

Skin at Work

Worries in the workplace

Skin conditions can be a full time frustration, impacting on all areas of daily life...

"I have talked about my condition to my colleagues... but not everyone is able to understand"

Ya-Hsin,
psoriasis Skin Impressions
ambassador

"You just can't concentrate... if your whole body is itching... that makes my work harder"

Susanne,
CSU Skin Impressions
ambassador

The working day can be especially affected, with two of the biggest problems being absenteeism and presenteeism. But what do these involve?

Absenteeism

[abs(ə)n'ti:ɪz(ə)m] noun [mass noun]

Frequent or habitual absence from work, school etc.¹

Presenteeism

[prezn'ti:ɪzəm] noun [mass noun]

The practice of coming to work despite illness, injury, anxiety etc. often resulting in reduced productivity.²

Did you know?



58% of people with chronic spontaneous urticaria (CSU) report absence from work because of their skin³

49% of people with psoriasis report regularly missing work days due to their condition⁴

74% of people with CSU report reduced performance at work because of their condition⁵

On average, psoriasis reduces productivity at work by almost **8%**⁶



Adapting working life



For questions relating to your workplace, try talking to your colleagues or employer. Perhaps consider asking if it's possible to work from home when your symptoms strike?



If your skin condition is holding you back at work, talk to your doctor who will be able to provide the advice and support you need

Remember, you don't have to let your skin condition prevent you from performing at your best. For more tips on how you can help your skin work in harmony with your career, why not take a look at our 'Steps to Success'



If you have any questions or concerns about your skin condition, or how it's affecting your daily life, then talk to your doctor. For more information, why not join our psoriasis or chronic spontaneous urticaria (CSU) Facebook communities, or watch other people talking about their experiences with skin conditions at work on our YouTube channel.



1. Absenteeism Definition. Available at: <http://dictionary.reference.com/browse/absenteeism?s=t>. Accessed February 2015.
2. Presenteeism Definition. Available at: <http://dictionary.reference.com/browse/presenteeism?s=t>. Accessed February 2015.
3. DeLong LK et al. Arch Dermatol 2008; 144:35-39
4. Armstrong AW et al. PLoS One 2012; 7(12): e52935
5. O'Donnell BF et al. Br J Dermatol 1997; 197-201
6. Schmitt JM et al. Dermatology 2006; 213: 102-110