F009 - You Can Do Community Outreach to Underserved Children and Teens with the AAD's "Good Skin Knowledge" Program

Dr. Susan Boiko, Katie A. O'Connell, Vanessa L. Ramos

Disclosures: The authors do not have any relevant relationships with industry
Introductions

Dr. Susan Boiko, MD, FAAP, FAAD
- Physician advisor for the AAD's Good Skin Knowledge Community Outreach Program
- Rady Children's Hospital-San Diego
- schwartzboiko@gmail.com
Introductions

Katie A. O'Connell, MS
- Co-founder of the AAD's Good Skin Knowledge Community Outreach Program
- Eastern Virginia Medical School
- OconneK@evms.edu
How It All Started
How It All Started
Introductions

Vanessa L. Ramos, BS

- Co-founder of the AAD's Good Skin Knowledge Community Outreach Program
- Eastern Virginia Medical School
- Ramosvl@evms.edu
Why?

• Promote healthy skin habits, build self-confidence, and reduce stigma surrounding common skin conditions
• Provide an opportunity for children to become interested in medicine and STEM-related careers
• Allow medical students to improve their leadership, teaching, and communication skills, while also connecting with their communities.
The Expansion of the GSK Program
Casey Schukow
- Fourth year medical student at Michigan State University College of Osteopathic Medicine

Quote: “From someone who has struggled with my own appearance for many years, I know this project impacted the campers to embrace, not make fun of, the intricacies of their and others’ skin!”
Lesson 1: Skin Health
Objectives

*Participants should be able to:*

1. Understand and identify the three layers of the skin: Epidermis, Dermis, and Subcutaneous Fat.
2. Be able to explain at least two different functions of each layer of the skin.
3. Identify three ways to take care of skin.
4. Create a skin model using styrofoam blocks & basic arts and crafts supplies.
Materials

Interactive Activity

- Paint, glue sticks, & scissors
- Styrofoam block: skin layers
- Pipe cleaners: blood vessels
- Cotton balls: adipose tissue
- Sequins: moles, freckles, scars
- Foam sticker shapes, buttons, pom/poms: glands
- Wooden craft sticks: hair follicles
Our Skin

Introduction to Skin Health Handout

What does each layer do, you ask?

**EPIDERMIS**
1. **Cell Factory**: Makes new cells after old ones flake off.
2. **Paint Shop**: Makes melanin, which is what gives skin its color.
3. **Body Guard**: Has special cells that help keep you healthy.

**DERMIS**
1. **Sweat Machine**: It has sweat glands, which are like pockets that make sweat. The sweat comes out through your pores, keeping you cool and getting rid of bad stuff.
2. **Messenger**: There are nerve endings that message your brain so you know how something feels, like if it hurts or is too hot.
3. **Garden**: This is where the roots of your hair are located and where they grow from.
4. **Oil Shop**: Glands in the dermis create oil that keep your skin soft, smooth, and waterproof.
5. **Importer/Exporter**: Blood comes into the dermis and feeds your skin (import) and takes away the bad stuff from it through blood vessels (export).

**SUBCUTANEOUS FAT**
1. **Glue**: A special layer of tissue here connects the dermis to your bones and muscle.
2. **Thermometer**: This layer helps keep your body from getting too warm or too cold.
3. **Storage**: Fat is stored to protect your muscles and bones from bumps and bangs.
Interactive Activity - Build Skin Model

- Facilitators and learners will build a skin model using basic arts and craft supplies.
Interactive Activity - Build Skin Model

Step 1: Use paint to delineate the 3 layers of the skin on the styrofoam blocks
Interactive Activity - Build Skin Model

Subcutaneous Fat Layer

- Step 2: Apply white cotton balls using glue to the bottom layer to demonstrate adipose tissue
Interactive Activity - Build Skin Model

**Dermis**

- Step 3: Apply pipe cleaner to the middle layer to demonstrate blood vessels and nerves.
- Step 4: Use foam sticker shapes, buttons, or pom poms to illustrate the glands.
Interactive Activity - Build Skin Model

Epidermis

- Step 5: Use colorful matchsticks or pipe cleaners to demonstrate hair follicles emerging from the epidermis
- Step 6: Apply sequins to the top layer to illustrate the different moles, freckles, and scars people may have on their skin
Lesson 2: Acne
Objectives

Participants should be able to:

1. Provide a basic explanation of how pimples are formed
2. Understand the three main components of a pimple
3. Name at least two types of pimples
4. Understand & discuss the emotional aspects of acne
Materials

Pimple recipe

- **Pore:** Drain Protector
- **Oil:** Vaseline
- **Bacteria/debris:** Sand
- **Face wash:** Soap
- **Water bottle**
- **Bowl**
- **Sponge**
Interactive Activity: Build A Pimple

Step 1: Ask troop to follow along with “Pimple Recipe” handout

Step 2: Explain the drain protector will serves as a pore. Demonstrate how easily water can flow through the pore when it is not clogged.

Step 3: Explain that oil synthesis increases during puberty. Slather the drain protector with vaseline covering each hole.
Interactive Activity: Build A Pimple

**Step 4:** Describe how when the oil plugs up the pore, it creates the perfect environment for bacteria. Add sand to the drain protector.

**Step 5:** Demonstrate that the pore is now clogged creating a pimple. Try to pour water through.
Step 6: Try to wash out the drain protector with soap and water. Holes should still be clogged with oil. Demonstrate water still cannot flow easily through the pore. Though washing helped cleaned it out & is important, it cannot always prevent pimples.
Lesson 3: Healthy Sun Habits
Objectives

Participants should be able to:

1. Understand and state at least two ways to protect their skin from the sun.
2. Explain what two different items on a sunscreen label mean.
3. Understand the importance of daily sun protection.
Decoding Sunscreen Labels

Healthy Skin Habits: Protection & Sunscreen Handout

AAD

Brand X Sunscreen

Broad Spectrum

SPF 30

water resistant
(40 minutes)

SPF: ____________________________

Broad spectrum: ____________________________

Skin Cancer/Skin Aging Alert: ____________________________

Water resistant for up to 40 or 80 minutes: ____________________________
Interactive Activity

- UV beads +/- regular beads
- Bracelet string
- Scotch tape
Interactive Activity
Lesson 4: Plants and Bugs
Objectives

Participants should be able to:

1. Understand identifying features of poison ivy and poison oak
2. Understand identifying features of dangerous spiders (black widow & brown recluse)
3. Understand what to do in the case of exposure to dangerous plants and bugs.

*Bonus: Add in relevant plants and bugs to your geographic region*
Poison Ivy & Oak Prevention

How can I prevent a rash?

PLASTIC BAGS ARE YOUR FRIENDS
Use plastic or heavy shopping bags to pull plants from the soil, replacing the bags with the pulling of each plant. Plastic bags can also be used to cover arms for additional protection during the removal process.

GET TO THE ROOT
Any lingering shoots or seedlings can be killed with white vinegar.

COVER UP
Keep skin as covered as possible to avoid any potential contact. Wear long-sleeved shirts and pants.

RINSE, RINSE, RINSE
After removal or exposure to poison ivy, rinse any exposed skin with water immediately (avoid soap or harsh scrubbing), and wash clothes immediately.

APPLY AN IVY BLOCKER TO YOUR SKIN
If you know you'll be in an area with lots of underbrush, this can give you an extra layer of protection. It's meant to be used along with long pants, gloves, and other clothing. You'll find these non-prescription products online and in stores.

Tips to Avoid Bug Bites

COVER UP
If you're outdoors in places where there is a lot of insects and bugs, especially ticks, try bugs that stick to your skin and suck your blood. Wear long dresses, long pants and long socks. Wear boots, if you know there, and tuck your pants into them, your socks or your shoes.

CHECK YOUR SKIN
When you go inside, check your skin for ticks, including in your underarms, under your arms, in and around your ears, in and around your belly button, at the back of your knees, between your legs and around your waist.

STAY AWAY FROM BUGGY AREAS
Keep away from insect habitats, like flowers, trees, bushes, and piles of wood. If you hike or camp in the woods, stay on the path or in clearings, and try not to brush up against the trees and other plants.

SCREEN THEM OUT
Keep the windows closed in your car and house, or use window screen on your doors to keep the insects out.

DON'T PANIC
If one bug bites you, it doesn't mean all of them will. If you use insect repellent, your skin will scare them away. This will scare them and they might decide to attack you.

DON'T SMELL TOO GOOD
Insects don't just like the smell of food, they also come minute or flying when they smell perfumes, lotions, and creams. Be sure to use sunscreen that doesn't smell good to insects.

DON'T INVITE THEM FOR DINNER
Don't eat or drink near bugs. If you're having a backyard or picnic, cover up the food. Insects eat food, especially when the food is sweet.

LEAVE THEIR HOME ALONE
Never poke a stick or throw anything at a wasp or honey bee. If you find a nest on the ground, don't touch it. If you do, the insects will attack. If you see a nest's nest or spiders' webs near your home or yard, tell your insect, deal or another adult so they can get rid of them.
Interactive Quiz

Materials:
• Kahoot!
• Jeopardy
• Zoom Polling
• PowerPoint
QUIZ TIME!
What is the oily substance in poison ivy that can cause your skin to become itchy?

A. Urushiol
B. Sumac
C. Oak
D. Poison ivy
What is shown in this photo?

A. Sumac
B. Poison oak
C. Poison ivy
What is shown in this photo?

A. Sumac
B. Poison oak
C. Poison ivy
A poison ivy rash appears as a:

A. Circular rash
B. Donut shaped rash
C. Straight line or streaks
D. Red bumps all over the body
What caused the rash in this photo?

A. A wasp
B. Brown Recluse Spider
C. Deer tick
D. American Dog or wood tick
To remove a bee or wasp sting, you should use ____ to remove it.

A. A straight, hard surface  
B. Your fingers  
C. A sterile needle  
D. Tweezers
Which is not associated with black widows?

A. Like cold, dark places
B. Orange or red belly
C. Pesticides will kill it
D. Eat insects
Future Directions

- Use additional lesson plans from the AAD’s GSK webpage with new interactive activities
- Expand GSK to include Skin of Color content
- Work with the Girl Scouts to eventually create a badge for completing the program
- Target programs and youth in underserved populations
- Translate lessons plans to other languages to reach wide variety of populations
- To include participation with dermatologists in GSK teaching sessions along side medical students
Calling All Community Leaders!

Looking for a way to engage kids AND have fun? Teach them about Good Skin Knowledge.

Supported by the American Academy of Dermatology, we are offering four, one-hour virtual sessions covering four topics:

- The Skin
- Acne
- Sun Safety
- Bugs and Plants

What is Provided:
- Medical students will teach kids ages 8-13 based on AAD materials
- Free crafts and handouts for each participant
- Education and fun

What You Need to Do:
- Confirm and book date with medical student
- Distribute crafts and handouts to your group ahead of time
- Make sure the participants have internet access
- Attend the virtual session with your group
- Help collect photo release forms of group for publication

Calling All Girl Scout Troops!

Looking for a way to engage your troops online AND have fun? Let us teach your troops about Good Skin Knowledge.

Supported by the American Academy of Dermatology, we are offering four, one-hour virtual sessions covering four topics:

- The Skin
- Acne
- Sun Safety
- Bugs and Plants

What is Provided:
- Medical students will teach the troop based on AAD materials
- Free crafts and handouts for each member of your troop
- Education and fun

What You Need to Do:
- Confirm and book date with medical student
- Distribute crafts and handouts to your troop ahead of time
- Make sure troop has internet access
- Attend the virtual session with the troop
- Help collect photo release forms of troop for publication
Thank You to Our Sponsors

[AAD Logo]

[CareCredit Logo]
Making care possible...today.

[Ortho Dermatologics Logo]

[DERMSTORE Logo]
Thank You to Katherine van den Bogert and Soquel Rey
Questions?