

## Sun Awareness Education

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OK Health Services provides education on the harmful effects of the sun. The education session starts off with looking at each individual's risk factors in regards to exposure to the sun. The nurse will then discuss the types of PPE a person is using and will make recommendations as required for PPE.

As part of the education session, the nurse will discuss with the person what changes to look out for when checking moles. Seeing a GP as soon as a person notices a change in a mole helps with the early detection of melanoma and education on what to look for is important.

The Cancer Society recommends preventative education in regards to harmful effects of the sun exposure. They also recommend education on what changes people should look out for when checking their moles and seek medical advice if they notice changes.

### Aim:

- o Increase awareness of the harmful effects of excessive exposure to the sun
- o Encourage and recommend management of excessive exposure and personal protection
- o Provide education to employees on what changes to look out for when checking their skin and moles

### Process: time required: 15 minutes

- o Complete history questionnaire, including previous skin cancers or conditions, any family history, and skin type.
- o Discuss use of PPE i.e. sun block, hats, protective clothing and make recommendations as required
- o Provide education and information on what changes to look out for when checking moles