



# SLIP, SLOP, SLAP AND WRAP

What preventative measures could be implemented to prevent melanoma in outdoor workers?



As of 2016, New Zealand has the world's highest rates of melanoma with over 4000 people being diagnosed and over 300 deaths per year (Melanoma New Zealand, 2017)

## Introduction

Melanoma is "a group of malignant neoplasms that are composed of melanocytes" (Harris, Nagy & Vardaxis, 2013, p.1077). Melanoma is a potentially serious type of skin cancer and develops from skin cells called melanocytes (DermNet NZ, 2015). Melanocytes are found in deep layers of the skin and produce a protein called melanin, which protects the skin from harmful ultraviolet radiation (Ministry Of Health, 2017).



(Sunsmart, n.d.)



## Preventative Measures:

In order to reduce high rates of melanoma, preventative measures need to be implemented. Although some protective measures may be out of a workers control such as exposure during peak sun, encouraging workers to do their part is vital. Wearing sunscreen, protective clothing and being educated on taking breaks in the shade as well as planning outdoor work routines around when it's the coolest parts of the day can all be implemented to reduce UV exposure and the high rates of melanoma (Community Preventative Services, Task Forces, 2014).

What can employers do to prevent melanoma in the workplace?

- Create a SunSmart policy that is enforced in the workplace
- Reduce the amount of time workers are exposed whilst outdoors
- Provide and maintain sun safety equipment such as sun screen, clothing and a hat
- Provide health promotion and training around sun protection practices
- Encourage workers to look after their skin and go to the GP if they have any concerns (Cancer Society, 2018).

## Discussion

Francis, Chapman, Hoare & Birks (2013) highlight the importance of nurses engaging with workplaces to establish partnerships with the employees and employers to promote safe workplaces and adopting good practices. It is important to encourage workers to practice sun protective behaviours and educate them on the risks that melanoma poses in the outdoor environment. Currently a SunSmart policy is in place in some workplaces which has been implemented to reduce the incidences of melanoma in outdoor workers. Exposure to UV is influenced by factors such as occupation, protective measures, activities and personal behaviours such as exposure during peak periods of UV during summer (Tenkate, 1998). Providing simple strategies, education and techniques to reduce melanoma, could see a huge reduction in the high rates of melanoma here in New Zealand.

## Conclusion

Although melanoma is a preventable disease, it is a serious issue in New Zealand and the high rates of melanoma are affecting too many people. Outdoor workers being exposed to UV have a higher risk of developing melanoma, therefore implementing preventative measures such as health promotion, protective measures and enforcements are important strategies to increasing one's health.

## References

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### Presentation Summary:

To present my literature review, I decided to complete a poster and while there are many ways to inform patient education and health promotion, I thought a poster would be a suitable way to present my findings. “Patient education is the process of influencing a person’s behaviour to effect changes in the knowledge, attitudes and skills needed to maintain and improve health” (Dempsey, Hillege and Hill, 2014, p.141). Posters are an effective way of portraying information to both the community and a selected audience (Community Tool Box, 2018). Posters are a presentation used to show a visual representation of an idea or issue that both attracts attention and conveys a message (Rowe & Llic, 2009). I therefore created a poster to convey information about melanoma and did it in a way that would hopefully draw people’s attention and get information across. I also decided to create this poster to inform both members of the public and the intended audience being ‘those who work in outdoor environments’, about the high rates of Melanoma in New Zealand and what preventative measures could be put in place to minimize the risks. By creating a poster that could be implemented in outdoor workplaces, I could hopefully attract the attention of both employers and employees and leave them questioning their own safety measures when outdoors as well as implementing strategies to minimize risks.

### Pecot Model (Whitehead, 2013)

Pecot Model	Information relating to question	Explanation
Population	My population for my research are adults working in outdoor jobs	I have chosen this population group as this is the time of people’s lives where they are working and therefore would be primarily exposed to UV rays when working outdoors.
Exposure (intervention)	People who are affected by melanoma and work in outdoor environments	I will be looking for articles that focus on rates of melanoma in people who work in outdoor environments in comparison to people who work indoors and what preventative measures if any, are in place.
Comparison/control	People who are affected by melanoma but work indoor jobs	I will look into whether there are lower amounts of melanoma in people who work in indoor environments, as they are less likely to be exposed to UV than those outside. I will look at indoor vs outdoor environments and what preventative measures are in place for workers and the effects it is having on melanoma rates.
Outcome	Look at whether there are preventative measures in the workplace in order to minimise high melanoma rates	If there are more preventative measures in place, it would be likely that more people are being proactive such as wearing preventative clothing to minimise the high rates when exposed to the sun and more people going for melanoma tests.
Time	N/A	N/A

### References:

- Community Tool Box. (2018). Creating posters and flyers. Retrieved from <https://ctb.ku.edu/en/table-of-contents/participation/promoting-interest/posters-flyers/main>
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