

Patient Information Leaflet: What to expect from your GP practice appointment for your skin problem.

Information about your appointment with your General Practitioner (GP) or Advanced Nurse Practitioner for the assessment of your skin problem and what to expect.



Information about your skin consultation at your GP practice.

Your GP practice is using new digital technology to help analyse your skin lesion.

This will better assess the moles, freckles, spots, skin lesions or other area(s) of concern. It will help decide if they can be treated by the GP practice or if you need to

be referred to hospital for further tests and investigation.

The GP will use a digital imaging technology provided by Skin Analytics Ltd to help analyse skin problems. This is suitable for patients over the age of 18 years and can assess up to three areas of skin.

Not all skin problems are appropriate for this type of assessment, for example those obscured by hair, or on genitals. You will be told if this is the case by your healthcare professional before the assessment is carried out.

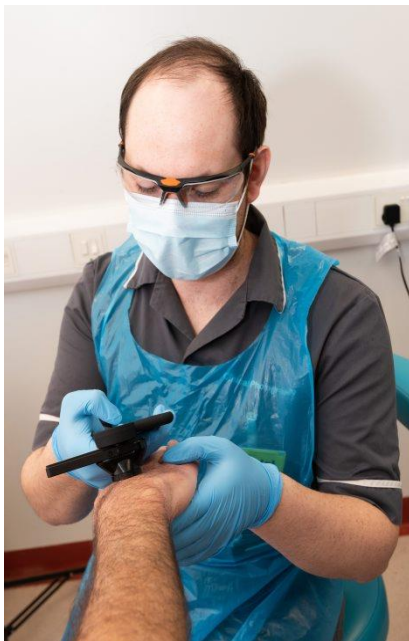
This service is not able to assess rashes or other skin conditions such as eczema, acne or psoriasis.

What will happen at your GP practice appointment?

Your GP or Nurse will answer any questions you have before they start examining your skin. They will take your Medical Consent to be assessed using Skin Analytics' system. If you do not want to be assessed in this way your GP will assess your skin lesion visually only.

They will then ask about your medical history, and questions specific to the skin problem(s) being assessed.

Your GP or Nurse will examine the area of the skin and may place a dermatoscope on your skin. This is a handheld instrument, a bit like a magnifying glass. It lets them see the skin area in 10 times as much detail. It will not hurt or affect your skin.



If you have consented for your GP or Nurse to assess the skin with Skin Analytics' system, then the area of your skin being assessed will then be photographed. This will be done on a smartphone that is owned by the GP practice and used just for these assessments.

The photograph of your skin lesion will be transferred electronically and securely (encrypted) to a company called Skin Analytics. The images will be reviewed by a consultant dermatologist, who will provide a report to the practice within two working days to guide them on the appropriate next steps for your case. Practice staff will explain how they will get in touch with you about the Consultant's report.

Using your personal data

To carry out your skin assessment, your medical history and images of your skin problem are securely stored, together with standard identification information such as your name, date of birth and NHS number. This ensures the assessment report is filed safely and accurately.

The assessment report will be available for your GP Practice to use appropriately in any further care you might need.

The assessment might be reviewed for quality assurance purposes by Skin Analytics or other authorised bodies. This data might include information collected during the assessment and any subsequent diagnoses relating to the area of skin assessed.



Your GP or Nurse will also ask for your optional consent for your data to be used for research purposes to improve the Skin Analytics Artificial Intelligence service. Where possible this data will be anonymised or pseudonymised and no identifiable data will be published without your additional explicit consent. You can say no to your data being used in this way.

Read more about how your data is used and your data privacy rights in Skin Analytics' privacy policy at <https://skin-analytics.com/privacy/>.

Feedback

The CCG would love to hear any feedback that you have on this service. To complete the questionnaire please [click here](#) or type this address in your internet browser:

<https://forms.office.com/Pages/ResponsePage.aspx?id=GBZ3tWawOUiPYW3o0yKrluf65WKfp4BOvtLFX4Fyw0tUM0IxVjdFSFIPVUQ4Uk8yMjFGSUJHMIRGVC4u&wdLOR=c388E5D88-F9CE-42B9-96D2-CEE3BDE1FA7F>

You can also complete feedback by scanning the QR code on your iPhone or Android device (some smartphone will require you to download the app).



General skincare advice

When to worry about a mole

It is important to check your skin regularly for any changes. You might want to ask a family member or a friend to examine your back or other areas that are difficult to see yourself.

Follow the five ABCDE rules – listed below. If you notice any changes or are concerned about a mole or a patch of skin, contact your GP practice as soon as possible.

- **A**symmetry - the two halves of the area might be different shapes.
- **B**order - edges of the area might be irregular, blurred or notched.
- **C**olour - the colour might be uneven.
- **D**iameter - report any mole larger than 6mm or a change in size or shape.
- **E**xpert - if in doubt, check it out!

How to reduce your risk of skin cancer

It is known that unprotected exposure to UV radiation can increase your risk of skin cancer. So, it is important to be careful in the sun.

Follow these sun safety tips from the British Association of Dermatologists:

- Protect your skin with adequate clothing, wear a hat that protects your face, neck and ears, and a pair of UV protective sunglasses.
- Do you have fair skin or many moles? Choose sun protective clothing made from permanently sun-protective fabric, there are ranges for adults and children.
- Spend time in the shade between 11am and 3pm when it is sunny. Step out of the sun before your skin has a chance to redden or burn.
- When choosing a sunscreen, look for a high protection SPF (current recommendations are SPR 50 or 50+) to protect against UVB, and the UVA circle logo and/or 4 or 5 UVA stars to protect against UVA. Apply plenty of sunscreen 15 to 30 minutes before going out in the sun and reapply it every two hours and straight after swimming and towel-drying.
- Keep babies and young children out of direct sunlight.
- Sunscreens are not an alternative to clothing and shade, rather they offer additional protection. No sunscreen will provide 100% protection.
- Do not use sunbeds.