CEBD Medical students skin of colour survey

Introduction

We are aware that in education and research about skin conditions, the images and language used present a narrow spectrum of individuals’ experiences.

Images are most often of white skin; ‘redness’ is commonly used to describe inflammation or irritation. This potentially marginalises and excludes some groups, and it points to gaps in how we train doctors, treat skin conditions and measure the outcomes of skin research.

In our survey we'd like to capture the sorts of words and descriptions that you use to describe your own skin and how this related to your medical education.

It should take under 5 minutes and will help us to think about an accurate and diverse language to use in research and education.

1. a) In skin research and medical practice the Fitzpatrick scale is often used to describe different skin types. It is commonly presented as a series of descriptions which relate to sun sensitivity. Where do you fit? *[place an X on the scale below the text]*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **A**  My skin burns very easily in the sun and never tans. | | | **B**  My skin usually burns in the sun and tans minimally. | | | **C**  My skin can burn after long or intense sun exposure, but generally tans quite easily. | | | **D**  My skin tans easily, but could burn with lengthy exposure to intense sunshine. | | | **E**  My skin can darken with sun exposure but doesn’t generally burn unless the sun is very intense. | | | **F**  My skin does not burn in the sun. | | |
|  | | A | Between A & B | | B | Between B & C | | C | Between C & D | | D | Between D & E | | E | Between E & F | | F |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |
| I am not sure where my skin sits on this scale… | | | | | | | | |  | |  |  | |  |  | |  |

2. The Fitzpatrick scale might also be converted to a series of images. *Where would you position your skin colour on this scale?   
[place an X on the scale below the images].*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | |  | | |  | | |  | | |  | | |  | | |
| Lighter than I | | I | Between I & II. | | II | Between II & III | | III | Between III & IV | | IV | Between IV & V | | V | Between V & VI | | VI | Darker than VI | |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |

|  |  |  |
| --- | --- | --- |
| My skin colour is not represented in the scale above … |  |  |

3. Do you have any comments on the above scale?

*(Free text)*

4. In your own words can you describe the colour of your skin?

*Please add up to five words or phrases…*



5. a) How would you describe the colour of your skin when it is irritated or inflamed?

*Please add up to three words or phrases…*



*5 b)* What other skin changes do you notice when it is inflamed/irritated? For example how it looks or feels?

*Please add up to two words or phrases…*



6. Often images are used without the ethnicity of the patient being known, for example where they are sourced from the internet. If you have suggested terminology related to ethnicity how would you like these cases referred to?

*Please add up to five words or phrases…*



7. Have any terms been used in your medical education to date that you feel were unacceptable? If so please comment on the context

*(free text)*

8. How well prepared do you feel to see patients with diverse skin tones in your clinical practice?

*(Likert scale)*

9. How well prepared do you feel to discuss differences in skin conditions presenting in diverse skin tones with patients?

*(Likert scale)*

10. About you…

Age … <18 , 19-24, 25-34, 35-44, 45-54, 55-64, 65-74, >74. Prefer not to say.

Gender … Female, Male, Other. Prefer not to say.

Ethnicity …

White

English, Welsh, Scottish, Northern Irish or British

Irish

Gypsy or Irish Traveller

Any other White background

Mixed or Multiple ethnic groups

White and Black Caribbean

White and Black African

White and Asian

Any other Mixed or Multiple ethnic background

Asian or Asian British

Indian

Pakistani

Bangladeshi

Chinese

Any other Asian background

Black, African, Caribbean or Black British

African

Caribbean

Any other Black, African or Caribbean background

Other ethnic group

Arab

Any other ethnic group

11. Which medical school do you attend?

*(free text)*

12. Do you have any further comments?

*(free text)*