

# DERMSOC UK NEWSLETTER

SUPPORTED BY THE BRITISH ASSOCIATION OF DERMATOLOGISTS

January 2022

Issue 16

Dear DermSoc Members, welcome to the 16th Edition of the DermSoc UK Newsletter. Last year was another tough year due to the ongoing pandemic, however, we made the most of it! We hosted the first face to face National DermSoc Day after two years of virtual events. In this edition, we summarise the main events of 2021, but also, what the year ahead will bring! 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!



## 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**

**Oxford**

**Dundee**

**Edinburgh**

**Exeter**

**Glasgow**

**Hull & York**

**KCL Psycho Derm**

**Lancaster**

**Leeds**

**Leicester**

**Leeds**

**Liverpool**

**Manchester**

**Newcastle**

**Nottingham**

**Queen's Belfast**

**RCSI Dublin**

**Sheffield**

**St George's**

**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 2021-2022 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 **£7712.26!**

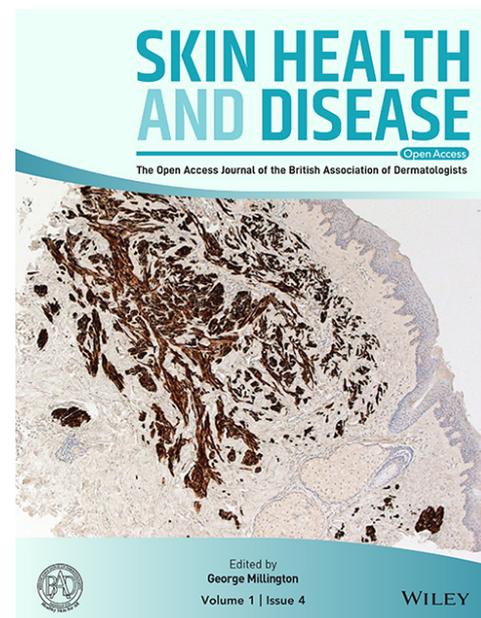
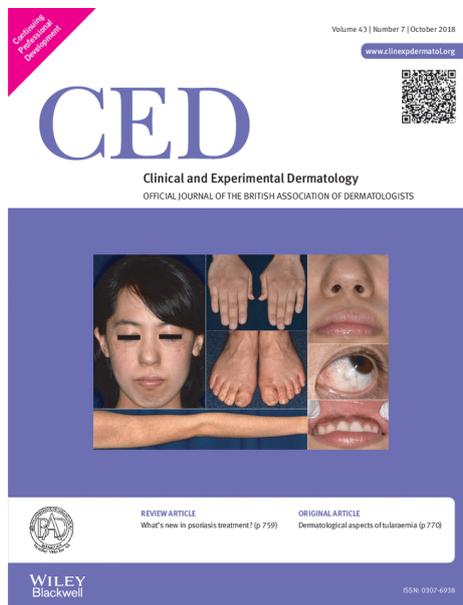
Any fundraising event counts! In the past we have had revision lectures, surgical skills courses, Barry's boot camp classes, bake sales, burpees challenges, etc! Not only is this an excellent way to have fun, but it is for charity and it will look great on your CV!



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](https://www.instagram.com/battle_of_the_dermsocs)  
 Email: [battleofthedermsocs@gmail.com](mailto:battleofthedermsocs@gmail.com)

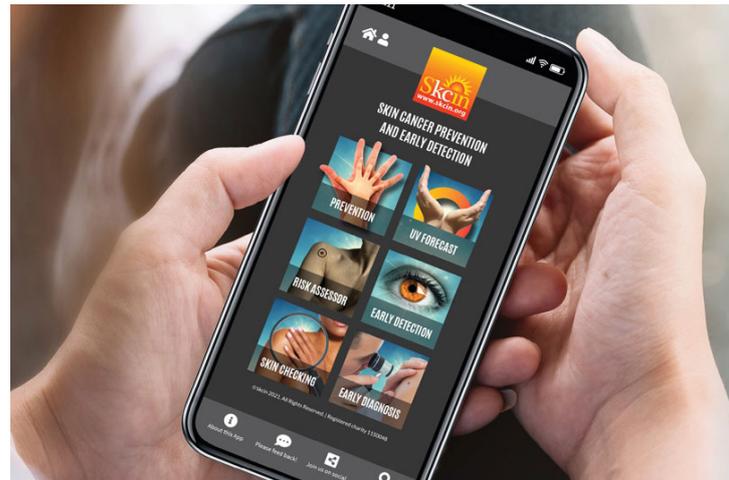
# Interested in Keeping Updated with Dermatology Research?

The British Association of Dermatologists has three different journals that cover the latest research in dermatology across the globe. And if you sign up to as a BAD Member: you get access to all three!



# THE NEW SKCIN APP by Sophika Uthayakumar

The UK's leading skin cancer awareness charity Skcin are delighted to announce the launch of their mobile application - a FREE comprehensive, educational and self-management tool which is set to become a game-changer in skin cancer awareness, prevention and early detection. Skcin became increasingly aware throughout the Covid-19 pandemic of the need to develop, grow and adapt their services to meet the emerging needs of beneficiaries and take advantage of the evident digital and mobile health revolution.



Skcin have developed an app with the mission to drive skin cancer awareness into the hands and hearts of communities locally, nationally and potentially globally - empowering people of all skin types to take charge of their skin. As budding dermatologists you can utilise this app to learn more about skin cancer alongside protecting yourself. 2 benefits in 1 app! The app provides six key features to empower users to learn more and take charge of their skin health and surveillance as follows:

**PREVENTION:** Educates users about the facts and risks associated with ultraviolet radiation (UVR), how it affects our skin and how to enjoy the sun safely and prevent skin cancer by adopting simple sun safe strategies.

**UV FORECAST:** Provides users with instant access to the current UV Index and a 2 day, hour by hour UV forecast for any location across the globe. It also provides users with sun protection advice based on UV levels and the ability to activate SMS alerts to let them know when the UV Index reaches 3, when it reaches it's daily peak, in addition to 2 hourly sunscreen reminders.

**RISK ASSESSOR:** Provide users with rationale and advice with regards to their personal risk for the development of skin cancer based on a series of questions relating to their: age, skin type, history of sun exposure, lifestyle, medical conditions, family history of skin cancer as well as their sun protection habits.

**EARLY DETECTION:** Educates users about the various forms of precancerous skin lesions, non-melanoma skin cancers and melanoma skin cancers with photographs of lesions and moles and detailed guidance on how to spot the early warning signs.

**SKIN CHECKING:** Provides users with a five-step guide to conducting thorough, full-body self examinations with the ability to set monthly reminders for when their next examinations are due.

**EARLY DIAGNOSIS:** Educates users on how to take action with concerns, how to ensure they receive appropriate action from a qualified healthcare practitioner. Provide overviews on diagnosis, staging and treatment for the various types of skin cancer.

Go to: [app.skcin.org](http://app.skcin.org) and follow the simple on-screen instructions to install the FREE Skcin App on your mobile device today. In due course the App will be made available on the App Store and Google Play.

Download the app today and share the news with friends and family!

# DermSoc UK Day @ The BAD on 13th October 2021 by The National UK DermSoc Committee

On the 13th of October 2021, we were delighted to be able to host attendees in person again at the British Association of Dermatology in Fitzroy Square, London. After two long years away from the venue we were so excited to be able to see everyone face to face!

As always, the National DermSoc UK day is filled with exciting speakers from the world of dermatology who give unique perspectives of their experiences. We were honoured to have so many excellent speakers.

The day began with Dr Benjamin Lee sharing his vast experiences with diagnosing and treating eczema. Importantly, he shared valuable insights into the world of emollients and their chemical components. Especially, how they interact with the skin barrier. Next, Dr Julia Soo, a dermatology consultant with a special interest in vulval dermatology, shared pearls of wisdom regarding the complex multidisciplinary care of these cases. We were also visiting by Professor Bunker, ex president of the BAD, who provided a detailed lecture on Toxic Epidermal Necrolysis, a rare, but often fatal, skin condition.

We had two wonderful dermatology registrars who joined us from across England. Dr Salence, used innovative video tools to demonstrate various dermatology pearls and pitfalls. Whilst, Dr Guckian explored the opportunities and challenges that the next generation of dermatology teachers & trainers may face. Importantly, a handful of wonderful junior doctors and medical students interested in Dermatology were given the opportunity to present topics of their interest and successful projects they had completed over the last year. It is always so inspiring to see how much positive impact someone can bring, if they work hard towards a goal.



The National DermSoc Day gives a unique opportunity for like-minded individuals to gather. The networking opportunities allow the formation of relationships amongst students and doctors across all of the U.K. This provides a real opportunity for teamwork and collaboration on future QIPs or research projects.

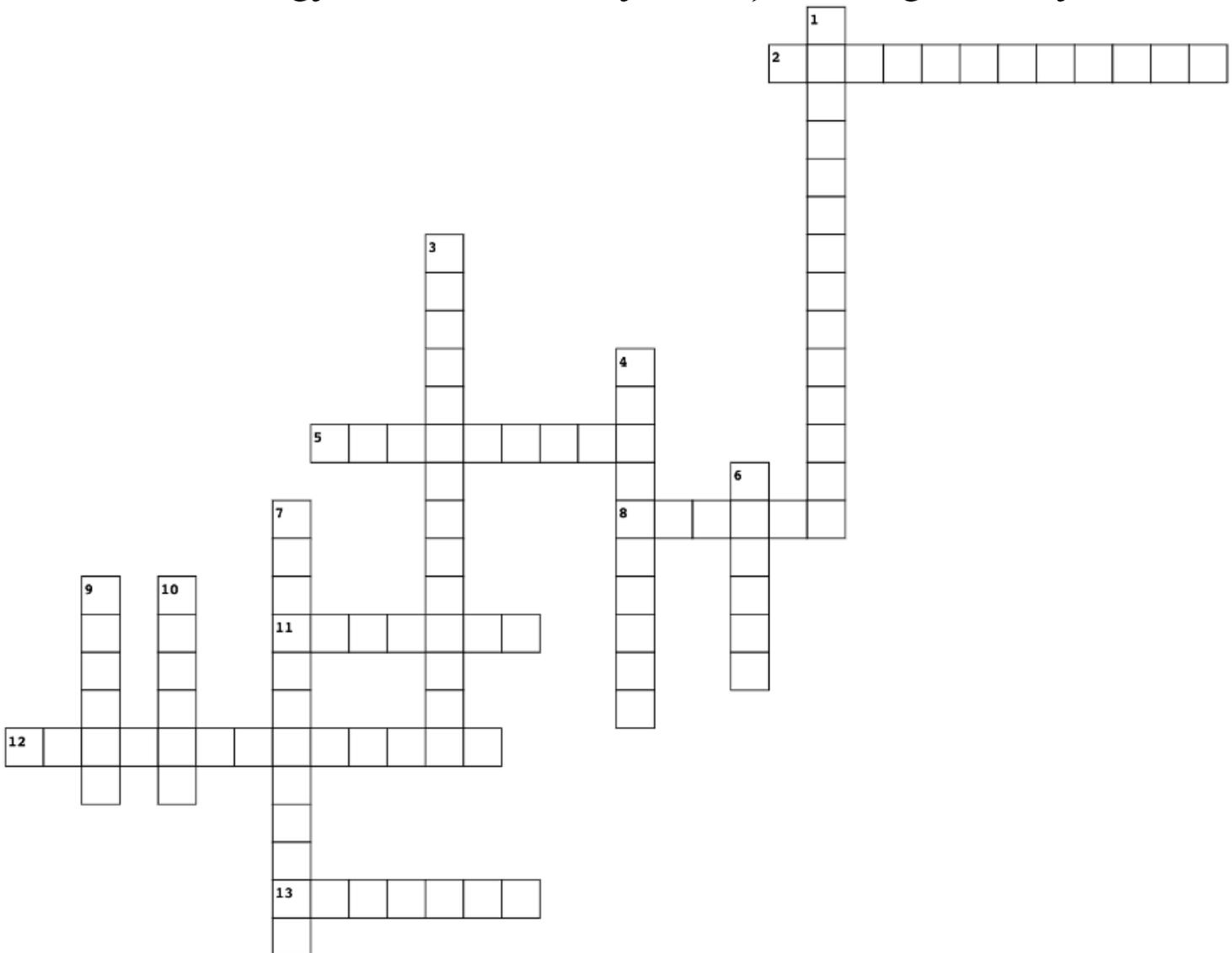
The next National DermSoc Day is going to be on the 21st of March 2022 at the BAD in London. We are currently recruiting speakers. If you are interested please submit your talk suggestion at:

<https://docs.google.com/forms/d/1zMJGU5z8xG8FjxQUR6lf7VhpflpwONKZ0eidHD0wYqg/edit>

We look forward to seeing as many of you there as possible. Sign up will open soon on our instagram page & on the BAD Website.



# Dermatology Crossword by Sarajeni Pugalenthly



## Across

2. What class of antibiotics is used in rosacea
5. What treatment is used in eczema herpeticum
8. What condition commonly has a flexural pattern
11. What condition is known as the 'mask of pregnancy'
12. What type of cells are lost in vitiligo
13. What can happen to the nail in patient with psoriasis

## Down

1. What is the name for enlarged blood vessels
3. What type of steroid is the lowest strength
4. What is the usual topical treatment in scabies
6. What type of scarring is common in acne lesions especially in skin of colour
7. What instrument is used to examine skin lesions
9. What patch do you get with pityriasis rosea
10. What type of ulcer is basal cell carcinoma also known as

## Dates for Your Diary

### Skin of Colour Training Day

**27-28th January 2022**

The highly anticipated Skin of Colour Training Day returns for the second year in a row. The event will be taking place live and virtually, so you can access from the comfort of your own home. It will be filled with amazing speakers and focus on increasing dermatologists knowledge and confidence in diagnosing and managing dermatological conditions in darker skin.

Please register at: <https://www.eventsforce.net/bad/369/home>



### DermSchool 2022

**4th July 2022 - Glasgow, Scotland**

The 14th Annual DermSchool will take place in person in Glasgow. It is a free meeting aimed at Foundation Doctors & Medical students with an interest in dermatology. This in person event will include clinical skills workshops such as cryotherapy, dermoscopy, etc. Moreover, there is the opportunity to present your poster and win a National Dermatology prize!

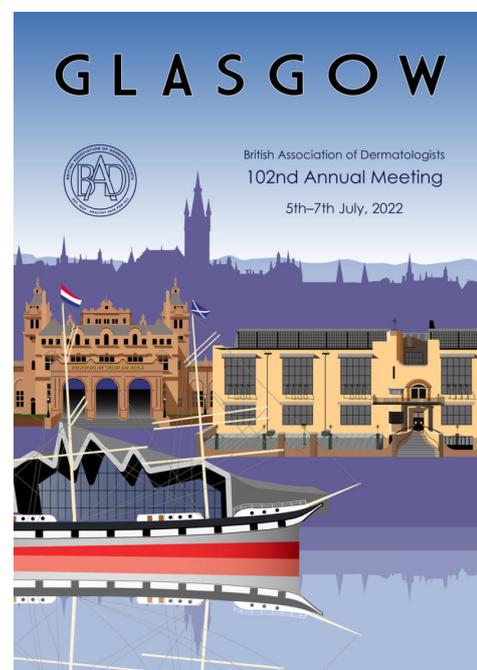
For more information & to register: <https://www.bad.org.uk/healthcare-professionals/education/medical-students/dermschool-event>

### BAD 101st Annual Meeting

**5th-7th July 2022 - Glasgow, Scotland**

This year represents the 102nd Annual British Association of Dermatology (BAD) meeting. This event will be held in person in Glasgow, but you can access all content virtually after the conference! 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>



## BAD EVENTS Calendar:

For all other dermatology events do refer to the BAD EVENTS Calendar:

<https://www.bad.org.uk/events/eventcalendar>



**Apply for BAD membership here: <https://www.bad.org.uk/about-us/how-to-join>**