

# DERMSOC UK NEWSLETTER

SUPPORTED BY THE BRITISH ASSOCIATION OF DERMATOLOGISTS

March 2021

Issue 15

Dear DermSoc Members, welcome to the 15th Edition of the DermSoc UK Newsletter. As we write this newsletter we continue to face uncertainty in what 2021 will bring, and whether any events will be held in person. However, we are excited to know that this Spring many dermatology events will continue to happen virtually! This issue of the newsletter summarises some recent dermatology news and includes a summary of 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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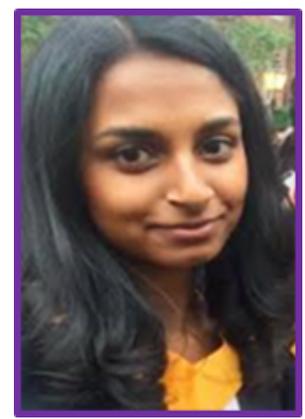


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## Current Committee Members



Maria Charalambides

Medical Student  
Representative

Sami Raza

Medical Student  
Representative

Giulia Rinaldi

Junior Doctor  
Representative

Sara Selvendran

Junior Doctor  
Representative

## Active DermSocs in the UK

**Aberdeen**

**Barts**

**Birmingham**

**Brighton & Sussex**

**Buckingham**

**Cambridge**

**Cardiff**

**Dundee**

**Edinburgh**

**Exeter**

**Glasgow**

**Hull & York**

**King's College**

**Lancaster**

**Leeds**

**Leicester**

**Leeds**

**Liverpool**

**Manchester**

**Newcastle**

**Nottingham**

**Queen's Belfast**

**RCSI Dublin**

**Sheffield**

**St George's**

**UEA**

**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](mailto: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.

## Battle of The DermSocs 2020-2021 by Giulia Rinaldi

Are you a medical student in the U.K? Or are you a Junior Doctor linked to a Medical School? The BATTLE OF THE DERMSOC'S may just be what you need to get your creative juices flowing! Every year participating DermSocs across the U.K. battle it out to fundraise the most money for the British Skin Foundation. The British Skin Foundation is a UK based charity whose proceeds go towards funding U.K. based dermatology research. There are THREE national prizes up for grabs; Winners (the DermSoc that fundraises the highest amount), Most Creative Award & Best Social Media presence award. Last year the total raised by all participating DermSocs was almost **£10,497.39!**

Any fundraising event counts! In the past we have had revision lectures, surgical skills courses, Barry's boot camp classes, bake sales, burpees challenges, etc! Not only is this an excellent way to have fun, but it is for charity and it will look great on your CV!

For more information and to find out how to register your DermSoc:

**Website:** <https://www.britishskinfoundation.org.uk/Pages/Category/battle-of-the-dermsocs>

**Instagram:** battle\_of\_the\_dermsocs

**Email:** battleofthedermsocs@gmail.com



## DermSoc National Day October 2020 by Giulia Rinaldi



In October 2020, we hosted our very first virtual National DermSoc Day. The event was fully hosted online by the National DermSoc Committee and the lovely BAD Event's team. We had a packed day filled with talks from individuals reflecting the varied work that Dermatologists complete. Our first talk was from Marie Tudor from SCKIN Charity who discussed the importance of their work and opened our eyes to the growing skin cancer pandemic within the UK. SCKIN runs multiple educational initiatives including SUN SAFE SCHOOLS.

Moreover, their MASCED program allows lay people and health care professionals to gain competence in identifying skin lesions suspicious for cancer. If you are interested refer to <https://masced.uk>.

Next, Dr Amelle Ra and Dr Zara Ali talked us through their own work involving an award winning QIP and Elective, respectively. Our peers' work continues to inspire us and give us motivation to keep fighting to realize our own ideas. As always, our National DermSoc Day included career advice. Dr Richard Jerrom gave us an insider's view into the life of a dermatologist. From the in UK's training pathway, to applications and the day-to-day life of a dermatology registrar. Secondly, Dr Bella Plumtre, a dermatology resident in the United States. She completed medicine and foundation training in the UK, offering invaluable insights for those thinking of applying to training abroad.

Lastly, we also featured our highly anticipated clinical talks. Dermatology trainee Dr Ewa Kloczko delivered an outstanding talk on Dermatology for the Wards which provided attendees with very helpful information for those “rashes” we get called to see on the wards. Next, Dr Adil Sheraz shared unique and interesting cases from his own practice highlighting the varied clinical presentation in dermatological medicine and surgery. In the afternoon, we hosted two niche dermatology topics. Dr Samira Sayed, a paediatric laser specialist at Great Ormond Street, delivered a captivating and visual lecture on vascular anomalies in children. Whilst Dr Bernard Ho, delivered a fascinating talk on lymphoedema, its pathophysiology and management.

Due to the national lockdown our March 2021 event has been cancelled. However, we hope that our next event will be in person again at the British Association of Dermatologists headquarters in London.

Save the Date: 13th October 2021!

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## Lockdown Art Challenge by Heather Radcliffe and Sylvia Huang (Co-Presidents of University of Manchester DermSoc)

### **The Challenges Presented by Covid-19 for DermSocs**

When the United Kingdom entered lockdown on the 23rd March 2020, many people’s lives changed beyond recognition. This was no less the case for medical students up and down the country who saw an abrupt end to their placements, face-to-face teaching and all society activities.

This seismic shift, meant that not only were dermatology placements and teaching sessions halted, but nationally, DermSocs had to rapidly rethink the ways in which they interact with their members and deliver their valuable programme of events. Such events typically take the form of in-person lectures, conferences and journal clubs, to name but a few. All of these then became impossible.

### **Obstacles to Engagement in a Lockdown Environment**

The impact of Covid-19 then raised the question of how best to continue to provide classical DermSoc events, in what has now become, the ‘new normal’. Initially, the answer may seem simple: transfer the same events online using platforms such as Zoom. However, it soon became apparent that it was not quite that easy.

The closure of universities meant that many students had returned home. Many were now living in different time zones and there were discrepancies in students’ access to technology. Moreover, a great number of students had been volunteering to help in the pandemic, devoting a lot of their time and energy. This combined with the emerging concept of ‘Zoom fatigue’, fast made us realise that the aforementioned solution, was just not enough. For that reason, we decided to get creative.

### **The Inspiration Behind the Art Challenge**

We needed to create something that would be accessible to as many of our students as possible, no matter where they were and what else they were doing and without necessitating any social contact.

In addition to this, the potential for art to be used in the development of visual literacy skills among dermatology trainees, is increasingly being recognised.(1) Dermatology, is after all, a highly visual specialty. Furthermore, the anticipated impact that the lockdown would have on the mental health of students, in what was an uncertain and lonely time for many, strengthened the need to engage people in art and creativity. Particularly, as this is proven to have a positive impact on wellbeing.(2) Taking all this in to account, on the 15th June 2020 the Manchester DermSoc Lockdown Art Challenge was born! We asked for pieces of art to be submitted around the theme of: The Psychological Impact of Dermatological Conditions. We were overwhelmed by the quality of the art work received.

### Our Judge - Dr Shanali Perera

Throughout this project we have been very lucky and honoured to have the support of Dr Shanali Perera who truly understands the value of art as a therapeutic and communicative tool and took on the unenviable task of acting as our judge for this competition. We offer our sincerest thanks.

### Acknowledgements

We would also like to thank artist Len Grant and The Unofficial Guide to Medicine for kindly donating the prizes for this competition.

### References

1. Griffin, L.L, Chiang, NYZ, Tomlin, H, Young, H.S, Griffiths, C.E.M. A visual literacy course for dermatology trainees. British Journal of Dermatology. 2017 [cited 2020 Sept 25];177(1):310-311. Available from: <https://doi.org/10.1111/bjd.15073>
2. All-Party Parliamentary Group on Arts, Health and Wellbeing. Creative Health: The Arts for Health and Wellbeing Inquiry Report, 2nd Edition.[Internet].2017[cited 2020 Sept 25] Available from: [https://www.culturehealthandwellbeing.org.uk/appg-inquiry/Publications/Creative\\_Health\\_Inquiry\\_Report\\_2017\\_-\\_Second\\_Edition.pdf](https://www.culturehealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017_-_Second_Edition.pdf)

### 1st Place - Phuong Le Kieu



## 2nd Place – Neha Usmani



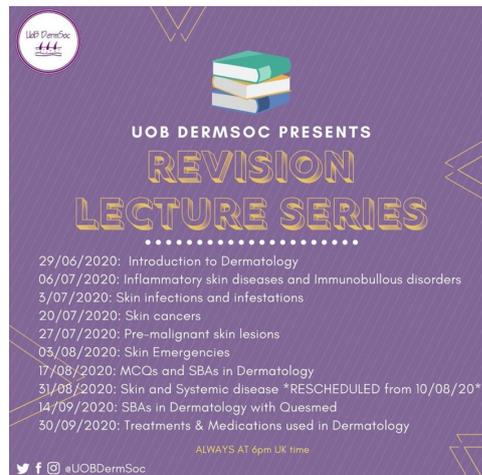
## University of Birmingham DermSoc by Yasmin Nikookam and Kate Price (Co-Presidents)

It's been a great start to the year for the Dermatology society at the University of Birmingham, and as a committee we are extremely proud! We have raised a record number of funds for the British Skin Foundation (BSF) thus far as a society (£542.50), more than we have ever raised in previous years. Below is a summary of some of the events UOB DermSoc have hosted in the first half of the 2020/21 academic year.

- **Virtual Revision Lecture Series:** We ran 10 Dermatology themed lectures over the lockdown period to supplement student learning and bridge the gap in Dermatology teaching that was affected due to the COVID-19 pandemic. We were thrilled to see students from across the globe (UK, Malaysia, Bulgaria, China, India, Indonesia) tune in and engage with the series.
- **National Drawing Competition:** We collaborated with the Skcin Charity and Dr Ashraf to organise a national drawing competition for those aged 3-11.
- **Blistering in Birmingham – Our Epidermolysis Bullosa Story with Dr Ajoy Bardhan:** We received a brilliant lecture from Dr Ajoy Bardhan who delivered a talk about EB, the clinical significance and current research happening in Birmingham.
- **Dermatology Elective Evening**
- **Vulval Dermatology with Dr Emily Akufo in collaboration with the Birmingham Women in Medicine society.**
- **Monthly Journal Club sessions**
- **UOB DermSoc Winter Raffle:** We hosted our first ever virtual raffle where 3 luxury skincare hampers and amazon vouchers were up for grabs. Through this we raised £542.50!

Following a very successful 15 events thus far, the committee at University of Birmingham DermSoc hope to continue to host a range of events and continue raising money for the BSF, Skcin, DEBRA and other charities!

We are also keen to continue our active social media presence, where we regularly share educational content and inspirational posts. As co-presidents of UOB DermSoc we would like to thank the committee for their continued effort and great teamwork, and we would like to thank Dr Jinah Yoo and Dr Richard Jerrom, our honorary presidents, for their continuous support and encouragement.



## The Skin & The Mind by Sophika Uthayakumar

### Introduction:

The psychological impact of dermatological conditions is frequently overlooked. Psychodermatology is a relatively new discipline within medicine; it is the interaction between the mind and the skin. Psychological factors such as stress can worsen skin conditions, whilst skin conditions can cause psychological distress..

### The link between the mind and the skin:

The link between the mind and the skin stems from the connections between the neuro-immuno-cutaneous system known as the NICS (1). The skin and the mind share embryonic origin from the ectoderm (2). Research has exhibited that stimuli received in the skin "can affect the immune, endocrine, and nervous systems at both the local and central levels". (Jafferany, 2007) (3). In inflammatory skin diseases and psychiatric conditions, the NICS is damaged, hence some skin and psychiatric conditions are interlinked (4).

### Classification of psychodermatology diseases (5):

#### - Psychophysiological disorders:

Skin diseases are worsened by psychological stress

#### - Psychiatric disorders with dermatological symptoms:

The psychiatric disorders are associated with dermatological symptoms.

#### - Dermatological disorders with psychiatric symptoms:

Skin diseases result in emotional problems and the psychological consequences are more severe than the physical symptoms.

## Psychodermatology Services

There is limited psychodermatology services in the UK and internationally. Only six hospitals in the UK, deliver these services. The psychodermatology service at the Royal Free Hospital focused on the below during psychodermatology consultations (6): (Psychodermatology.co.uk, n.d)

- beliefs about appearance and attractiveness
- relationship between stress and skin disorder
  - coping with skin disorder
  - habits (eg itch/scratch)
    - self-esteem
    - relationships
  - social interaction skills
- psychological distress (eg anxiety, depression)

Psychodermatology UK, a specialist group of the BAD, was set up to “raise awareness of the psychosocial impact of skin disease and promote multi-disciplinary management between dermatologists, psychiatrists and psychologists”. (Psychodermatology.co.uk, n.d) Furthermore, a government funded website, Skin Support, has been created to provide self-help materials and support services.

### Case study by the Psychiatric times USA (7)

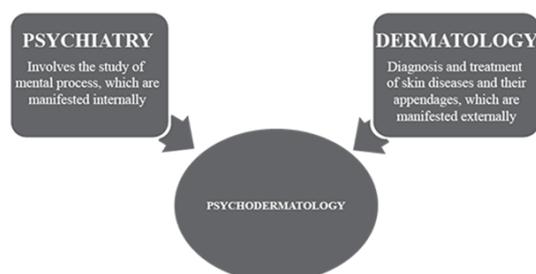
- A man with psoriasis, that had been well controlled with topical and oral medications, recently lost his job.
  - His psoriasis flared up significantly, and medications were no longer effective.
  - He became embarrassed to socialise.
- Patient was treated with supportive therapy and cognitive-behavioural therapy (CBT).
  - After 6 weeks, his psoriatic lesions started to heal.

### Treatment options:

Psychological treatment such as CBT and hypnosis may be utilised to treat and cope with skin conditions (8). Medications include antidepressants, antianxiety medications, antipsychotics, and topical skin preparations may also be used alongside the psychological treatment (9). The choice of a medication depends on the psychopathology of the condition (10).

### Conclusion:

Skin conditions are more than just an aesthetic issue. There are psychological consequences. Undoubtedly, an increased awareness in psychodermatology will improve patient outcomes. In the future, I hope to see more training opportunities and psychodermatology services to help support patients with their mental health and skin condition.



#### References:

- [1] (Jafferany, 2007)
- [2] (Jafferany, 2021)
- [3] (Jafferany, 2007)
- [4] (Jafferany, 2007)
- [5] (Koo and Lee, 2003)
- [6] (Psychodermatology.co.uk, n.d)
- [7] (Jafferany, 2021)
- [8] (Jafferany and Franca, 2016)
- [9] (Jafferany and Franca, 2016)
- [10] (Jafferany and Franca, 2016)

Table 1	Classification of psychodermatological disorders
<b>Psychophysiological disorders</b>	
• Acne	
• Aphthosis	
• Atopic dermatitis	
• Herpes simplex	
• Hyperhidrosis	
• Pruritus	
• Psoriasis	
• Rosacea	
• Subacute dermatitis	
• Urticaria	
<b>Psychiatric disorders with dermatological symptoms</b>	
• Body dysmorphic disorder	
• Delusion of parasitosis	
• Dermatitis artefacta	
• Eating disorders	
• Hysterical excoriations	
• Obsessive-compulsive disorder	
• Phobic states	
• Psychogenic purpura	
• Trichotillomania	
<b>Dermatological disorders with psychiatric symptoms</b>	
• Acne necrotica	
• Alopecia areata	
• Chronic eczema	
• Generalized psoriasis	
• Ichthyosiform syndromes	
• Neurodermatitis	
• Pityriasis	
• Vitiligo	
<b>Miscellaneous</b>	
• Cadaveric sensory syndrome: glossodynia, vulvodynia, chronic itching in the scalp	
• Pseudopsychodermatological disease	
• Psychogenic purpura syndrome	

# Skin Cancer Awareness in the Community by Louise Cruz

## SPREADING THE MESSAGE

Glasgow west end bus stops have an interesting way of tackling “waiting-at-bus-stop-boredom” and created an opportunity to spread skin cancer prevention methods, two in one!

Bright coloured poster and a simple “ABCD” rule has been a great way to engage the public eye in detecting skin cancer. ABCD is a quick and easy tool to explain the concept of a possible skin cancer growth and asks people to report to the GP if they are worried of any changes in their skin.

These posters were made in partnership with teenager charity - this age group in particular have become of focus due to be known users of sunbeds, which is a significant risk for development of skin cancers.

Similar campaigns have been done in Australia where in addition to providing shelter from the sun's powerful rays, bus stop stations were rigged to house a panel filled with sunscreen tubes that could be accessed by winning an arcade-style game.

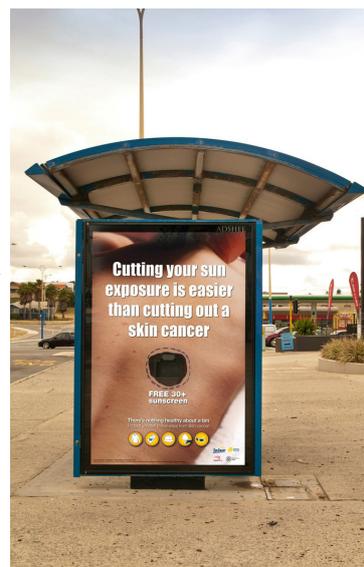
In addition to being a fun challenge during a period of inactivity while waiting for a bus to arrive, the bus stop ads in Australia were placed at a location near the beach, which makes it an easy way for people to grab a sun protection solution on the go. Whether or not members of the public were headed out on a bus or not, they were intrigued enough to stop and try their hand at this interactive game.

Although Glasgow and the UK in general do not have as many sunny days or intense sunlight as cities in Australia, it has still an increasing number of melanoma deaths each year.

The reason is due to population with skin type I (Fitzpatrick scale) consisting of fair skin, light hair and light eyes colours. These are at an increased risk of developing skin cancer due to less melanin in their skin -the pigment which allows greater UV protection.

In addition there is less habitual use of sunscreen in the UK population, which means our population tend to have greater sun exposure during the summer and poor sun-protective behaviour on sunny holidays.

The earlier the detection of melanoma or other skin cancers, the better outcomes as the tumor will have less spread and growth. Cancer Research UK have stated that 86% of melanoma skin cancer cases in the UK are preventable. Campaigns such as posters in bus stops are a brilliant way to inform the general public, hopefully allowing for prevention and early detections of skin cancer by doctors.



## Dates for Your Diary

### DermSchool 2021

**5th July 2021 - Virtual**

The 13th Annual DermSchool will take place as a Virtual Meeting. It is a free meeting aimed at Foundation Doctors & Medical students with an interest in dermatology. It includes educational general and specialist dermatology teaching sessions. Moreover, there is the opportunity to present your poster and win a National dermatology prize!

For more information & to register: <https://www.bad.org.uk/events/annualmeeting/dermschool>

### BAD 101st Annual Meeting

**6th-8th July 2021 - Virtual**

This year represents the 101st Annual British Association of Dermatology (BAD) meeting. This event will be held virtually so you can access from the comfort of your own home! Early bird tickets are now available and they are only 15£ if you are a medical student with BAD membership. So if you are not a BAD member yet, what are you waiting for.

Please register at: <https://badannualmeeting.co.uk/registration/>



### 14th World Congress of Paediatric Dermatology

**22nd - 25th September 2021 - Edinburgh**

The highly anticipated world congress of Paediatric Dermatology returns this September in beautiful Scotland. If you are interested in paediatric dermatology it is one not to miss!

Please register at: <https://wcpd2021.com>

## Upcoming DermSoc Events

We have launched a shared calendar for DermSoc's across the UK to share events hosted by their committees. Please do use this calendar as it is an easy way for individuals interested in dermatology to find events hosted by other DermSocs they want to attend!

To search for DermSocs' events: <https://teamup.com/ks6zj1zryzrx9arvg>

If you are a DermSoc committee member, but your team does not yet have access to post events please email us at [dermsocnational@gmail.com](mailto:dermsocnational@gmail.com) and we will send you the permissions.

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