

A behaviour change package to prevent hand dermatitis in nurses working in health care: the SCIN cluster RCT

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Plain English summary

The SCIN cluster RCT

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Plain English summary

This study was designed to prevent nurses from developing hand dermatitis (eczema). The study recruited student and intensive care unit nurses who were at high risk of hand dermatitis. Overall, 35 study sites took part. Each site was randomised to be in either the 'intervention plus' or the 'intervention light' group. Participants in the intervention plus sites received access to a web-based intervention to change nurses' behaviour to improve hand care together with a written leaflet with advice on how to prevent dermatitis. The student nurse participants in the intervention plus group were provided with personal supplies of hand moisturisers to use during their clinical placements and the study team ensured that the intensive care unit nurses in the intervention plus arm had access to moisturising creams on the wards. Those in the intervention light group received only the written leaflet with advice on how to prevent dermatitis. All participants were reminded to contact their occupational health service early on if they developed hand dermatitis during the study. The main aim was to see if there was a difference between the proportion of participants in the intervention plus and intervention light groups who had hand dermatitis at the beginning of the study and at the end. The study collected photographs of hands at the time of recruitment and after 12 months. Participants completed questionnaires about their skin. The results showed that there was no evidence that the risk of developing hand dermatitis in the intervention light group was greater than that in the intervention plus group.

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This report

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