



Understanding



Skills Objectives

- Employ active listening skills
- Assess the client's risk factors
- Set realistic goals for the outcome of Helping conversations
- Recognize lesions suspicious for skin cancer



Menu Notes

- Understanding [Recovered]
- Understanding
- Understanding
- Knowledge Objectives
- Skills Objectives**
- Motivators and Barriers
- Motivators
- Barriers
- Barriers
- Intentional Tanning
- Myths
- Myths
- Motivators
- Motivators + Barriers = Ambiva...
- Assessing Readiness
- Assessing Readiness
- Assessing Readiness
- Assessing Readiness

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Understanding



Motivators



Aesthetics (do not enjoy tan lines, sun burns, or freckles)

Personal health

Education/ personal knowledge about dangers of UVR

Friends/family with history of skin cancer



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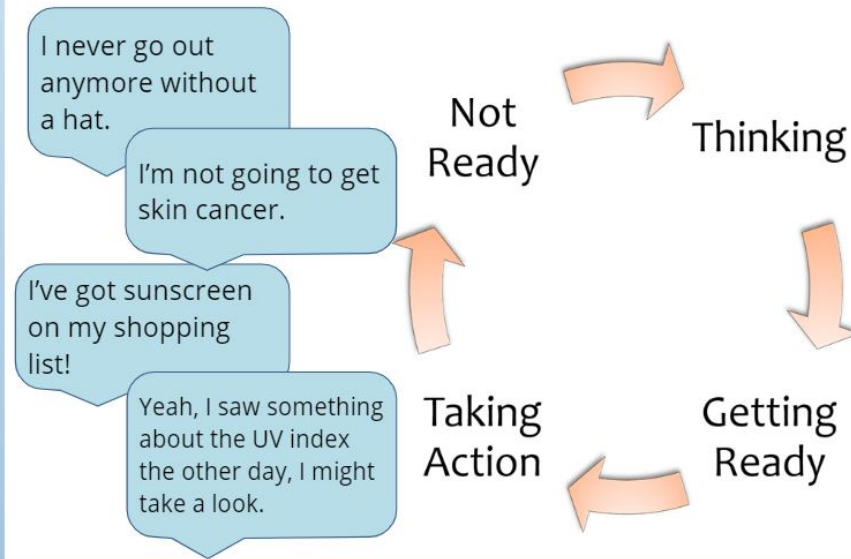
PREV NEXT



- Menu
- Notes
- Motivators
- Barriers
- Barriers
- Intentional Tanning
- Myths
- Myths
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- Assessing Readiness
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- Assessing Readiness
- Assessing Readiness
- Assessing Willingness
- Stages of Readiness Activity**
- Set Realistic Goals
- Conversation Outcomes
- Communication

Understanding

Stages of Readiness Activity



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- Menu
- Notes
- Assessing Readiness
- Assessing Readiness
- Assessing Readiness
- Assessing Willingness
- Stages of Readiness Activity
- Set Realistic Goals
- Conversation Outcomes
- Communication
- Communication: Active Listening
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- Communication
- Video
- Assessing Client Risk Factors**
- No Perfect Conversation
- Video
- References
- Finish

Understanding

Assessing Client Risk Factors

- Skin propensity to sunburn
- Race/ethnicity
- UVR exposure (intermittent and cumulative)
- Family history
- Personal history of skin cancer
- Phenotype (light eyes, hair, skin)
- Lesions suspicious for skin cancer

Fitzpatrick Skin Types

- Type I:** White skin, always burns, never tans 
- Type II:** White skin, usually burns, tans less than average (with difficulty) 
- Type III:** White skin, sometimes mild burns, tans about average 
- Type IV:** Light brown skin, rarely burns, tans more than average (with ease) 
- Type V:** Brown skin, rarely burns, tans deeply 
- Type VI:** Black skin, never burns, tans deeply 

(SCF, 2016)

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