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The Utility of Complete Skin Examinations

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Et al.

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The Utility of Complete Skin Examinations

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Introduction

• Complete skin exams (CSE’s) are frequently performed by dermatologists
• U.S. Preventive Forces Task Force does not currently recommend routine CSE’s
• Many primary care physicians do not regularly perform CSE’s
Introduction (continued)

• Current literature focuses on benefits of early detection of cutaneous neoplasms

• Multiple barriers to universal use
  – Time constraints
  – Lack of emphasis on CSE’s during training
Goal of CSE’s

• Decrease morbidity, mortality, and costs
• Early detection of malignant melanoma, squamous cell and basal cell carcinomas, and pre-malignancies
• Melanomas are most worrisome and the 5-year survival rate for those with a thickness of < 0.76 mm is 98%
Malignant Melanoma
Squamous Cell Carcinoma
Basal Cell Carcinoma
Actinic keratosis
Dysplastic nevus
Objectives

- Perform CSE’s on all new patients
- Determine number of patients with dermatologist-detected lesions
- Determine number of dermatologist-detected consequential lesions defined as pre-malignant or malignant lesions
Methods

• New patients presenting to UMass Medical Center dermatology clinic from 10/2009 – 3/2010

• Varying ages, ethnicities, and sex

• Patients noted lesions of concern on a survey
Methods
(continued)

• CSE performed on every patient
• Lesions noted by patient documented and treated appropriately
• Dermatologist-detected lesions documented and treated appropriately
Results

Patients with dermatologist-detected lesions

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Patients with lesions</td>
<td>10</td>
</tr>
<tr>
<td>Total Pts enrolled</td>
<td>53</td>
</tr>
<tr>
<td>Percent detected</td>
<td>18.87 %</td>
</tr>
</tbody>
</table>
Patients with dermatologist detected lesions

Total Patients

- Patients with dermatologist detected lesions: 10
- Total Patients: 53
Age Breakdown

- Adult patients: 50
- Children: 3

Legend:
- Adult patients
- Children
Gender Breakdown

Total females: 35
Total males: 18
Lesion Detection by Gender

| Females with Detected Lesions                  | 5 |
| % of Total Females                           | 14.29% |
| Males with Detected Lesions                  | 5 |
| % of Total Males                            | 27.78% |
Dermatologist-detected Consequential Lesions

<table>
<thead>
<tr>
<th>Patients with Consequential Lesions</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Patients</td>
<td>53</td>
</tr>
<tr>
<td>Percent of Total</td>
<td>9.43%</td>
</tr>
</tbody>
</table>
# Consequential Lesions

<table>
<thead>
<tr>
<th>Lesion Type</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-malignant/malignant Lesions</td>
<td>8</td>
</tr>
<tr>
<td>Total Lesions Detected</td>
<td>14</td>
</tr>
<tr>
<td>% Consequential of those Detected</td>
<td>57.14%</td>
</tr>
</tbody>
</table>
Patients with Consequential Lesions

Total Patients

Number of Patients

5

53
### Premalignant Lesions

<table>
<thead>
<tr>
<th>Premalignant Lesions</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>% of Total Detected</td>
<td>42.86%</td>
</tr>
<tr>
<td>Clinical Diagnosis</td>
<td>3 (50%)</td>
</tr>
<tr>
<td>Pathologic Diagnosis</td>
<td>3 (50%)</td>
</tr>
</tbody>
</table>
## Malignant Lesions

<table>
<thead>
<tr>
<th>Malignant Lesions</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>% of Total Detected</td>
<td>14.29%</td>
</tr>
<tr>
<td>Clinical Diagnosis</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>Pathologic Diagnosis</td>
<td>2 (100%)</td>
</tr>
<tr>
<td>Condition</td>
<td>Count</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>Malignant Melanoma</td>
<td>0</td>
</tr>
<tr>
<td>Squamous Cell Carcinoma</td>
<td>0</td>
</tr>
<tr>
<td>Basal Cell Carcinoma</td>
<td>2</td>
</tr>
<tr>
<td>Actinic Keratosis</td>
<td>4</td>
</tr>
<tr>
<td>Dysplastic Nevus</td>
<td>2</td>
</tr>
</tbody>
</table>
Consequential lesion

- Malignant melanoma
- Squamous cell carcinoma
- Basal carcinoma
- Actinic keratosis
- Dysplastic nevus
Discussion

• Focus on consequential premalignant & malignant lesions
• Goal to decrease morbidity & mortality
• One patient worked up for possible neurofibromatosis
• No statistical significance with detection of lesions based on gender
• Presence of limitations
Limitations

• Small patient population surveyed
• Surveys not used in all clinics
• Small number of children included
• Twice as many females as males
• No breakdown based on Fitzpatrick skin type
Conclusion

• Pilot study
• CSE detected consequential lesions in 9.4% of population surveyed
• Clinically significant results
• No statistical significance secondary to small population size
• Future large-scale study will include more children and adults of all ages, ethnicities, and gender
References


Acknowledgements

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• Thank you to Judy Savageau for her assistance with the statistics calculations