Jordyn Palmer
Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 102-Nursing Care of Adults
Research Paper: Topical Outline Template

1. **Title of the paper: Don't Be a Bum, Protect Your Skin from the Sun!**

2. **Thesis Statement: When it comes to protection of individual health today and the future, it is important to identify the risks, preventative measures, and treatment options for skin cancer.**

3. **<u>Introduction:</u>**
    a. Key points/ background information
        i. Skin Cancer from cells in epidermal layer of skin (Jeon et al., 2023)
        ii. Skin layers: epidermis, dermis, and hypodermis (Jeon et al., 2023)
        iii. Three types: malignant melanoma, basal cell carcinoma, and squamous cell carcinoma (Jeon et al., 2023)
        iv. Melanoma vs Nonmelanoma (Harding et al., 2022, pgs. 473-474)
        v. UV radiation types: UVA, UVB, UVC (Harding et al., 2022, pg. 472)
    b. Thesis Statement
        i. When it comes to protection of one self's health today and the future, it is important to identify the risks, preventative measures, and treatment options for skin cancer.
4. **<u>Body of the paper:</u>**
    a. Statement of the Problem
        i. Overview of the problem
            1. Skin Cancer: common diagnosed cancer in US (Mangione et al., 2023)
            2. UV radiation: damage to epidermis (Jeon et al., 2023)
            3. Modifiable risk factors: sun exposure, indoor tanning beds, sunburns (present or previous) (Mangione et al., 2023)
            4. Nonmodifiable risk factors: age, gender, race, family history, skin cancer history (Perez et. al, 2022)
        ii. Significance of the topic
            1. Melanoma causes most skin cancer deaths (Mangione et al., 2023)
            2. Darker skin diagnosed later (more difficult to treat) (Mangione et al., 2023)
            3. Estimated 1 of 5 people develop it in United States (Jeon et al., 2023)
        iii. Statistical information
            1. Estimated new cases of both sexes in Delaware 2026: 450 (melanoma) (Siegel et al., 2026)
            2. Estimated deaths of both sexes in 2026: 14,570 (excluding basal and squamous) (Siegel et al., 2026)

3. 1995-1997 survival rate: 97% (localized), 62% (regional), 16% (distant) (Siegel et al., 2026)
4. 2015-2021 survival rate: >99% (localized), 76% (regional), 35% (distant) (Siegel et al., 2026)

iv. If left untreated how would this affect the nursing community?
1. Demand of more nurses if complications arise (spread of cancer)
2. Continue to reinforce education
3. Increase with Skin Integrity and Infection risks

b. Risk Reduction/ Treatment of the Problem

i. Prevention
1. Avoid/limit tanning beds (artificial) and sun (natural) (Perez et al., 2022)
2. Long-sleeved shirts and pants/skirts, wide brimmed hats, neck coverings, sunglasses with UV-A/UV-B protection (Perez et al., 2022)
3. Water-resistant, broad-spectrum sunscreen with SPF of 15 or higher (Perez et al., 2022)

ii. Screening
1. Skin examination for skin lesions (Mangione et al., 2023)
2. Use of eye (physical) or dermatoscope (magnifying tool) (Mangione et al., 2023)
3. Inspect: asymmetry, irregular border, diameter >6 mm, unnormal color, and growth (Mangione et al., 2023)
4. Compare from other moles (Mangione et al., 2023)

iii. Treatment
1. Surgical excision (Harding et al., 2022, pg. 476)
2. Targeted therapy, laser therapy, photodynamic therapy (Harding et al., 2022, pg. 476)
3. Immunotherapy (Harding et al., 2022, pg. 476)

iv. What is the impact this research has on patient care?
1. Avoid skin damage from sun (loss of elasticity, thinning, wrinkling) (Harding et al., 2022, pgs. 471-472)
2. Prevent skin cancer from the future (Harding et al., 2022, pgs. 471-472)
3. Avoid spread of the cancer on skin (Harding et al., 2022, pgs. 474)

c. Teaching

i. 2 learning objectives for the learner
1. Recall the risk factors and preventions
2. Understand the importance of skin cancer

ii. Teaching strategies/methods you will utilize.
1. Test knowledge before educating
2. Showing pictures of skin cancer (visualization)
3. Quiz after providing information

iii. Teaching tools you will utilize
1. Tri-Fold poster (explanation)
2. Free samples from dermatology office (sunscreen)

3. Printed pamphlets to take home

5. **<u>Conclusion</u>**
    a. Summarize the main points of the paper
        i. Preventable
        ii. Has many risks
        iii. Treatment options available
    b. How does this information apply to evidence-based nursing practice?
        i. Skin assessment (examine)
        ii. Differentiate between abnormal vs normal findings of skin
        iii. Enforce safety of protective layer of the body (skin)
    c. What is the importance of this paper?
        i. Educate on resources available (treatment and skin inspection)
        ii. Protection of skin from harm
        iii. Awareness of skin cancer being diagnosed frequently (Mangione et al., 2023)

References

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