

Dermatologic Education in Under-Resourced Communities: A Collaboration With A Non-Profit and a Student-Run Free Health Clinic

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INTRODUCTION

Medical student-run free clinics (SRFC) are prevalent in medical schools, with 208 sites reported from 84 institutions in 2014.¹ SRFCs historically emphasize primary care services and serve under-resourced populations. Data are scarce concerning SRFCs delivering specialized care, like dermatology. An SRFC in Lubbock, Texas hosts a Dermatology Night using grant funding to treat various dermatologic conditions.² Another SRFC engaged a street-based approach for dermatologic care in the unsheltered homeless population.³ In resource-constrained SRFC sites, community-based patient education improves health outcomes.^{4,5} We report the collaboration of our SRFC, Health Outreach to Youth and Adults Clinic (HOYA), with Community Skinterventions (CS), a student-run nonprofit organization focused on dermatologic care.

MATERIALS AND METHODS

HOYA Clinic is a primary care-focused SRFC at Georgetown University School of Medicine. CS is a student-run nonprofit offering dermatology education and skincare products to underserved communities. CS partnered with HOYA Clinic at 3 community health fairs (July 2022 to April 2023) for dermatologic education and product distribution. Educational goals, guided by a board-certified dermatologist, included:

1. Providing information on the prevention of skin cancer using sunscreen, protective clothing, sun avoidance during high UV index hours, and monitoring of skin changes.
2. Debunking sun safety myths.
3. Educating on the "ABCDEs" of skin cancer.
4. Emphasizing the "red flags" or "warning signs" of skin lesions that should prompt attendees to see a physician.
5. Sharing images of melanoma presentation in light and dark skin tones.
6. Using popular culture to help drive home the idea that anyone can get skin cancer including Skin of Color populations.

7. Providing information on atopic dermatitis.
8. Defining who a dermatologist is and their role in health maintenance.
9. Providing a list of dermatologists in the area who accept Medicare and/or Medicaid.

RESULTS

CS provided 492 attendees with dermatologic education at 3 HOYA Clinic health fairs. Verbal and written educational information was presented in both English and Spanish. A total of 3,059 skincare products were distributed at no cost to attendees (Table 1).

TABLE 1.

Skin Health Products Distributed	
Product	Count
Facial wash	429
Daily moisturizers	424
Daily facial moisturizers with SPF	473
Skin protectants (Ointments)	182
Baby lotion	90
Anti-itch cream	237
Facial Serums (Vitamin C + Hyaluronic Acid)	96
Sunscreen	646
Lip balm with SPF	194
Antiseptic Skin Cleansers	93
Acne Products (Salicylic Acid or Benzoyl Peroxide)	195
Total Products	3,059

DISCUSSION

Studies suggest that community health programs can impact the self-management of medical conditions.⁵ CS medical students employed this approach to educate HOYA Clinic health fair attendees about dermatology. The absence of on-site dermatologists hindered in-depth consultations, skin