

# Changing dermatology practice in crisis and normalization processes after COVID-19 and potential problems awaiting us: Tele dermatology can be a solution

Cagri Turan<sup>1</sup>, Ümran Öner<sup>1</sup>, and Nurcan Metin<sup>2</sup>

<sup>1</sup>Erzurum Training and Research Hospital

<sup>2</sup>Affiliation not available

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## Abstract

**Aims** We aim to reveal the effect of the crisis period and normalization process after COVID-19 on dermatology practice, to anticipate future health problems, and demonstrate the necessity of tele dermatology as a solution. **Results** The number of patients in the normalization (32.3%) increased compared to the crisis period (11.5%) but also it was found significantly lower than before the pandemic (56.2%). It was remarkable that the change in the distribution of stress-related diseases, such as idiopathic generalized pruritus, alopecia areata, and zona zoster, stably paralleled each other and the trend of increase and decrease during the crisis period and the normalization process, respectively. The increase in the frequency of contact dermatitis, which was not reflected in the crisis period, became evident in the normalization process ( $p < 0.001$ ). There was no significant change in the rate of scabies but a decrease in the number of patients ( $p = 0.276$ ). **Discussion** The decrease in stress-related diseases indicates that social stress started to decrease with normalization. Rates and the number of patients give an idea about the problems we may encounter aftermath pandemic. Scabies and venereal diseases, which concern public health, should not be neglected. We predicted that much more significant increases in the frequency of scabies will be recorded aftermath of COVID-19. **Conclusion** The extraordinary conditions that occur after the pandemic will make the management of some diseases, especially scabies, difficult in the future. The chaos that will occur when the unusually decreasing number of patients returns to normal can be alleviated by tele dermatology.

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Turan Ç, MD; Öner Ü; Metin N, MD

Department of Dermatology and Venereology, the Republic of Turkey, Health Sciences University Erzurum Regional Training and Research Hospital, Turkey

**Corresponding Author** : Çağrı TURAN; Department of Dermatology and Venereology, the Republic of Turkey, Health Sciences University Erzurum Regional Training and Research Hospital, Turkey; Üniversite Mahallesi, Çat Yolu Cd., Yakutiye/Erzurum, Post Code: 25070

e-mail: cagrituranmd@gmail.com, telephone number: +905445252504

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