of construction site workers actually suffered from skin lesions. The weather conditions also play an important role as more moisture in the environment makes the people more prone towards fungal infections and because of overcrowding, it forms a perfect platform for more such kind of infections.

### Conclusion

The burden of skin diseases is very high in construction site workers. Majority of the skin conditions were infective in nature. The literacy

level was very low and the overcrowding in the rooms in which they lived also contributed to these conditions.

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