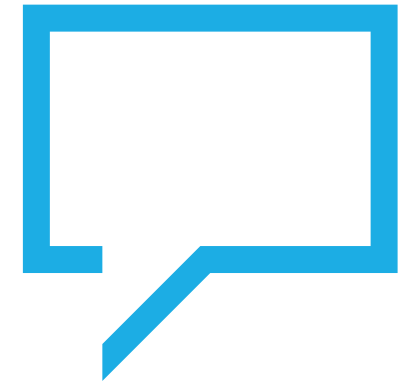




HOW TO PERFORM A SKIN EXAM



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DISCLOSURES

We have no relevant disclosures.

There is no discussion of off label medication use.

WHAT IS THE PURPOSE OF A SKIN EXAM?

1. To complete a head-to-toe assessment identifying any potentially harmful lesions such skin cancer
2. To reveal hidden clues to a diagnosis
3. To educate the patient on sun protective measures
 - Broad spectrum sunscreen 30 SPF and above
 - Sun avoidance during peak hours (10 to 2)
 - Advise sun protective clothing including long sleeves and hats

COMMON INDICATIONS FOR A SKIN EXAM

1. Personal history of skin cancer

2. History of significant sun exposure including current or past tanning bed use

3. Patients who are immunosuppressed (solid organ recipients, patients on biologics, etc.)

4. Increased risk for melanoma including

- Two first degree relatives with melanoma
- Over 100 nevi (moles)
- Fair complexion (red hair, blonde hair, blue eyes)

5. Patient with a skin concern

6. Prior diagnosis of a skin disease requiring maintenance

OBTAINING A PATIENT HISTORY

- *Chief complaint*
- *History of present illness (HPI)*
- *Past medical history (PMH)*
- *Medications*
- *Allergies*
- *Family history*
- *Health-related behaviors*
- *Social history*
- *Review of systems*

Does the patient have a personal history of skin cancer?

Does the patient have a family history of skin cancer in first degree relatives (parents, siblings, children)?

Do they have a history of organ transplant?

Is the patient on immunosuppressive medications?

RED FLAG SYMPTOMS FOR SKIN GROWTHS



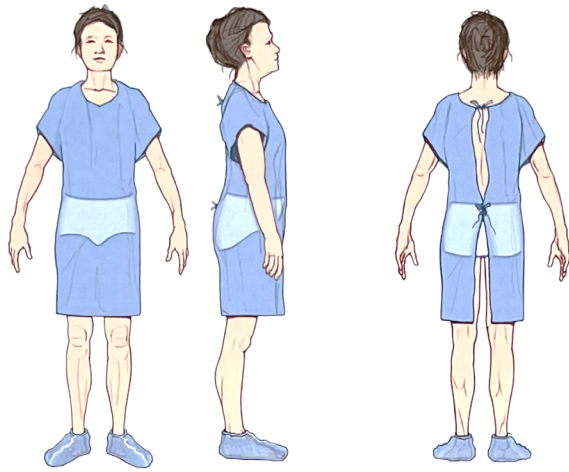
How long has it been present?

Days?
Weeks?
Months?
Years?



Has it changed?

Growing?
Color?
Tender or painful?
Itching?
Bleeding?



Keep undergarments on

- Bra optional
- Tie gown in back
- Remove socks

Déjese la ropa interior puesta

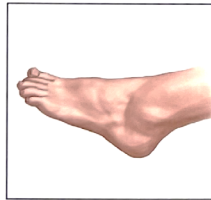
- El sostén es opcional
- Átese la bata a la espalda
- Quítese los calcetines

- لا تخلع الملابس الداخلية
- يمكن الاحتفاظ بحمالة الصدر أو نزعها
- اربط الرداء من الخلف
- انزع الجوارب

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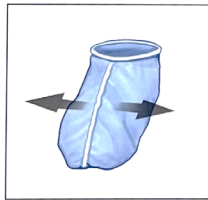
GOWNING

- You can only diagnose what you see
- Ask the patient to undress to their undergarments and put on a gown
- Offer to step out of the room while the patient changes or ask rooming staff to place the patient in a gown prior to their appointment time
- Take off glasses, mask. OK to leave on hearing-aids, watches and jewelry



Remove socks

Quítese los calcetines



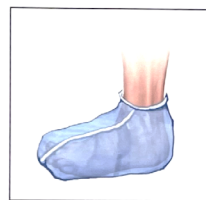
Open up foot covers

Abra los protectores para los pies



Insert bare foot into hole

Introduzca los pies descalzos por el agujero



Pull up around ankle

Tire de ellos hasta acomodarlos alrededor del tobillo

LIGHTING

- Adequate lighting is essential
- Natural light is best
- High-intensity incandescent light
- A handheld flashlight is helpful to detect skin atrophy, distinguish flat from raised lesions with side lighting, and to help to assess if lesions are fluid filled or solid
- Dermatoscopes can be used in a similar fashion as a flashlight



PHOTO COURTESY OF: RICHARD P. USATINE, MD

TOOLS

Ruler

- Measure lesions accurately if monitoring or prior to obtaining a skin biopsy

Skin marker

- The provider should mark each biopsy site with a marking pen prior to obtaining a skin biopsy

Magnifying glass

- Helps see small details in the skin

Dermatoscope

- Help evaluate specific patterns in benign and cancerous skin lesion
- Can be used to photograph lesions in detail for monitoring or reviewing later
- Requires additional training to become proficient

Hand Mirror

- Allows patients to see what you have marked
- Patients can identify sites of concern



CLINICAL PHOTOGRAPHS

Consider for patients who

- Have a history of malignant melanoma
- Have >100 of nevi
- You see regularly for monitoring purposes

Tips:

- Have the patient remind you that photographs have been taken
- No need for dermatoscopic photos if just monitoring
- White background works best for photographs

SKIN CHECK PRO-TIPS

Consistency is key!

Have the patient close their eyes to examine eyelids

Spot on the scalp?
Have the patient find it first

Anything in the groin area?

Have the patient take off their own socks

Ask as you go – anything changing, bleeding, hurting?

PERFORMING THE SKIN EXAM

The exam should be complete and systematic

- Consistency is key
- Consider a limited exam if the patient's chief complaint is another concern

DEMONSTRATION
