



## AMERICAN SOCIETY OF PLASTIC SURGICAL NURSES

### *Introduction*

The American Society of Plastic Surgical Nurses advocates discouraging the practice of indoor tanning and promotes the development of legislation banning indoor tanning. There is a link between ultraviolet radiation (UVR) exposure and skin cancer (Lushniak, 2014); the majority of skin cancer cases can be prevented if UVR exposure is minimized (Mays & Kraemer, 2015). Skin cancer has been identified as the most common malignant disease in the United States (Mays & Kraemer, 2015). It affects patients and their families physically, psychologically, and financially. Its impact is also felt on a national level, with treatment costs greater than \$8 billion (Lushniak, 2014). In 2014, the Surgeon General cited the increasing rates of skin cancer as “a serious public health concern we cannot ignore” (Lushniak, 2014, p. v).

### *Rationale*

Discouraging the unnecessary exposure to UVR through indoor tanning is consistent with the mission of the American Society of Plastic Surgical Nurses. As plastic surgical nurses, we are in the position to utilize evidence-based practice that promotes healthy lifestyle choices and prevents the development of diseases such as skin cancer. Because skin cancer represents the most commonly diagnosed cancer in the United States, despite the fact that most cases of skin cancer can be prevented (Lushniak, 2014), the message of avoiding indoor tanning and promoting legislation that supports these measures is strongly advocated by this organization.

### *American Society of Plastic Surgical Nurses Recommendations*

- The plastic surgical nurse should educate the patient about the harmful consequences of UVR exposure and ways to prevent it (Driscoll & Darcy, 2015).
- In addition to reducing the unavoidable UVR exposure from the sun with the use of a broad-spectrum sunscreen (ASPSN, 2014), individuals should not voluntarily expose themselves to additional UVR via indoor tanning (Lushniak, 2014).
- The plastic surgical nurse should advocate for a public health campaign that includes education on the link between UVR exposure from indoor tanning and the development of skin cancer (The Dermatology Nurses’ Association (DNA), 2011).
- Knowing that UVR overexposure during youth “is a major risk factor for skin cancer in adulthood” (Maguire-Eisen, 2013, p. 206) and that current indoor tanning restrictions

vary from state to state with regard to severity and enforcement (Watson et al., 2013), the plastic surgical nurse should advocate for legislation that supports a universal policy to protect minors from indoor tanning and its dangers (Driscoll & Darcy, 2015).

- The plastic surgical nurse should collaborate with nurses from other specialties, including dermatology, pediatrics, and oncology, to promote skin cancer prevention through increased awareness of the dangers of indoor tanning (DNA, 2011).
- The plastic surgical nurse should collaborate with other healthcare professionals to promote skin cancer prevention through increased awareness of the dangers of indoor tanning (DNA, 2011).

## *References*

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