

Tveganja za nastanek kožnih sprememb in zaščita pred soncem

Robert Sotler

Univerza v Ljubljani, Zdravstvena fakulteta, Zdravstvena pot 5, Ljubljana
robert.sotler@zf.uni-lj.si

Povzetek

Raziskovalno vprašanje: Katera so strokovno ugotovljena tveganja za nastanek sprememb kože in kakšen vpliv ima pri tem sonce?

Namen: Predstaviti maligne in nemaligne kožne spremembe ter dejavnike tveganja, ki povzročijo in/ali pospešijo nastanek malignih sprememb kože, ob tem pa opisati škodljive vplive ultravijoličnega sevanja in zaščito pred temi vplivi.

Metoda: Za namen raziskave je bila proučevana strokovna in znanstvena literatura. Pri iskanju virov smo uporabili elektronske podatkovne baze, ki so dostopne zaposlenim na Univerzi v Ljubljani. Iskanje smo omejili na strokovno-znanstvene recenzirane vire s polnim besedilom, ki niso bili starejši od 10. let.

Rezultati: Številne raziskave pritrjujejo, da je pretirano izpostavljanje sončnim žarkom lahko nevarno početje, ki lahko privede do malignih sprememb na koži. K dodatnim škodljivim učinkom ultravijoličnega sevanja zagotovo pripomorejo globalne podnebne spremembe in posledično tanjšanje varovalnega ozonskega plašča. Kljub znanim škodljivim učinkom, raziskave poudarjajo tudi blagodejne učinke ultravijoličnega sevanja na zdravje in počutje ljudi.

Organizacija: Izvajalci zdravstvenih storitev bodo pridobili strukturiran vpogled v tveganja za nastanek sprememb kože v povezavi z ultravijoličnim sevanjem in se ob tem seznanili tudi z njegovimi blagodejnimi učinki na zdravje in počutje ljudi.

Družba: Sonce je izjemno pomembno za ohranjanje življenja na našem planetu. Sončnim žarkom se je potrebno izpostavljati preudarno in le ob določenih urah dneva. Pomembno je, da družba pozna tako škodljive kot tudi koristne učinke sonca.

Originalnost: Na raziskovalno temo so bile že izvedene številne splošne raziskave. V naši raziskavi so strukturirano opisane maligne in nemaligne spremembe kože ter vpliv ultravijoličnega sevanja na njihov nastanek.

Omejitve/nadaljnje raziskovanje: Priporočamo izvedbo poglobljene raziskave glede ozaveščenosti strokovne in laične populacije o vplivih ultravijoličnega sevanja.

Ključne besede: ultravijolično sevanje, kožne spremembe, dejavniki tveganja, zaščita, ozaveščanje;

Robert Sotler je absolvent doktorskega študija na Fakulteti za organizacijske študije Novo mesto. Po izobrazbi je diplomirani zdravstvenik, magister javnega zdravja. Veliko let je bil zaposlen neposredno na različnih strokovnih področjih v zdravstvu, največ na področju Nujne medicinske pomoči. Od 2015 je redno zaposlen na Univerzi v Ljubljani kjer opravlja dela in naloge visokošolskega učitelja. Njegovo ožje pedagoško strokovno področje je prva pomoč.

Risk of skin changes and sun protection

Robert Sotler

University of Ljubljana, Faculty of Health Sciences, Zdravstvena pot 5, Ljubljana
robert.sotler@zf.uni-lj.si

Abstract

Research Question (RQ): What are the professionally identified risks of skin changes and what impact does the sun have?

Purpose: To present malignant and non-malignant skin changes and risk factors that cause and/or accelerate the occurrence of malignant skin changes, while describing the harmful effects of ultraviolet radiation and the protection against these effects.

Method: Professional and scientific literature was studied for the purpose of the research. When searching for resources, we used electronic databases that are accessible to employees at the University of Ljubljana. We restricted our research to professional-scientific peer-reviewed resources with full text that were not older than 10 years.

Results: Numerous studies have suggested that excessive sun exposure can be a dangerous activity, which can lead to malignant skin changes. The additional adverse effects of ultraviolet radiation are certainly aided by global climate changes and the resulting depletion of the ozone layer. Despite the known adverse effects, the research has also highlighted the beneficial effects of ultraviolet radiation on human health and well-being.

Organization: Healthcare providers will gain structured insights into the risks of skin changes associated with ultraviolet radiation and, at the same time, learn about its beneficial effects on human health and well-being.

Society: The sun is extremely important for maintaining life on our planet. Exposure to sun should be done prudently and only at certain times of the day. It is important for society to know both, the harmful and beneficial effects of the sun.

Originality: A number of general studies have already been conducted on the research topic. Our research study structurally describes the malignant and non-malignant skin changes and the effect of ultraviolet radiation on their formation.

Limitations / further research: We recommend conducting an in-depth research on the awareness of the professional and general population on the effects of ultraviolet radiation.

Keywords: ultraviolet radiation, skin changes, risk factors, protection, awareness;

Robert Sotler is a graduate of doctoral study at the Faculty of Organisation Studies in Novo Mesto. He has a Bachelor's degree in Nursing and a Master's degree in Public health. His first-hand work experience comes from various fields of health care, but mostly from Emergency medicine. He has been a lecturer at the University of Ljubljana since 2015, his narrow professional field of expertise is First Aid.
