



UNIVERSITY *of*  
WEST FLORIDA

**Promoting Sun Healthy Behaviors in  
the Sunshine State to Achieving  
Clinical Learning**

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# Background

- Skin cancer – most common cancer with over 5 million diagnosed each year in the United States.
  - Northwest Florida ultraviolet indices range
    - 2-3 in December and January
    - 10+ in the summer months.
  - Melanoma rate – increased 2004-2014 in the panhandle of Florida
  - Panhandle of Florida has higher incidences than the other parts of the state.
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# Background

- CDC reports teens have rates of sunscreen use at 7-13% during more than an hour of sun exposure.
  - Teen sunburn rates ~ 33%
  - Florida school aged children spend an abundant amount of sun exposure time
    - Recess
    - Physical education classes
    - Extracurricular activities
  - Florida teens at increased life-time risk of skin cancer
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# Purpose

- To promote sun healthy behaviors to local elementary and middle school students utilizing evidence based messaging and achieve clinical course learning outcomes for pre-licensure students

- Partnered with two local elementary schools and one middle school
  - One day educational event at each school
  - Executed by 150 undergraduate students in the clinical course
  - Reinforced the school district's Vision 2020 which supports creativity, collaborative work, student-driven learning, interactive learning, and technology
  - Implemented the National Environmental Education Foundation (NEEF) *SunWise Program* to 1500 local school children
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- *SunWise Program*

- created to help educators foster healthy sun behavior and raise sun safety awareness
- provides activities which encourage students to explore, assess, and understand factors that affect their health, especially sun behaviors

- Pre-licensure nursing students:
    - Demonstrated proper sunscreen application
    - Played educational games
      - Relay race
      - Dance station
      - Frisbee station
    - Provided handouts, hats, sunscreen and lip balm to each student
    - Provided each student a magnet and a brochure describing sun healthy behaviors to be shared with family
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# ARGO SHIELD

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SHIELD THE SKIN YOU'RE IN



# Project Implementation



- Clinical learning outcomes achieved were:
    - (1) understanding and application of an ecological perspective to practice,
    - (2) incorporation of evidence-based practice to aid in health promotion,
    - (3) use of environmental factors of health to enable student to work effectively with vulnerable populations,
    - (4) integration of vital statistics and population data in planning health services in the community setting,
    - (5) identification of team strategies, both interdisciplinary and transdisciplinary, that would improve community health.
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- Unique clinical learning environment with successful achievement of student learning outcomes
  - Student reflection revealed:
    - Increased awareness and need of sun healthy behaviors
    - Resourcefulness
    - Autonomy
    - Flexibility
    - Positivity with the unique clinical experience
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- Challenges encountered during the project included:
  - Age appropriate content
  - Lack of resources
  - Adequate preparation for alternative clinical experiences



- Future recommendations for the sun healthy behavior project include:
  - A simulated practice round
  - Small rewards for students winning an activity
  - Formal nursing student job description with station rotations
  - Improved games to target ages and number of participants.





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