

F.U.N. in the Sun

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Purpose:

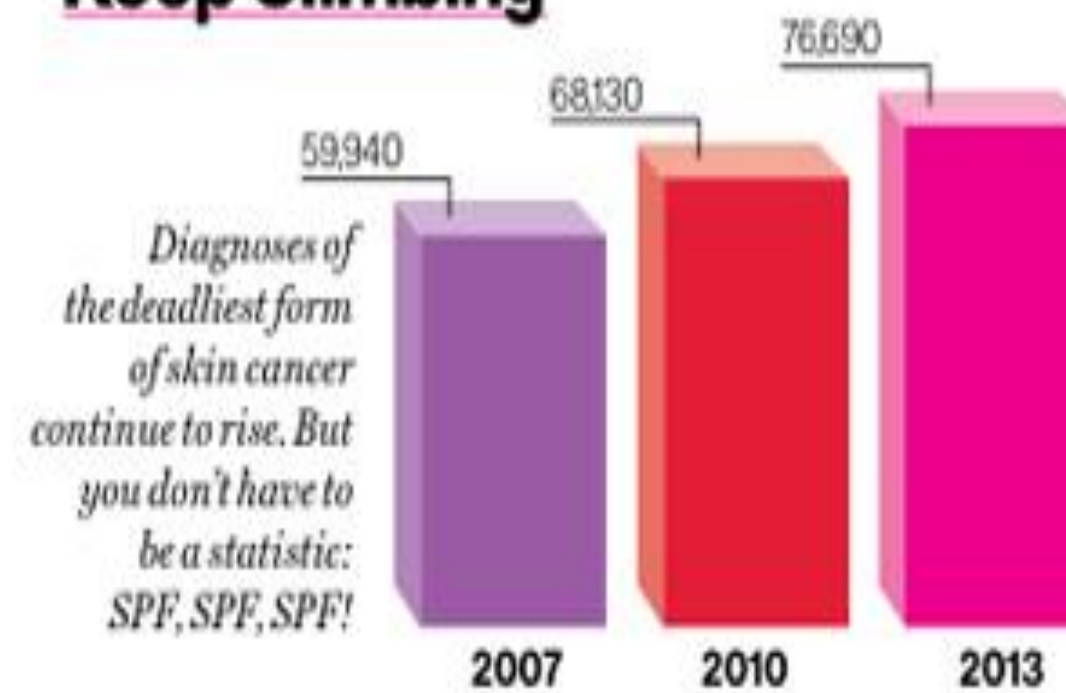
- The purpose of the project is to bring awareness and knowledge to the community of Douglas, WY about skin cancer prevention. .



Background:

- Miners tend to work 12 hour shifts outdoors while the oil field works at least 12. This is a lot of time spent outside.
- The community is a blue collared community that has been described as rough. Personal care can be somewhat neglected, especially skin health.
- Skin cancer is diagnosed more than colon, lung, breast, and prostate cancer combined.
- Many skin cancers are traced back to burns that were received in childhood.
- Skin cancer is the fastest growing diagnosed cancer. Melanoma is especially on the rise, and is contributed to having five or more severe burns as a child

The Scary Trend: Melanoma Rates Just Keep Climbing



Methods:

- Interviews with community members began the project. Many of the community members work outdoors for long periods of time.
- Also during these discussions it was learned that sunscreen was not applied as much as it should be. Many people felt they were properly applying sunscreen but were not according to the literature.
- Literature was used to guide the project. Most of the articles read found that focusing on children via their childcare workers was most effective.
- Literature also showed how relevant and dangerous skin cancer is becoming.
- A partnership was formed with the pool who had increased numbers of swimmers this summer.
- Because the role of the lifeguards is to keep the kids safe, then they should add sun safety to their list of things to keep kids safe from.
- The acronym F.U.N. helps people remember the commonly missed areas while applying sunscreen, and the most popular places for skin cancer. F- Face under the chin, U- Upper ear- N- back of the Neck

Results:

- Lots of research was done for facts about skin cancer and skin cancer prevention. A presentation was compiled for the lifeguards to help them realize the dangers of skin cancer and how they can help. Some highlights included:
 - The quick rise of skin cancer.
 - The fact that sunscreen should be reapplied every 40-80 minutes if you are in the water.
 - How dangerous just a few sunburns can be in the long run.
 - I described to them the importance of including sun safety into their jobs of protecting pool goers.
- A written example of the presentation was made that the pool manager kept. She plans on including it in all the new hire paperwork and going over it with future lifeguards to help continue the implementation of this program.
- Educational pamphlets with general information about sun safety and skin cancer prevention were made. These brochures were placed at the local golf course, state park, medical clinic and at the pool itself in hopes to reach other members of the community.

Discussion:

- The program strengths included a strong partnership with the local swimming pool and pool manager.
- It was a challenge to find actual skin cancer information for the community itself. The project was meaningful because my family is huge in the coal and oil industry. I have known many people that have also been diagnosed with skin cancer.
- The next step for this project is to move it to the adult demographic specifically. It should begin with the kids gaining the habits from the pools and influencing the parents who influence other friends and community member.