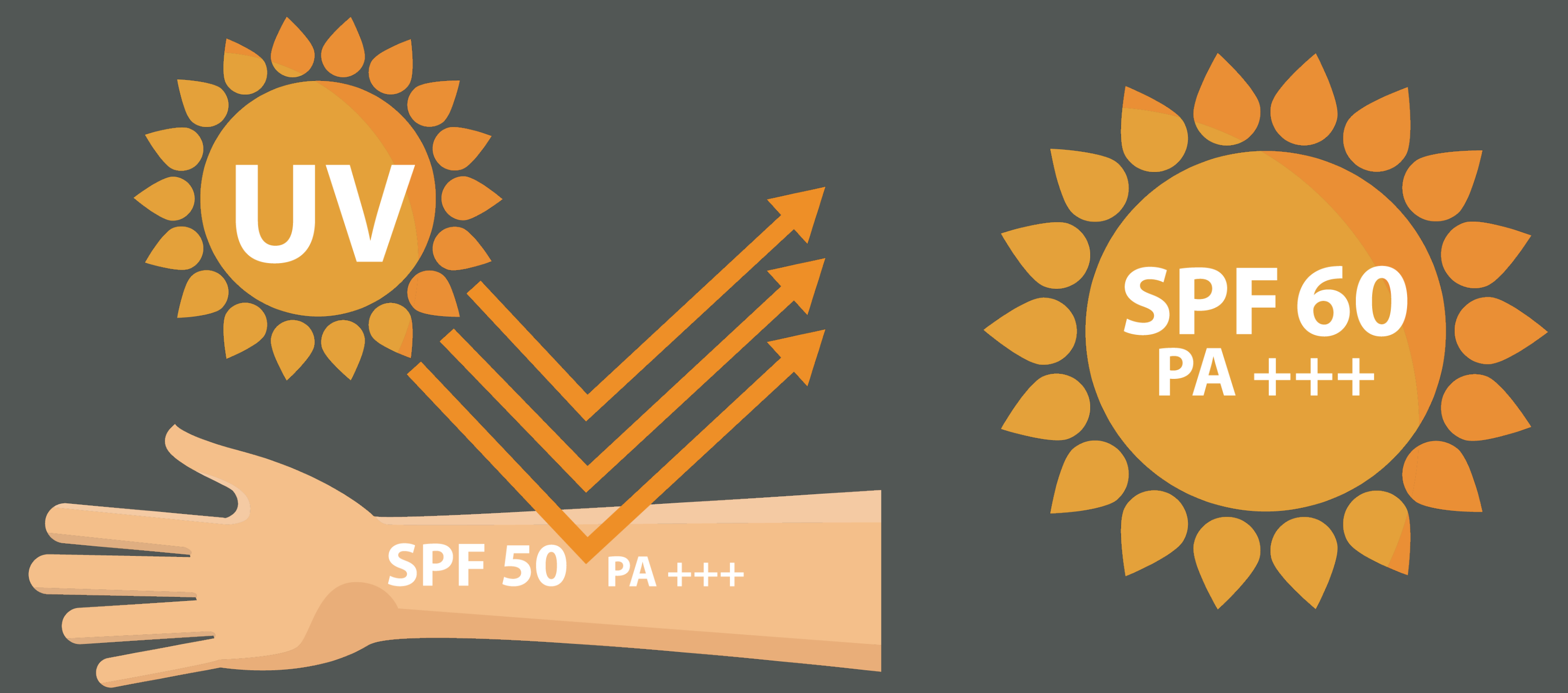




Sun protection and Melanoma Community Outreach Project

Victor Tran, P.A.-S., OHSU



Introduction

Presented COP on May 2nd, 2022

Two classes from 10:00-12:00a.m

Location: Benson Polytechnic High School

Contact: Meredith McClanen

High school seniors in health class

- Total attendees: 27
- Age range: 17-18 yrs
- Average age 17.5 yrs

Background/Content

Background:

- Oregon is ranked 10th in the US for developing Melanoma ¹
- 1 in 5 Americans will develop melanoma in their lifetime ²

Learning Objectives

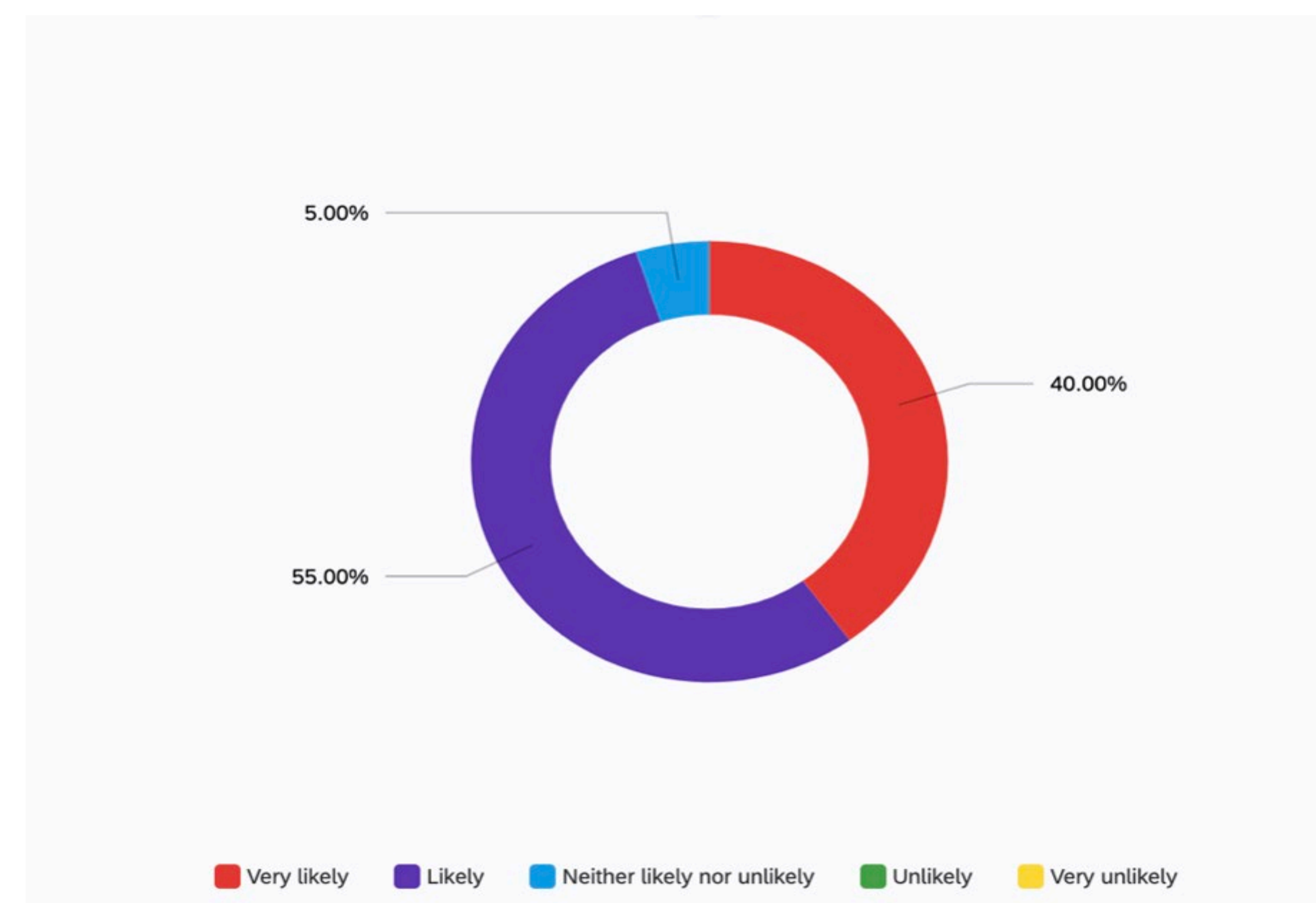
1. Recall at least three forms of sun protection
2. How to implement sun safety/protection in their everyday routine
3. The early signs of skin cancer
4. The dangers of skin cancer

Takeaways

- Many participants learned how to use the ABCDE mnemonic/how to identify skin cancers as something they learned ³
- Stated the importance of sunscreen use
- That they should use sunscreen with a minimum of SPF 30 ⁴

Discussion

- **Challenges:**
 - Keeping students' attention throughout the presentation and actively engaging
- **Opportunities:**
 - Was able to discuss with the other health teachers about returning for another presentation next year
- **Evaluations**
 - 95% of students reported that they would likely or very likely modify their behavior because of this presentation



Conclusion

- My biggest takeaway from this project is how health professional programs can partner with schools to reach a large and influenceable demographic in high schoolers ⁵
- Overall, the presentation went very well, and students were engaged throughout the presentation with fun/educational activities throughout
- Strengths: I was able to reach a large pre-health professional audience with this project who were very enthusiastic about a future career in medicine and receptive to positively modifying their behaviors to improve health outcomes
- Weakness: I couldn't follow up with this group and determine the actual impact of this presentation

References/Acknowledgements

1. Oregon City, Oregon Climate. Accessed October 29, 2021. https://www.bestplaces.net/climate/city/oregon/oregon_city
2. Melanoma of the Skin - Cancer Stat Facts. SEER. Accessed November 3, 2021. <https://seer.cancer.gov/statfacts/html/melan.html>
3. Melanoma Warning Signs and Images. The Skin Cancer Foundation. Accessed September 21, 2021. <https://www.skincancer.org/skin-cancer-information/melanoma/melanoma-warning-signs-and-images/>
4. Sunscreen FAQs. Accessed August 3, 2021. <https://www.aad.org/public/everyday-care/sun-protection/sunscreen-patients/sunscreen-faqs>
5. Wesson KM, Silverberg NB. Sun Protection Education in the United States: What We Know and What Needs To Be Taught.