

# **IMPLEMENTATION GUIDE**

## **Kaiser Kids Sun Care Program**

*Using an Evidence-Informed Program to develop  
a process model for program delivery in the practice setting*

**Note:** Refer to “Using What Works: Adapting Evidence-based Programs to Fit Your Needs”. Review the appropriate Modules and the handouts provided in each, in order to modify and evaluate this program to meet the needs of your organization and audience.

“Using What Works” is available online at:  
[http://cancercontrol.cancer.gov/use\\_what\\_works/start.htm](http://cancercontrol.cancer.gov/use_what_works/start.htm).

### **I. Program Administration (Type of Staffing and Functions Needed)**

#### **Project Coordinator (Health Educator with Professional Education experience)**

- Establish clinic sites for program implementation.
- Lead clinician training on basic sun protection information at implementation site.
- Provide program materials to pediatric care providers.

**Pediatric Care Providers** (Recommended: pediatricians, family practitioners, nurse practitioners, physician assistants, or nurses)

- Distribute seven individual Sun Protection Packets to patients at 2, 4, 6, 12, 24, and 36 month well-child visits.
- Utilize the Anticipatory Guidance Recommendations Sheet to initiate sun safety discussions with parents and encourage sun-safe behaviors for their children.

### **II. Program Delivery**

**For additional information on modifying program materials, refer to the appropriate Module(s) for program adaptation from “Using What Works”.**

**A. Program Materials** (*All listed materials can be viewed and/or downloaded from the Products Page*):

- **Clinician Training PowerPoint Presentation:** This sun safety training presentation can be used by the project coordinator to orient and train pediatric care providers on basic sun protection information and program implementation.

- **Anticipatory Guidance Recommendations Sheet:** This two-page sheet includes discussion points for pediatric care providers to use as a guideline for parent interactions during well-child visits at 2, 4, 6, 12, 24, and 36 months of age.
- **Protection Tip Sheets (Seven):** One sun protection tip sheet is provided for each age level of the intervention (2, 4, 6, 12, 18, 24, and 36 months of age) and describes age-appropriate sun safety guidelines for parents to practice.
- **Activity Sheet for Parents and Children:** This one-page guide sheet provides parents with nine activities to complete with their child to develop and reinforce good sun protection behaviors.
- **Sun Protection Packet:** The items included in this packet vary for each age level but may include a tote bag, infant sunhat, UV-protective sunglasses, sunscreen samples, sun safety brochures, or magnets. A copy of the age-level Protection Tip Sheet is included in the Sun Protection Packet.

## **B. Program Implementation**

The steps used to implement this program are as follows:

Step 1: Project Coordinator presents Clinician Training PowerPoint Presentation to clinic staff to provide basic sun protection information and program implementation steps.

Step 2: At the 2-month well-child visit, the pediatric care provider gives the child's parent the 2-month Sun Protection Packet (i.e., a tote bag, infant sunhat, and the 2-month Protection Tip Sheet).

Step 3: Pediatric care provider utilizes Anticipatory Guidance Recommendation discussion points for the 2-month old age level and explains the items included in the Sun Protection Packet.

Step 4: At the 4-month well-child visit, the pediatric care provider gives the child's parent the 4-month Sun Protection Packet (i.e., sun safety brochures, a magnet, and the 4-month Protection Tip Sheet).

Step 5: Pediatric care provider utilizes Anticipatory Guidance Recommendation discussion points for the 4-month-old age level and explains the items included in the current Sun Protection Packet.

Step 6: At the 6-month well-child visit, the pediatric care provider gives the child's parent the 6-month Sun Protection Packet (i.e., two sunscreen samples and the 6-month Protection Tip Sheet).

Step 7: Pediatric care provider utilizes Anticipatory Guidance Recommendation discussion points for the 6-month-old age level and explains the items included in the Sun Protection Packet.

Step 8: At the 12-month well-child visit, the pediatric care provider gives the child's parent the 12-month Sun Protection Packet (i.e., two sunscreen samples, UV-protective sunglasses, and the 12-month Protection Tip Sheet).

Step 9: Pediatric care provider utilizes Anticipatory Guidance Recommendation discussion points for the 12-month-old age level and explains the items included in the Sun Protection Packet.

Step 10: At the 18-month well-child visit, the pediatric care provider gives the child's parent the 18-month Sun Protection Packet (i.e., two sunscreen samples and the 18-month Protection Tip Sheet).

Step 11: Pediatric care provider utilizes Anticipatory Guidance Recommendation discussion points for the 18-month-old age level and explains the items included in the Sun Protection Packet.

Step 12: At the 24-month well-child visit, the pediatric care provider gives the child's parent the 24-month Sun Protection Packet (i.e., two sunscreen samples and the 24-month Protection Tip Sheet).

Step 13: Pediatric care provider utilizes Anticipatory Guidance Recommendation discussion points for the 24-month-old age level and explains the items included in the Sun Protection Packet.

Step 14: At 36-month well-child visit, the pediatric care provider gives the child's parent the 36-month Sun Protection Packet (i.e., two sunscreen samples, the Activity Sheet for Parents and Child, and the 36-month Protection Tip Sheet).

Step 15: Pediatric care provider utilizes Anticipatory Guidance Recommendation discussion points for the 36-month-old age level and explains the items included in the Sun Protection Packet.

### **III. Program Evaluation**

**For additional information on planning and adapting an evaluation, review the appropriate Modules for program implementation and evaluation from "Using What Works".**

[http://cancercontrol.cancer.gov/use\\_what\\_works/start.htm](http://cancercontrol.cancer.gov/use_what_works/start.htm)

For further assistance in designing and conducting an evaluation, consider communicating with members from NCI's Research to Reality (R2R) community of practice who may be able to help you with your research efforts. Following is a link to start an online discussion with the R2R community of practice, after completing registration on the R2R site:

<https://researchtoReality.cancer.gov/discussions>.