Addressing Nail Salon Worker Patient Health: A Health Center Guide

January 24, 2017

Presentation Overview

- Critical health and safety issues faced by the nail salon workforce
- Role of health center in addressing health disparities
- Community-oriented and patient-centered strategies to implement a program for your organization

Speakers

Julia Liou, MPH

Is the Director of Program Planning and Development at Asian Health Services (AHS). Julia oversees fundraising, program planning, grants, and manages various community projects. She co-founded and manages the California Healthy Nail Salon Collaborative, a statewide coalition effort to address the health and safety issues nail salon patients and community members face in their work environment.

Thu Quach, PhD

Is the Director of Community Health and Research at Asian Health Services (AHS) , a federally qualified health center in Oakland, CA providing culturally competent health care to over 24,000 patients in English and 12 Asian languages. In her role at AHS, she oversees community outreach, patient engagement, and health policy advocacy efforts. She is also a Research Scientist at the Cancer Prevention Institute of California where she leads research studies on environmental health issues affecting disadvantaged populations, including occupational chemical exposures for Vietnamese nail salon workers.

Speakers

MyChi Nguyen, MD

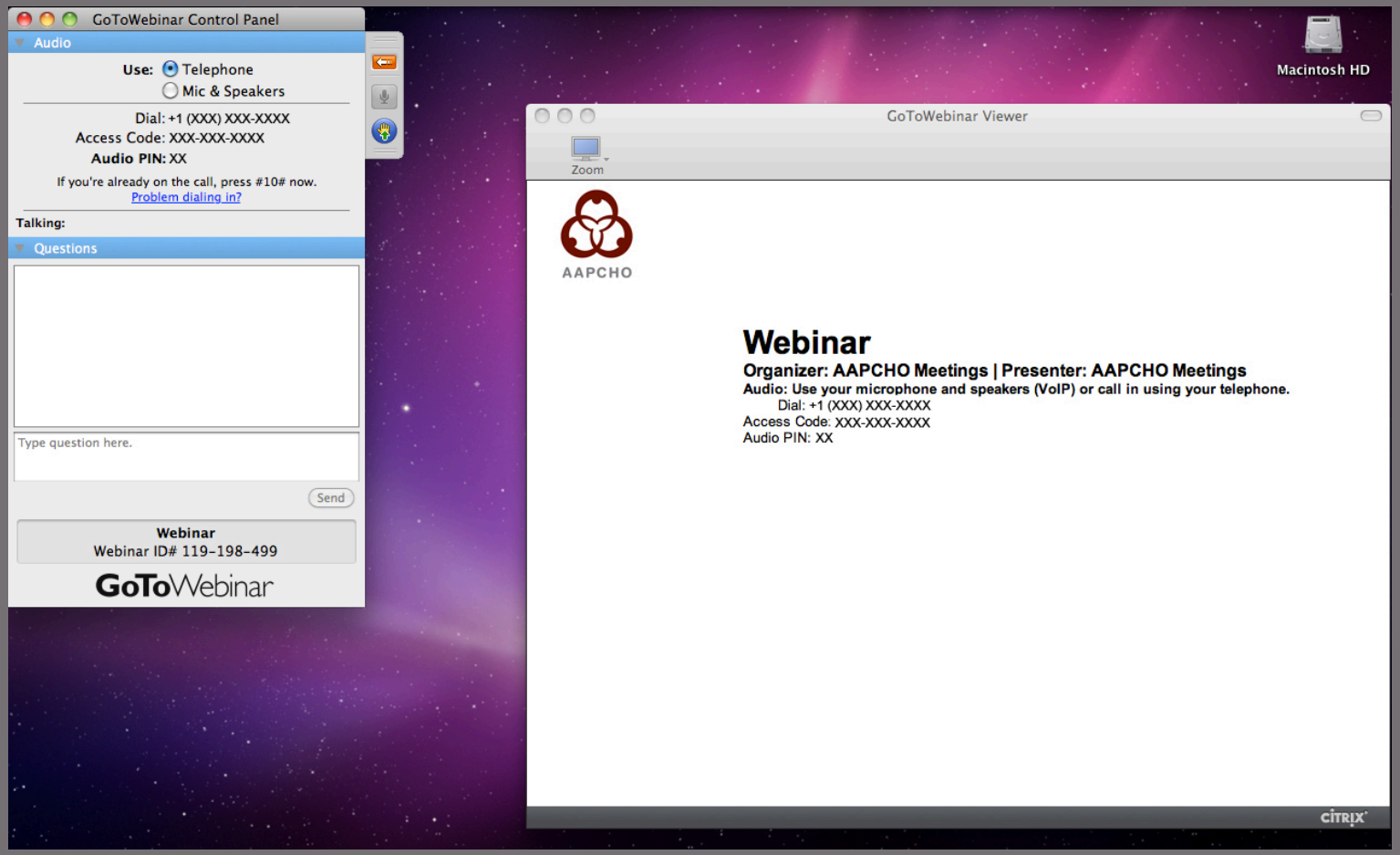
Is an Internal Medicine Physician and Site Director at Asian Health Services. She has been providing primary care services for the underserved and immigrant communities in 11 different Asian languages at AHS for over 7 years. She is passionate about health care for all especially the underserved. She strives to engage and empower her patients to take care of their health and advocate for their rights to good healthcare in the clinic and communities where they live and work. She enjoys teaching and mentoring the next generation of health care providers and working on projects that promote innovation, communication and patient engagement in healthcare. She is also learning every day from her patients and in her new role as a parent to a very happy and active toddler.

About AAPCHO

- National association of 35 community health organizations serving Asian Americans, Native Hawaiians, and other Pacific Islanders (AA&NHPIs).
- Dedicated to improving the health status and access of these medically underserved communities

AAPCHO

Housekeeping



Questions & Comments

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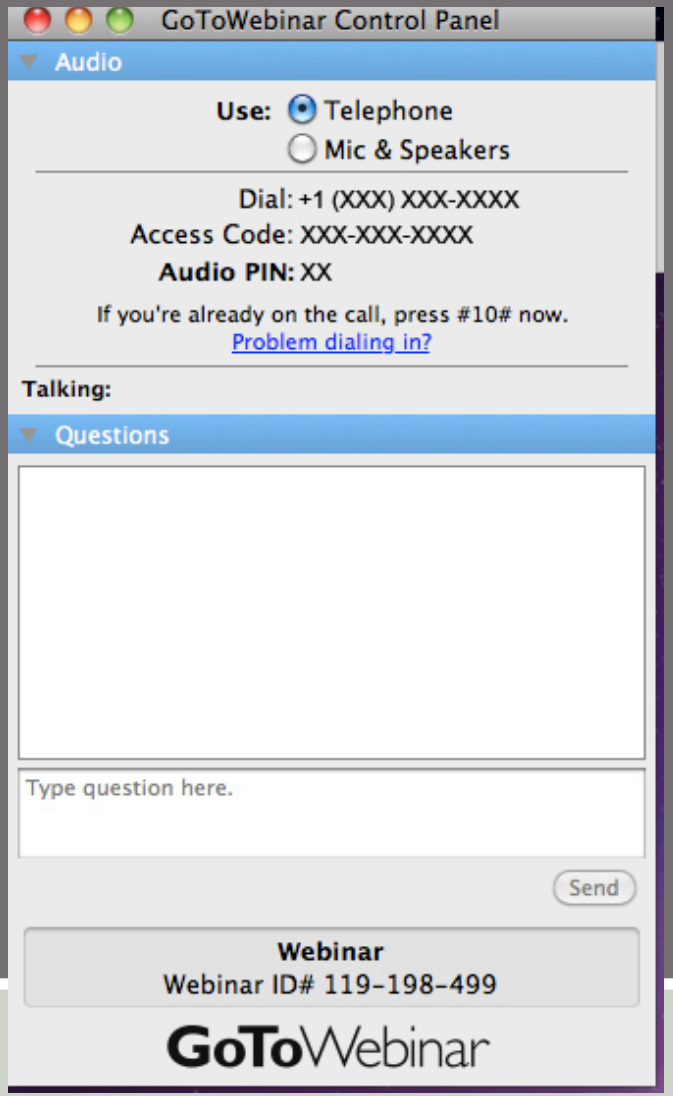

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ASIAN HEALTH SERVICES

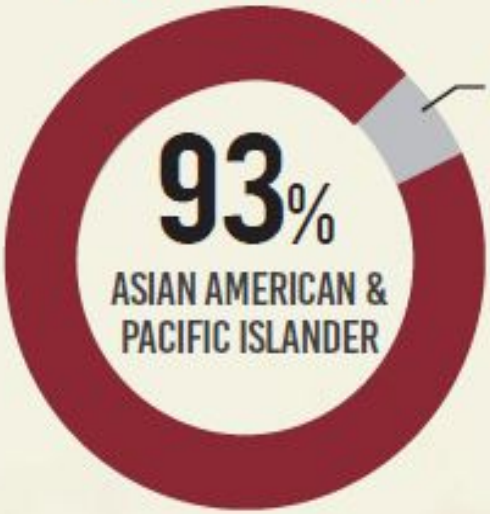
ADDRESSING NAIL SALON WORKER PATIENT HEALTH

CALIFORNIA
healthy nail salon
COLLABORATIVE
Liên Hiệp Ngành Móng Tay Lành Mạnh

ASIAN HEALTH SERVICES

- Serve over 27,000 patients annually in twelve different Asian languages
- 69% experience linguistic isolation
- Provide medical, dental and behavioral health services, including specialty mental health

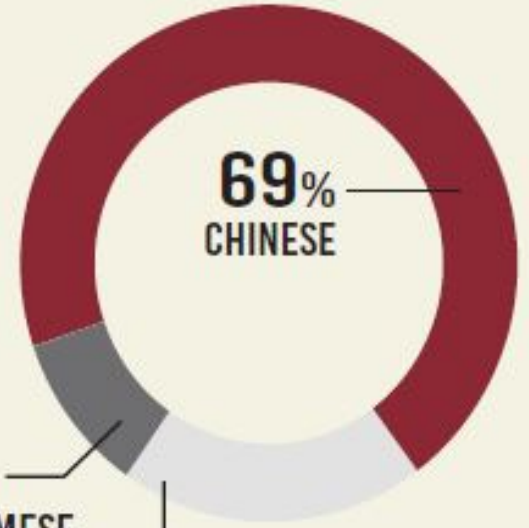
PATIENTS ETHNICITY



7% OTHER

African American 2%
Caucasian 2%
Other 3%

PATIENTS BY ASIAN ETHNICITY



10% VIETNAMESE

21% OTHER

4% Chinese/Vietnamese
3% Cambodian
2% Filipino
2% Korean
2% Mongolian
2% Burmese
1% Mien
6% All other Asian

Community Outreach

Select Compounds in Nail Products

Compounds	Nail care use	Potential Health Effects	Route(s) of Exposure
Acetone	Nail polish remover	Shortens menstrual cycle	Inhalation, dermal
Dibutyl Phthalate (DBP)	Nail polish	Endocrine disruption; developmental and reproductive effects	Inhalation, dermal
Formaldehyde	Nail hardener, disinfectant	Known carcinogen; respiratory effects	Inhalation, dermal
Methylene Chloride	Artificial nail solvent	Possible carcinogen	Inhalation, dermal
Methyl Ethyl Ketone (MEK)	Nail polish thinners	Damaged liver and kidney, reproductive effects	Inhalation, dermal
Methyl Methacrylate (MMA)	Artificial nails	Respiratory effects - asthma; neurological symptoms	Inhalation, ingestion
Titanium Dioxide	Acrylic nail powder, nail polish	Possible carcinogen	Inhalation
Toluene	Nail polish, nail polish thinner, nail adhesives	Suspected teratogen; endocrine disruption	Inhalation, dermal

Past Research Studies

Descriptive Survey of Vietnamese Nail Salon Workers (2007)

Research methods

1)Two focus groups (N=20 workers and owners)

2) In-person surveys in salons (N=201 workers from 74 salons)*

**conducted by former and current nail salon workers*

Major findings

- Half the salons had poor methods for ventilation
- 80% of workers reported health concerns due to work
- Nearly 50% of workers reported acute health symptoms (headaches, dizziness, difficulty breathing, skin irritations)

Quach T et al. A Preliminary Survey of Vietnamese Nail Salon Workers in Alameda Cou
J of Comm Health. Oct 2008.

Personal Air Monitoring Studies (2010)

Personal monitoring

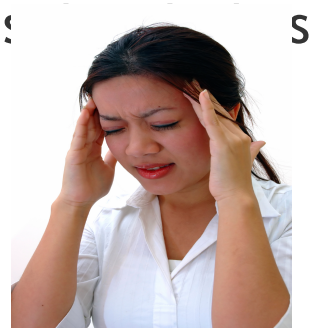
- Toluene levels 2x higher than recommended indoor air

Area monitoring

- Detected methyl methacrylate (banned from nail products since 1974)
- Total volatile organic compounds (TVOC) - higher levels than recommended indoor air

Acute Health Problems

- Measured levels may explain why workers (>25%) reporting uncomfortable health symptoms s, skin irritations, breathing p



Quach T et al.Characterizing Workplace Exposures in Vietnamese Women Working in California Nail Salons. Am J Public Health. 2011 Dec;101 Suppl 1:S271-6. Epub 2011 May 6.

Cancer Studies (2010)

Record-linkage study to examine cancer rates in workforce

CA licensee file

Workforce cancer rates

CA cancer registry file

RESULTS: No excess cancer risk found for any sites

CONSIDERATIONS: Workforce is still fairly young and short observation time; may require extending years of study

Quach T, Doan-Billing PA, Layefsky M, Nelson D, Nguyen KD, Okahara L, Tran AN, Von Behren J, Reynolds P. Cancer Incidence in Female Cosmetologists and Manicurists in California, 1988-2005. Am J Epidemiol. 2010 Sep 15;172(6):691-9.

Reproductive Health Study

CA licensee file

Record linkage

Births=
83,366

Birth records file

Adverse reproductive outcomes

Birth Outcomes:

- Increase risk of small-for-gestational-age (SGA) among Vietnamese manicurists and cosmetologists

Maternal Complications:

- Increase risk of gestational diabetes for manicurist and cosmetologists
- Risk increases when restricted to Vietnamese manicurists and cosmetologists

Quach et al. Adverse birth outcomes and maternal complications in licensed cosmetologists and manicurists in California. 2014 Int Arch Occup Environ Health

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ADDRESSING NAIL SALON WORKER PATIENT HEALTH: A HEALTH CENTER TOOLKIT

TOOLKIT CONTENTS

1-About AAPCHO

2-Acknowledgements

3-Introduction

4-Nail Salon Worker Facts

5-How Health Centers Can Address Health Disparities

6-Nail Salon Worker and Owner Health and Safety Training

7-Case Study: Asian Health Services

8-Conclusion

9-Appendix

Demographics

- California—over 129,000 licensed manicurists
  * 59-80% are of Vietnamese descent
- Approximately 400,000 nail salon technicians in the U.S
  *Mostly immigrant women from Vietnam, Nepal, Korea, China
- Average yearly income $22,500
- Majority are of reproductive age

How Health Centers Can Address Health Disparities

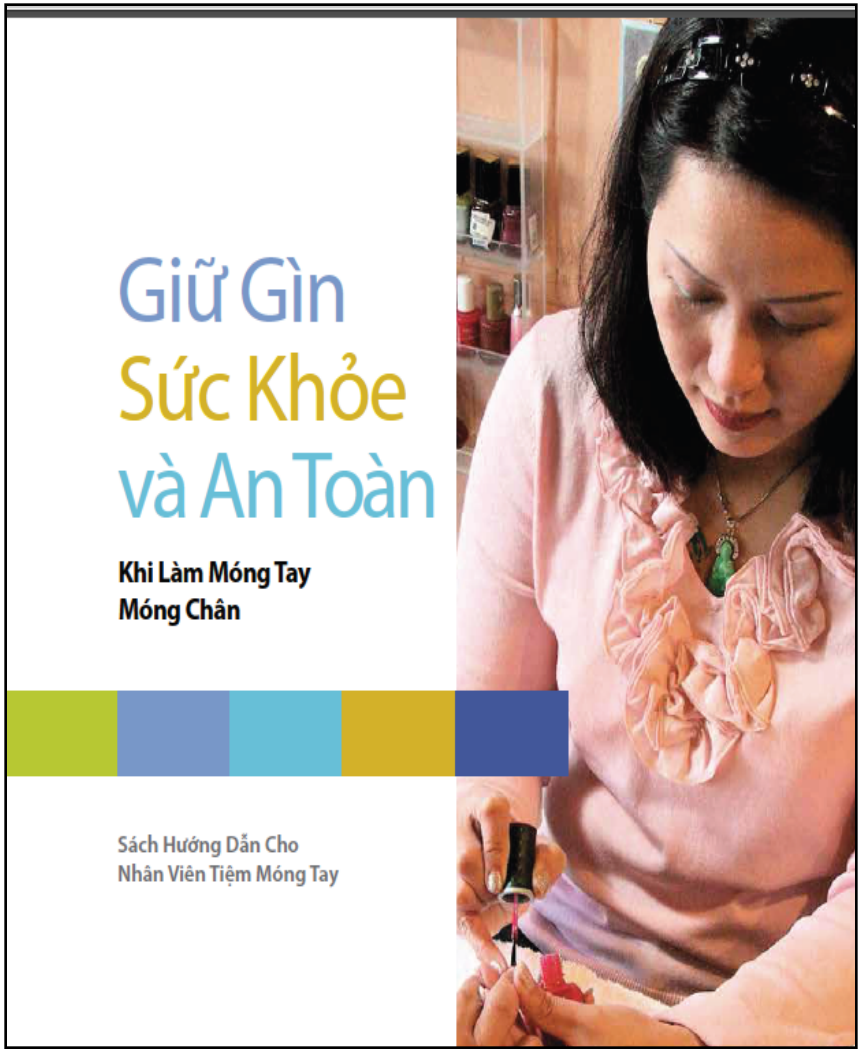
PATIENT APPROACH

- Provider Screening Tool
- Patient Navigators

COMMUNITY APPROACH

- Health & Safety Trainings and Workshops
- Community outreach within clinic service area

Health & Safety Trainings



- Ready made fact sheets on:
  - Preventing aches and pains
  - Reducing chemical exposure
  - Infectious disease
- Patient recruitment strategies
- Resources for full workshop curricula

CASE STUDY: ASIAN HEALTH SERVICES

The California Healthy Nail Salon Collaborative

The California Healthy Nail Salon Collaborative

Community Organizing

Research

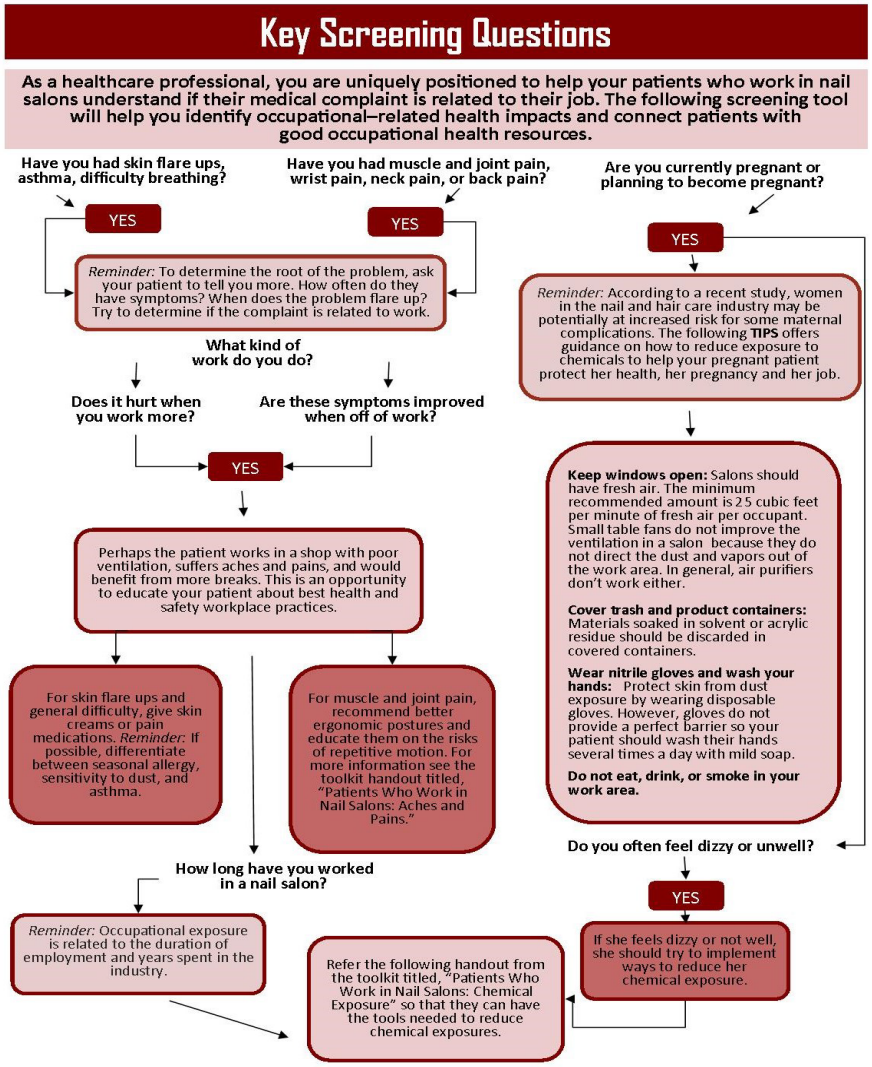
Policy

National

Tips for Providers

- Help to make the patient feel safer by providing them with helpful information
- Identify occupational-related health impacts
- Connect patients to occupational health resources

Provider Screening Tool



Key acute symptom identifiers:

1-Skin flare ups, asthma, difficulty breathing

2-Muscle, join, wrist, neck, or back pains

3-Dizziness, irritated eyes, nose

Do these symptoms improve when off of work?

Case Study #1

27 year old Vietnamese female comes to the office complaining of itchy red rash on both hands.

- How long have you had this rash? Past week
- How often do you have the rash? On and off for years doesn't seem to get better. Topical creams help temporarily.
- When do you get this rash? Get it more frequently after working at nail salon. Do not wear gloves because harder to do my job and customers don't like it
- Are you pregnant or plan on getting pregnant? Yes want to get pregnant. Should I be worried?

Case Study #2

57 year old Vietnamese female manicurist complaining of joint pains in neck pain, back pain, and wrists.

- How long have you had these symptoms? Worse in past 2 weeks.
- How often? On and off for past few months.
- When do you get these symptoms? Better with rest. Worse after working. Occurs more during busy holiday seasons and after working long hours
- Ergonomic hazards and intervention: adjust chair, table and lighting, raise client's hand or foot. Slow down, take breaks, stretching in between clients.

Case Study #3

45 year old Vietnamese male nail salon owner and worker complaining of dizziness, headache, and difficulty breathing.

- How long have you had these symptoms? Yesterday
- How often? First time
- When do you get these symptoms? While working
- Let fresh air in, choose safer products, use good practices, use proper personal protective equipment. Learn more about healthy nail salons.

Get involved!

- Provide nail salon health and safety educational resources to your patients
- Establish a nail salon program at your center
  - Workshops
  - Trainings
- Join the California Healthy Nail Salon Collaborative
  - National Healthy Nail & Beauty Salon Alliance

QUESTIONS?

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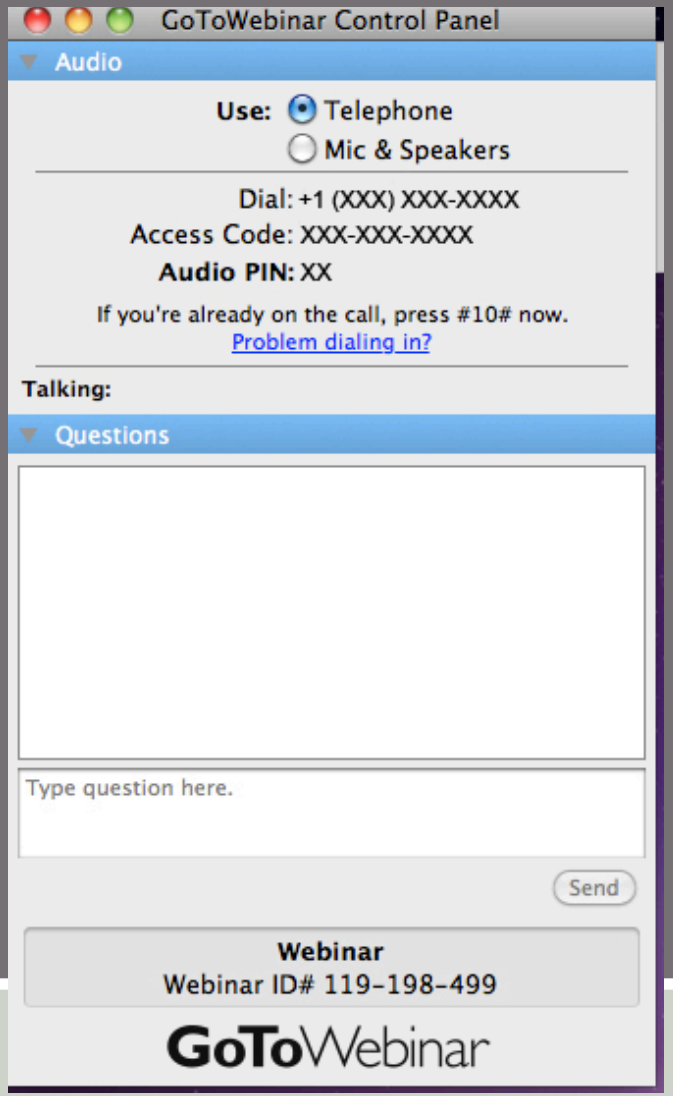

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