Promoting Sun Safety and Disease Prevention in the Adolescent Population

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Problem Statement
Exposure to ultraviolet (UV) radiation from sunlight and tanning bed lamps are major risk factors for the development of most skin cancers; which can cause deformity, scarring, loss of function, and death (reference)? Statistic of Number of skin cancers, etc?

Theoretical Framework
Nola Pender’s (1982) Health Promotion Model (HPM) aligns directly in promoting sun safety and disease prevention in the adolescent population - tell us how.

Research Questions
(P) In adolescents age 16-17, (I) what is the effect a nurse-led sun safety informational presentation (C) in comparison to prior sun exposure attitudes and behaviors (O) on identifying future personal sun-safe behaviors (T) the conclusion of the presentation?

Review of Literature
Williams Merten, Higgins, Rowan, and Pragle (2014) discusses adolescent attitudes, knowledge, and behaviors related to sun exposure

Add to this

Methodology
Full board approval from Clarkson College Institutional Review Board and Y-youth group director
- Design:
- Sample: N = 8, 16 – 17 year old females member of Y-youth group
- Presentation: Discuss SunWise
- Pre and Post-test survey: Measured sun-safety knowledge, behavior, and attitudes

Findings
N = 8, t-test calculated t-score at alpha level of .05 = 6.148, which is greater than the critical value of 2.365; therefore, the findings were statistically significant

Recommendations
Implications for this age group and demographic include potential for increased sun-safe knowledge, which can in-turn, lead to future sun-safe practices and lifestyles. Future studies?

Application to Practice
NPs promote healthy, sun-safe practices to adolescents, to minimize harmful UV exposure in childhood and prevent future skin cancer and disease.