

DermSoc UK Newsletter

Affiliated with the British Association of Dermatologists



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Dear DermSoc Members,

Welcome to the 13th Edition of the DermSoc UK Newsletter. This is an exciting time in Dermatology with novel advancements and increasing data in a variety of areas including skin microbiota, melanoma immunotherapy and the use of biologic agents for psoriasis. We have also heard about fantastic events being held regionally by societies across the UK, and it is always great to hear about the development of new societies. This issue of the newsletter reviews our last DermSoc National day in October 2019, news from local DermSocs and a summary of our upcoming events. We are always keen to hear your news – if you are interested in highlighting the work of your DermSoc for the next newsletter, please get in touch!



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"DermSoc UK"



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Email us
dermsocnational@gmail.com

Current Committee Members:



Maria Charalambides

Medical Student Representative



Olivia Cohen

Medical Student Representative



Giulia Rinaldi

Junior Doctor Representative



Sara Selvendran

Junior Doctor Representative

DermSocs across the UK

Can't see your medical school? Your university might have an inactive DermSoc that we haven't heard from in a while, or has never had one before.

If you have a new DermSoc committee, please get in touch with us with updated contact details at dermsocnational@gmail.com. If you would be interested in setting up a new DermSoc at your university, let us know – we can check if there has been one before, and give you some tips on getting started.

Aberdeen (new!)

Barts London

Birmingham

Bristol

Cambridge

Cardiff

Dundee (new!)

Edinburgh

Exeter

Hull & York

Imperial College London

Kings College London

Leeds

Leicester

Liverpool (new!)

Manchester

Newcastle

Nottingham

Oxford

Queen's Belfast

Sheffield

Southampton (new!)

St George's

UEA (East Anglia)

Saving Skin - A national education programme by Dr Amelle Ra



Skin cancer represents a significant health problem in the UK. It is well-established that sun overexposure during youth is a significant risk factor for skin cancer. With this in mind, Dr Amelle Ra has developed *SavingSkin*, a national skin cancer educational programme for school children and adolescents. Amelle is a Healthcare Leadership Academy scholar and a foundation doctor at St George's Hospital in London. The aims of *SavingSkin* are to raise children & adolescents' awareness of skin cancer and to teach them how to prevent and also detect skin cancer. This programme will also function as a platform through which medical students and junior doctors from across the UK can enhance their teaching and presentation skills as well as their leadership skills. If you are interested in participating, please contact Amelle on amelle.ra@nhs.net!

Regional news: UCL DermSoc's Educational Videos by Ram Aswani

UCL DermSoc is working in association with Quick Medical Revision to create educational videos surrounding the subject of Dermatology. They are recruiting medical students and junior doctors with an interest in dermatology to produce videos and educational posts for their peers. If you are interested in participating, please email quickmedicalrevision@gmail.com or message the Facebook page directly. If you are in clinical year 1 or 2 you may check out our events using the links below.

Quick Medical revision Facebook link:

<https://www.facebook.com/QuickMedicalRevisionUK/>

For more information on this newly founded UCL DermSoc please check them out at:

<https://www.facebook.com/UCLdermsoc/>

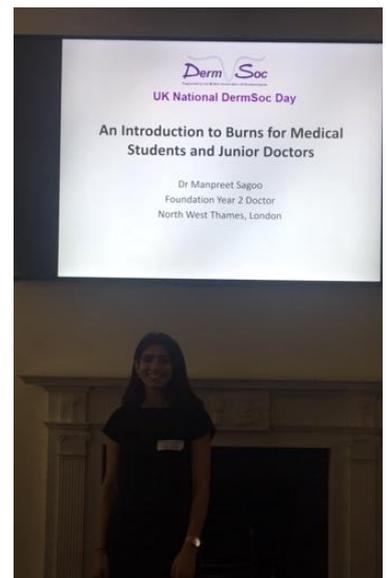
DermSoc National Day – 10th October 2019 by Dr Giulia Rinaldi

Our second DermSoc National Day of 2019 was held on the 10th October 2019 at the British Association of Dermatologists in Fitzroy Square, London.

The day started with an extremely inspiring talk by Dr Stela Ziaj a Post-CCT Mohs Fellow in Oxford. She gave an interesting overview of the current epidemiology and treatment methods in the rapidly evolving medical and surgical field of melanoma. Additionally, we had both Dr Natalya Fox & Dr Cristina Psomadakis, outline the application and interview process for a dermatology national training number. Specifically, summarizing the minimum requirements for an interview and explaining the difference between the national and the CESR training pathway.

After lunch, Dr Monty Lyman gave an interesting talk surrounding the inspiration behind his book "The Remarkable Life of Skin" which involved travel to multiple countries and interpreting the role of skin within different societies. At the end of the day, a patient expert, Miss Myra Ali, with Epidermolysis Bullosa inspired the room with stories from her experiences of living with this rare condition and what she values from encounters with dermatologists. What an amazing day it was!

The next DermSoc National day is to take place on 26th March 2020 and promises a jam-packed programme of varied speakers. The following National Day will take place on 22nd October 2020 – the programme always offers something different – don't hesitate to come back even if you've been before. Registration details will be available through our Facebook page and the BAD website.



DermDoc – 4th November 2019 by Dr Sara Selvendran

The annual DermDoc day hosted by the British Society for Medical Dermatology was held at Willan House in London. This is a one-day course that is specifically aimed at junior doctors. It lends a helping hand to improve our ability to care for patients with skin conditions and develop our existing dermatological skills!

The day started with dermatology registrar, Dr Psomadakis, providing us with a helpful snapshot of her experience when applying for dermatology ST3 posts. She shared tips and tricks that she has learnt along the way and answered any questions that we had. The second talk of the day was given by Dr Denny on the therapeutics in medical dermatology. Dr Denny talked us through some of the emerging dermatological treatments, helping us to navigate through the simple as well as the more complex treatments and also, shatter some myths! Dr Weidmann, consultant dermatologist, provided a very informative talk on how to appropriately investigate and manage patients with a non-blanching rash.

One incredibly useful aspect of the day was the small group session run by Dr August and Dr Dunhill. We were able to talk through diagnoses, initial investigations and practise using dermatological terminology to describe skin lesions. The friendly atmosphere created by the course enabled us to improve our knowledge and meet like-minded people! Before lunch, oral presentations selected after abstract submission were delivered by junior doctors, chaired by Dr Coulson. The cases discussed challenging dermatological cases and drew our attention to topics such as psychodermatology and erythema nodosum leprosum.

During lunch, delegates and teachers had the opportunity to review the poster presentations. There was a huge variety of impressive posters including, topics on original research, audits and case reports. In the afternoon, Dr Tasker talked through drug rashes and provided us with a helpful, systematic approach to manage these patients. Dr Ong delivered an engaging, interactive talk which comprehensively covered patients with blistering disorders.

The day flew by and allowed us to gain more knowledge and confidence when treating patients with skin conditions. It was evident that the delegates enjoyed an excellent day of teaching. We thank the organisers and the British Society of Medical Dermatology for putting together this fantastic course for budding dermatologists!

Hot Topic: Smartphone apps for skin cancer detection

by Maria Charalambides

This emerging area of dermatology has recently gained much momentum and media attention. With skin cancer on the rise, the search to improve detection has heightened. Skin cancer smartphone apps aim to assist people with suspicious lesions to decide whether they should seek further medical attention. Apps may have artificial intelligence algorithms incorporated, which classify a lesion as low, medium and high risk for skin cancer. It is important for us as future dermatologists to be aware of the risks posed to patients with advances in technology that are not subject to regulatory control.

A systematic review of diagnostic accuracy was published in the BMJ in February 2020 by K Freeman et al (<https://doi.org/10.1136/bmj.m645KJ>) included nine studies that evaluated six smartphone apps. Overall, the effectiveness of these apps were not promising! Studies evaluating the apps are of small and poor methodological quality, limited by strict recruitment criteria rendering results as non-generalisable and include poor quality images. SkinVision, the app evaluated by the most studies and included 66 malignant and premalignant lesions (n=267), achieved a sensitivity of 80% (95% confidence interval 63% to 92%) and a specificity of 78% (67% to 87%) for the detection of malignant or premalignant lesions. When its accuracy was verified against experts, it was deemed to be poor. Two apps were given a Conformit Europeenne (CE) mark. However, the current regulatory process for labelling apps with the CE mark does not provide adequate protection to the public.

This is the highest-level evidence and most recent systematic review published investigating the effectiveness of smartphone apps for skin cancer detection. Evidence suggests that current algorithm based smartphone apps cannot accurately detect melanoma and other skin cancers. In fact, Freeman et al hypothesise that performance is likely to be poorer in the real-world setting than reported in the review itself when smartphones are used by intended users and in clinically relevant populations. No skin cancer risk stratification app has received FDA approval to date. Therefore, these non-regulated apps could be harmful if it fails to identify a high-risk lesion and advise on the user to seek dermatological review. This leads to delays in people obtaining medical assessment and risks lesion progression.

What should we advise patients? If they are concerned by a lesion, they should seek medical advice from their GP and obtain a dermatology referral if required. Apps are not independently regulated and should be used as an education resource to assist in self-examination and education on sun safety, but should not be used as a substitute for thorough dermatological assessment.

Battle of the DermSocs 2019-2020 *by Giulia Rinaldi & Maria Charalambides*



We are now halfway through the BOTDS 2019-2020 challenge! At this moment, over £2,000 has already been raised for the British Skin Foundation! We hope this friendly competition will allow the total DermSoc totals to surpass the £5,000 raised last year!

The DermSoc which fundraises the highest amount will win a Dermatoscope kindly donated by Schuco UK! The fundraising deadline is the 8th of June 2020. The three winning teams will be



invited to attend an award ceremony at the BAD in London.

There have been some great events being organised by DermSocs all over the country for this wonderful cause. Some of the events organised include a Barry's Bootcamp exercise class, practical biopsy and suturing skills workshops, interesting lecture series ranging from Dermatology portfolio building to the dermatological issues affecting ethnic minorities, delicious bake sales, and OSCE evenings.

Thank you to all the DermSocs for their hard work and motivation. Well done and keep it up!

Check out the current participating DermSocs here:

<https://www.britishskinfoundation.org.uk/pages/category/battle-of-the-dermsocs>

MI, CKD, CCF, COPD and a rash...? *by Dr Olivia Cohen*

Skin problems of one type or another affect a huge proportion of our population, and it follows that many of our patients presenting with non-dermatological problems will have concurrent skin complaints. Whilst the skin may not be the primary concern in such patients, medical students and junior doctors are in a privileged position to recognize and potentially treat skin diseases. Examining patients on and throughout admission presents key opportunities to review a patient's skin.

At one end of the spectrum, this may simply involve ensuring that the patient has adequate emollients and a suitable product for washing to prevent a flare of dry skin or eczema. At the other, you might spot a suspicious lesion of which the patient was unaware.

Aside from fulfilling your duty of care towards the patient, thorough examination and consideration of skin disease helps to contextualize and support so much wider learning on the wards. Does a finding relate to their systemic disease? Does it point to a particular profession or lifestyle?

Since moving to work in the Channel Islands, I have become aware of the fact that we have a greater incidence of both melanoma and non-melanoma skin cancer here compared with the UK (although similar rates to the South West of England), most likely a result of sunnier summers and subsequent outdoorsy lifestyle. Rather different from where I trained in Manchester! Such knowledge makes me even more motivated to develop my learning and skills in dermatology as a junior doctor.

The BAD offers a fantastic free handbook and a smartphone app for medical students and junior doctors, offering invaluable support on the go. As medical students and junior doctors we are not expected to know or recognize every pathology, but it is our responsibility to support patients with skin disease regardless of their presenting complaint.

<http://www.bad.org.uk/healthcare-professionals/education/education-resources>

Dates for your Diary

12th Annual DermSchool 2020

7th-9th July 2020

Manchester Central, Windmill Street, Manchester, M2 3GX

DermSchool is an annual event aimed at medical students and junior doctors. This year, DermSchool will be hosted on the Monday 6th of July in Manchester. There is the opportunity to submit abstracts for posters. There is also the opportunity to apply for a travel bursary to help with the cost of attending. Registration has now opened. For further information and to register, visit <https://www.eventsforce.net/dermschool2020>

DermSoc National Day

22nd October 2020

Willan House, 4 Fitzroy Square, London, W1T 5HQ

Our next DermSoc National day will take place in October 2020. As ever, this is a free one-day teaching event held at the British Association of Dermatologists head office in London. The event has a range of high-profile speakers discussing everything from opportunities in dermatology, key topics, new research and career advice. It is a great day to meet and network with like-minded people who are interested in dermatology. Like our Facebook page for updates about registering for this event!



This newsletter was compiled by the DermSoc National Committee: Dr Olivia Cohen, Miss Maria Charalambides, Dr Giulia Rinaldi and Dr Sara Selvendran, with special thanks to Dr Ketaki Bhate.