

(See pg. 406)

Nurs 315 Proposal:

Melanoma Education and Awareness

Student Name

(Introduce your topic—why it is important or worth researching)

Healthcare professionals are faced with many teaching opportunities, while providing patient care on a daily basis. Residents living in sunny southern California are fortunate to have beautiful weather for most of the year. However, with this beautiful weather comes the ugly side of the sun; exposure to carcinogenic ultraviolet radiation. Society and the media's vain obsession with tanned, beautiful bronzed skin has left most of the general public to believe that there is such a thing as a healthy, "safe" tan. Contrary to public perception, however, tanned skin is damaged skin, and where there is damage there is likely cancerous cells.

(Discuss your topic—identify the central issue/concern or include questions/hypotheses)

Description: There are numerous studies that have established that the public has suboptimal levels of knowledge related to melanoma and skin care; in addition to erroneous beliefs and misunderstandings surrounding early melanoma signs and symptoms (Nikolaou 2009).

Therefore, education on melanoma risk factors and appropriate prevention behaviors should be imparted on the public as a means to reduce the incidence of skin cancer worldwide. Despite the fact that melanoma is the deadliest form of skin cancer, it is often preventable and/or treatable if caught early. For this reason, educating the public on a deeper level, regarding melanoma, has the potential to reduce incidence, morbidity and mortality and should be sought as an appropriate measure of primary prevention.

Sun exposure is detrimental to a patient's health and the current conventional educational protocol for skin cancer prevention is not thorough enough to warrant patient behavioral changes. Too many people are misled to believe that getting rid of skin cancer is as easy as an

outpatient procedure in which the diseased portion of the epidermis is removed. Most people do not realize the possibility of skin cancer progressing into melanoma; and as a result “among all cancers, melanoma is the one for which incidence has increased the most worldwide during the last 20 years” (Rat 2014). Every year there are more skin cancer diagnoses than lung, breast, prostate, and colon cancers combined, resulting in “an estimated direct cost of treatment in the US totaling more than 1.7 billion dollars annually and total costs (direct & indirect) of over 5.5 billion dollars annually” (Kamell 2011). The Center for Disease Control has officially classified skin cancer as an *epidemic*, with melanoma killing approximately one person every hour in the US (Kamell 2011). Clearly patients are under-educated on risk factors, prevention behaviors, and the seriousness of the disease.

(Include your methods, procedures and/or explanation of research or tools)

Plan: The purpose of this paper is to determine whether educating the public on melanoma risk factors and appropriate prevention behaviors has the potential to reduce the incidence of skin cancer worldwide. The relevance of this topic is of personal value, as I myself discovered cancerous melanoma nevi on my father, and believe that increased education and raised public awareness could prevent others from suffering from this deadly, yet generally preventable cancer. Hopefully, public education will have a positive impact on patient knowledge and behaviors resulting in fewer cases of melanoma and/or earlier detection, which could ultimately save lives. Ideally, the result of educating the public would show significant improvement on preventative behaviors and decreased incidence of melanoma resulting in the implementation of a new patient education protocol.

Multiple scholarly, peer-reviewed journal articles will be utilized in order to determine whether public education on melanoma risk factors and appropriate prevention behaviors leads to a decreased incidence of skin cancer. Relevant research articles will be selected and the results

will be analyzed for pertinent information that supports the thesis. Studies that will be used for analysis include scholarly referenced questionnaires and survey results, consisting of both qualitative and quantitative data.

An official interview will be conducted with a California Board Certified Dermatologist and a melanoma cancer survivor. I plan to conduct both interviews next week and will identify if my interviews will be useful enough to include the results in the interview report and/or the final research paper.

(List sources mentioned or quoted above)

Primary Sources:

Kamell, J. M., Rietkerk, W., Lam, K., Phillips, J. M., Wu, J. J., Mccullough, J. L., ... Osann, K. (2011). Medical Students Educate Teens About Skin Cancer: What Have We Learned? *Journal of Cancer Education*, 26(1), 153–5.

Nikolaou, V., Del Marmol, V., & Stratigos, A. J. (2009). The role of public education in the early detection of melanoma. *Expert Review of Dermatology*, 4(2), 119–130.
doi:http://dx.doi.org.vanguard.idm.oclc.org/10.1586/edm.09.7

Rat, C., Quereux, G., Riviere, C., Clouet, S., Nguyen, J.-M. (2014). Targeted melanoma prevention intervention: a cluster randomized controlled trial. *Annals Of Family Medicine*, 12(1), 21–28. doi:10.1370/afm.1600

(List all sources you have found on your topic, to date)

Secondary Sources:

Mccullough, J., Osann, K. (2011). Medical Students Educate Teens About Skin Cancer: What Have We Learned? *Journal of Cancer Education*, 26(1), 153–5.

Phillips, J. M., Wu, J. J., Mccullough, J. L., ... Osann, K. (2011). Medical Students Educate Teens About Skin Cancer: What Have We Learned? *Journal of Cancer Education*, 26(1).

Stratigos, A. J. (2009). The role of public education in the early detection of melanoma. *Expert Review of Dermatology*, 4(2), 119–130.

doi:<http://dx.doi.org.vanguard.idm.oclc.org/10.1586/edm.09.7>

(List your schedule with due dates—see Canvas and/or Syllabus)

Schedule: Here is my schedule for completing this project:

1. Finish reviewing the research I have collected, annotating or outlining valuable sources.
2. Develop Outline and working Introduction by _____
3. Conduct both interviews by _____
4. Finish the first draft by _____
5. Revise, edit and proof read by _____
6. Submit paper by _____

(Note: there is no need to include the following request for this project—it has been approved 😊)

Approval Request: