

# 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.