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

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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

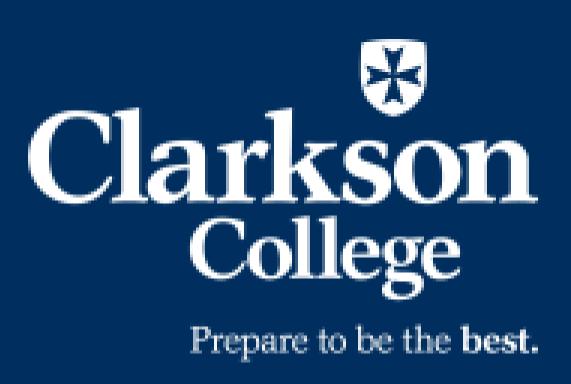
Methodology

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 Yyouth group
- Presentation: **Discuss SunWise**
- Pre and Post-test survey: Measured sun-safety knowledge, behavior, and attitudes

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

Implications for this age group and demographic include potential for increased sun-safe knowledge, which can inturn, lead to future sunsafe practices and lifestyles. Future studies? **Application to Practice** NPs promote healthy, sunsafe practices to adolescents, to minimize harmful UV exposure in childhood and prevent future skin cancer and disease.



Findings

Recommendations