

Logic Model

Outcomes

- Patients with increased knowledge on sun protection and UV rays
- Patients with higher engagement with UV protection

Outputs

- 90 articles of UPF 50+ sun protective gear distributed
- Parents displayed positive attitudes towards use of protective UPF gear
- Traveled to three rural communities, delivering our comprehensive day-long skin cancer awareness program

Activities

- Gifted sun protective gear and educational pamphlet to parents with children under the age of two at the UAB Primary Care Clinic
- Educated parents on sun protection and skin cancer

Inputs

- Sun safety for babies educational pamphlet
- UPF protective gear - baby sun blanket and sun hat
- Collaborated with the UAB pediatric department staff

Introduction

Infant and toddler skin, despite its delicate nature, remains a relatively unexplored frontier in understanding its responses to Ultraviolet Radiation (UVR) exposure. Research indicates that the skin's barrier protection remains immature throughout the first two years of life, and evidence suggests that UVR-induced changes may commence as early as the initial summer months. This lack of understanding underscores the critical need for heightened sun protection measures for young children. Research reveals that just one blistering sunburn during childhood can more than double the risk of melanoma later in life. Given that young skin is thinner, more delicate, and produces less melanin - the pigment responsible for skin protection - parents must be particularly vigilant in safeguarding their children from harmful UV rays. The repercussions of excess sun exposure during infancy extend far beyond immediate effects, with significant implications for long-term health outcomes including heightened rates of skin cancer, hypopigmentation and hyperpigmentation.



1st Shipment of UPF Protective Gear!

Impact

Throughout the 2023-2024 fellowship, our initiatives centered on raising awareness about skin cancer and promoting sun safety for babies. The first half of our project focused on skin cancer awareness with outdoor workers and enthusiasts, addressing their heightened exposure to harmful UV rays. These tailored presentations elucidated essential preventive measures and early detection signs, empowering attendees to prioritize their skin health and seek timely medical intervention when warranted. Transitioning to the latter part of the fellowship, we collaborated with the UAB Primary Care Clinic to implement our sun safety program for babies. This program concentrated on educating parents about the adverse effects of excessive sun exposure on infants. Additionally, we provided parents with UPF 50+ baby sun blankets and hats to mitigate UV exposure risks. Notably, both endeavors deliberately targeted communities with limited access to healthcare resources and insufficient knowledge regarding sun safety practices, thus aiming to bridge these gaps and promote equitable health education and protection.

Critical Assessment

Despite initial hurdles, including difficulties in finding a site partner and reaching our target audience, we adapted our project to collaborate with the UAB Primary Care Clinic. Constant communication with staff facilitated efficient distribution of sun protective gear and increased patient outreach. This underscored the significance of multidisciplinary teamwork in healthcare settings. Our fellowship has provided invaluable insights into the complexities of community service projects, enhancing our understanding of community engagement, humility, and leadership in healthcare. Despite deviations from our original plan, we successfully educated others on sun protection and skin cancer. This experience has reinforced our commitment to serving our community as future physicians.



A morning at the Primary Care Clinic!

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