

# **IMPLEMENTATION GUIDE**

## **Sun Protection Strategies for Kidney Transplant Recipients**

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

**Note:** Refer to “Putting Public Health Evidence in Action”. 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.

“Putting Public Health Evidence in Action” is available online at:  
<http://cpcrn.org/pub/evidence-in-action/>

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

#### **Medical Professional (Nurse, Physician Assistant, or Doctor)**

- Distributes the workbook to patients and recommends to patients that they read it. Recommendations can be personalized to a patient by assessing the amount of outdoor activities the patient is performing. For example, the provider can say, “It is really good that you are walking outside for 30 minutes each day. When you do your walking, please be sure to use sun protection. This book will help you decide what protection to use.”

### **II. Program Delivery**

**For additional information on modifying program materials, refer to the appropriate Module(s) for program adaptation from “Putting Public Health Evidence in Action”.**

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

- **Sun Protection Strategies for Kidney Transplant Recipients:** This is an 11-page PDF workbook for patients that teaches them about their risk for developing skin cancer and methods for reducing their risk.
- **Text messages:** This Word document contains three scripted messages.

## **B. Program Implementation:**

The steps used to implement this program are as follows:

Step 1: Assess the intensity of the sun. It is best to implement the program in spring in the more northern latitudes. In places with intense sun throughout the year (e.g., Arizona, Florida), the program can be started at any time. The opportunity for sun exposure must be sufficient to make the program relevant to the patient.

Step 2: Between 2 and 6 months after receiving the transplant, the kidney transplant recipient is usually feeling well enough to be walking outdoors. It is best to link sun protection with outdoor physical activity.

Step 3: Staff give the book to the participant with a personal recommendation to review it and discuss it with family members.

Step 4: Three text messages are sent by a service that delivers text messages to a phone. The first message is sent about 2 weeks after the patient receives the workbook. It can be sent on a weekday or weekend. The next text message is sent 4 weeks after the patient receives the workbook. If the first message is sent on a weekday, then the second is sent on the weekend. The last message is sent on a Friday before a long holiday weekend such as Memorial Day, Fourth of July, or Labor Day.

## **III. Program Evaluation**

**For additional information on planning and adapting an evaluation, review the appropriate Modules for program implementation and evaluation from “Putting Public Health Evidence in Action”.**

<http://cpcrn.org/pub/evidence-in-action/>

For further assistance in designing and conducting an evaluation, consider communicating with members of 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>.