

Partner-Assisted Skin Self-Examination (SSE)



Prof Lois Loescher

¹University of Arizona

NHMRC Centre of Research Excellence Funding: 1099021

Here's What Sun Smart Victoria Suggests for SSE

- https://youtu.be/vCx_OGgQE38



Self skin check, a step by step guide

Video supplied courtesy of Leo Pharma.

What do you think about this procedure?

- Do you check your skin this thoroughly?
- Are you physically able to do this procedure?
- Would you need help with it?
- Do you think that you would be able to find anything suspicious?

POSITION STATEMENT

Screening and early detection of skin cancer



*** Endorsed by the Australasian College of Dermatologists**

Cancer Council Australia and the Australasian College of Dermatologists do not endorse the practice of skin checks in public places as a screening method, but recognise the value in promotional or educational activity that raises awareness of early detection or skin cancer prevention.

Recommendations

- The general public, particularly those aged 40 and over, should be encouraged to check all areas of their skin, including skin not normally exposed to the sun. Look for changes in shape, colour or size of a pigmented lesion or a new lesion regularly (every three months). Individuals should seek assistance from others to check difficult to see areas such as their back.
- Individuals who are concerned about skin cancer risk or skin changes should seek advice from a medical practitioner and discuss their skin cancer risk and need for medical checks or self-examination.
- Outdoor workers should be encouraged to regularly check their skin for suspicious spots. It is important that workers know what their skin looks like normally so changes will be noticed.

What do you think about this recommendation?

- Do you have a good idea what spots are on your skin?
- Do you examine your skin every 3 months using full body SSE?
- How do you feel about asking others to assist you with SSE?
- Have you talked to your doctor about SSE?

RECENT STUDIES OF PARTNERED SSE

Recent studies of partner-assisted SSE

- Robinson's group in the U.S. studied accuracy of detecting concerning skin lesions by SSE in patients and their partners who received SSE training vs control conditions.
- 3 in 4 of the concerning lesions identified by dyads during SSE were also identified during a follow-up dermatological exam.
- 81 biopsies performed during the study and pairs had identified 73% of the corresponding lesions during SSE.
- 3 of the 5 melanoma detected were identified during SSE

Stapleton et al. Correspondence between Pigmented Lesions Identified by Melanoma Patients Trained to Perform Partner-Assisted SSE and Dermatological Examination. *Cancer Epidemiol Biomarkers Prev* 2015; 24(8);1247–53

Recent studies of partner-assisted SSE

- Robinson's group in the U.S. examined 3 SSE training approaches: (1) in-person, (2) take-home booklet, and (3) tablet and treatment-as-usual controls in dyads of 494 patients with melanoma and their partners over 12 months. Also assessed effects on SSE of total body, easy-to-see, and difficult-to-see areas.
- No significant differences in SSE between the 3 interventions on all of the body areas
- Results for all 3 intervention conditions were significantly higher than for controls at 4- and 12-months.
- Intervention dyads examined significantly more body areas.

Turrisi et al. Comparison of Efficacy of Differing Partner-Assisted Skin Examination Interventions for Melanoma Patients A Randomized Clinical Trial. *JAMA Dermatol.* 2015;151(9):945-951.

Recent studies of partner-assisted SSE

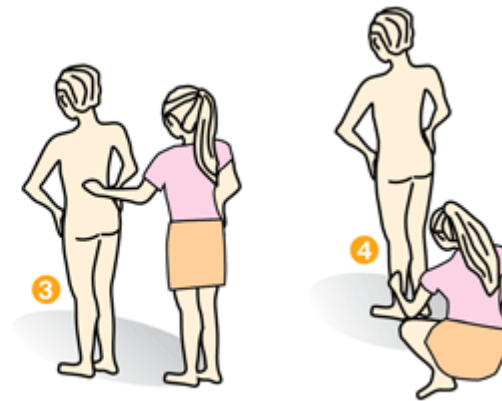
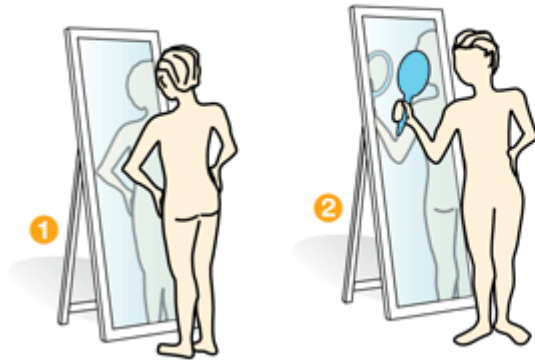
- Berwick's group in the U.S. evaluated the effect of SSE on melanoma mortality, estimating the survival for individuals performing SSE compared with those who did not.
- 45% of patients died (48.4% of melanoma).
- Non-SSE performers had a continuous increase in the risk of melanoma death for nearly 20 years postdiagnosis; melanoma deaths in SSE performers plateaued before 10 years postdiagnosis.
- 25% lower risk of melanoma death for SSE performers.

What do you think about partner-assisted SSE?

- Do you think it's important?
- So these results convince you to do partner-assisted SSE?
- Would having a partner make the SSE process easier?
- Do you have a partner who could help you with this?

What do you think might work better for SSE than anything you've seen in this presentation?

Diagrams 1-2 are examples of a person using a full length mirror and hand-held mirror to check their own skin.



Diagrams 3-4 are examples of two people checking skin.