

Example of GPs script:

### Patient contribution

To what do we owe this pleasure?

Anything else we need to talk about?

### ICE

So is there an anxiety around if you are prone to getting cancer of the skin?

So you want an objective opinion about them?

To rule out it's not melanoma?

Was there anything else you were particularly hoping I would do for you today?

### PSO

Life circumstances?

So life is treating you okay?

So remind me who you are living with at the moment

Great okay, good news. That's another thing which will look after your skin.

Relationships?

What's your sexuality if you don't mind me asking?

Can I just check if you have had any previous concerns about exposures?

And everything was okay? No symptoms or problems at the moment?

Can I just check about alcohol as well?

No issues?

Okay good! And you wouldn't regard yourself as someone who drinks excessively?

### Red flags

Has there been a change in shape for them?

### Focussed history

So you do a bit of travelling don't you?

So travelling, work wise what you are doing?

### Focussed examination

So can I ask you to stand up if that's okay and we will look at the back of your neck. Which mole was it you were worried about?

5mm x 4mm. So it is all the same colour. It does have a slight irregularity to the outline of it,

### Identify problem and explain diagnosis

So lots of freckles. Your neck is the area that gets exposed to the sun. You have one here which is slightly darker than the other ones.

And I wouldn't be alarmed by the size of that one.

So your neck doesn't look suspicious and the rest are just freckles.

### Check understanding

Any other queries?

### Develops management plan / shares management plan

However it is worth while watching the evolution of them. So I will make a measurement today. Have you taken a decent picture of it already? Or got your parents to do it?

so it is worth while just watching that. If you want me to have a look at it in say a couple months time then that's okay. If there is any changes then let me know sooner. They do look like freckles and there isn't anything that is alarming to me.

I will print off a collection of things we should look out for. You are right to be suspicious about moles. If you are in any doubt about it then get a second opinion by a dermatologist. They can get a close look at the skin and its features in more detail.

There is a potential problem with doing that is you may not be getting enough vitamin D.

You skin should be exposed regularly then you should be getting enough. If you wanted to get your vitamin D level checked then we can do that for you with a simple blood test. The alternative is to take a supplement. The standard strength and most cost effective is called Valupak Vitamin D. You can buy it from places such as Holland and Barrett. It is a thousand international units a day.

### Safety net and follow up

A is for the asymmetry of the lesion. At the moment yours has a couple of indentations on either side. That irregularity is probably normal for you.

What I am looking for are changes like discolouration. Check symmetry. Also the border to see if it is uneven. D is for diameter. At the moment yours is 5mm x 4mm.

E is one of the most important ones which is "is it changing?" If there are any changes then get it checked out.

**It is crucial that you don't burn yourself when travelling. You should wear a broad rimmed hat and appropriate neck wear. Just to make sure you get covered. Some people prefer to have one of those hats which come down the back.**

**Remember if there is a suggestion of evolution let's see you again.**

**What about we give it a couple of months and I'll see you again to check there has been no change?**