

**THE UNIVERSITY OF ARIZONA**  
College of Nursing

## Skin Cancer Prevention (SCP) Counseling by Primary Care Nurse Practitioners (PCNPs) to Adolescents\*

Maxine Lucas, DNP, FNP-C  
Lois J. Loescher, PhD, RN, FAAN

The University of Arizona  
College of Nursing  
Skin Cancer Institute  
Tucson, AZ, USA

\* Graphics used with permission or public domain

1

**THE UNIVERSITY OF ARIZONA**  
College of Nursing

### Background

- Adolescents' UVR exposure is increasing—they warrant skin cancer prevention (SCP) counseling by healthcare professionals.
- Clinical guidelines for adolescents lack consistent SCP recommendations.
- In the U.S. primary care setting, primary care nurse practitioners (PCNPs) see largest number of patients—have opportunity to counsel adolescent patients about SCP.
- Little is known about PCNPs' SCP counseling to adolescents.



Lucas and Loescher PCNP Adolescent SCP

2

**THE UNIVERSITY OF ARIZONA**  
College of Nursing

### Purpose

Describe PCNPs':

- Skin cancer prevention knowledge
- Attitudes toward skin cancer risk, SCP counseling recommendations, & specific SCP counseling practices
- Congruency of counseling with SCP clinical guidelines for adolescents

Professional Organization	Guidelines Assessed in Study	Practice Recommendation
<b>American Academy of Dermatology</b> (AAD's response to USPTF recommendations on sun-protection counseling: <a href="http://www.aad.org/dermatology-and-skin-care/news-releases/aad-recommends-sun-protection-counseling">http://www.aad.org/dermatology-and-skin-care/news-releases/aad-recommends-sun-protection-counseling</a> 2012)	Provide behavioral counseling regarding avoidance of ultraviolet radiation and consistent sun protection practices for all populations.	Provide behavioral counseling regarding avoidance of ultraviolet radiation and consistent sun protection practices for all populations.
<b>American Academy of Family Physicians</b> (Skin cancer. Retrieved March 5, 2014 from <a href="http://www.aafp.org/afp/dermatology">http://www.aafp.org/afp/dermatology</a> )	Counsel children, adolescents, and young adults with fair skin between the ages of 10 to 24 about minimizing ultraviolet radiation exposure	Counsel children, adolescents, and young adults with fair skin between the ages of 10 to 24 about minimizing ultraviolet radiation exposure
<b>American Academy of Pediatrics</b> (Policy statement- ultraviolet radiation: A hazard to children and adolescents. Pediatrics, 127(3), 588-594, 2011)	Incorporate advice about ultraviolet radiation exposure into health-supervision practices; Incorporate ultraviolet radiation exposure advice into at least 1 health-maintenance visit per year beginning in infancy.	Incorporate advice about ultraviolet radiation exposure into health-supervision practices; Incorporate ultraviolet radiation exposure advice into at least 1 health-maintenance visit per year beginning in infancy.
<b>National Cancer Institute</b> (Skin Cancer prevention. <a href="http://www.cancer.gov/skin/prevention/skin/prevention/skin/prevention">http://www.cancer.gov/skin/prevention/skin/prevention/skin/prevention/skin/prevention</a> )	Educate patients on risks and protective strategies (but evidence is lacking to support routine counseling).	Educate patients on risks and protective strategies (but evidence is lacking to support routine counseling).
<b>USPTF</b> (Behavioral counseling to prevent skin cancer: recommendation statement. <a href="http://www.aahr.org/research-reports/peer-review/usptf11/11062009/skin-cancer-prevention.html">http://www.aahr.org/research-reports/peer-review/usptf11/11062009/skin-cancer-prevention.html</a> )	Counsel children, adolescents, and young adults with fair skin between the ages of 10-24 about minimizing ultraviolet radiation exposure	Counsel children, adolescents, and young adults with fair skin between the ages of 10-24 about minimizing ultraviolet radiation exposure

Lucas and Loescher PCNP Adolescent SCP

3

**THE UNIVERSITY OF ARIZONA**  
College of Nursing

### Methods

Arizona PCNPs caring for adolescents in outpatient setting recruited from state NP listservs

Participants completed a cross-sectional, 59-item online self-report survey

Knowledge items scored as % correct

Attitudes scales had established internal consistency (Score 1=low; 7=high)

Guidelines items investigator-developed

Descriptive analyses

The following questions will ask for your opinion regarding skin cancer and skin cancer prevention in clinic practice. There is no right or wrong answer. Choose one response per question.

Do you agree or disagree with the following statements.

	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
Skin cancer prevention counseling is a priority in my practice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skin cancer prevention for adolescents is something that clinicians do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Counseling adolescents about skin cancer prevention takes too much time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Counseling adolescents about skin cancer prevention is a good use of my time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Counseling adolescents about skin cancer prevention is within the scope of practice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel obligated to counsel my adolescent patients about skin cancer prevention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Advice from nurse practitioners can help adolescent patients decrease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Screen shot of survey item

Lucas and Loescher PCNP Adolescent SCP

4



## Results & Conclusion

- 44/67 (66%) eligible PCNPs completed survey



**PCNPs' knowledge (low):**

- Skin cancer prevention (SCP) knowledge = 78%
- Knowledge of established SCP guidelines for adolescents = 39%



**PCNPs' attitudes (somewhat positive):**

- Attitudes toward SCP: M = 5.71 (0.73);  $\alpha = 0.73$
- Attitudes toward SCP counseling: M = 5.32 (0.75);  $\alpha = 0.72$



**PCNP skin cancer recommendations for adolescents at general & high risk (neutral):**  $\alpha = 0.97$

- Use sunscreen with SPF 15 or higher: M = 4.80 & 5.5
- Avoid sun during peak hours: M = 4.48 & 4.59



**PCNPs' self-reported counseling practices (neutral to low):**  $\alpha = 0.96$

- Provide SCP resource materials: M = 2.68 (2.11)
- Counsel adolescents about SCP: M = 4.16 (1.92)

### SCP guidelines used by PCNPs

- American Academy Dermatology (27%)
  - USPSTF (23%)
  - American Academy Pediatrics (14%)
  - National Cancer Institute (2%)
  - Other/None (32%)
- Skin cancer counseling by PCNPs to adolescents was moderate to low; not congruent with established clinical guidelines
  - PCNPs are an ideal target group for adolescent-focused SCP continuing education on skin cancer risk in youth & current prevention recommendation guidelines