

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

Guidelines Assessed in Study

Professional Organization	Practice Recommendation
American Academy of Dermatology (AAD's response to USPSTF recommendations on sun-protection counseling: http://www.aad.org/dermatology-and-skin-care/newsroom/aad-recommends-sun-protection-counseling 2012)	Provide behavioral counseling regarding avoidance of ultraviolet radiation and consistent sun protection practices for all populations.
American Academy of Family Physicians (Skin cancer. Retrieved March 5, 2014 from http://www.aafp.org/afp/dermatology.html ; http://www.aafp.org/afp/dermatology.html 2014)	Counsel children, adolescents, and young adults with fair skin between the ages of 10 to 24 about minimizing ultraviolet radiation exposure
American Academy of Pediatrics (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.
National Cancer Institute (Skin Cancer prevention. http://www.cancer.gov/skin/prevention/skin/prevention/skin/prevention/skin/prevention 2015)	Educate patients on risks and protective strategies (but evidence is lacking to support routine counseling).
USPSTF (Behavioral counseling to prevent skin cancer: recommendation statement. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3409090/ 2012)	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

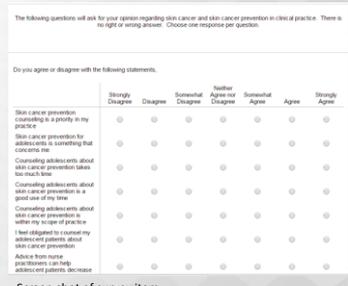
Participants completed a cross-sectional, 59-item online self-report survey

Knowledge items scored as % correct

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

Guidelines items investigator-developed

Descriptive analyses



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