

## **Advice for young people attending the skin clinic**

Hi! You have been given an appointment to attend the Dermatology clinic. We specialise in the skin, hair and nails and the conditions that affect these parts of your body.

In our clinics, we see patients of all ages, from newborn babies to older people, and we often see the same people over long periods during their lives. Some skin conditions start in childhood and come and go throughout life, like eczema. For other conditions, such as acne and psoriasis, the teenage years are a common time for these skin problems to start.

### ***Who goes in with me?***

You can decide if you would like to see the doctor or nurse on your own or with your parent/carer(s).

It is possible for you to be seen on your own at first, and for your parent/carer to then come join you in the clinic room to discuss any current issues or decisions about treatments.

At different ages and stages of your life you may need more or less support and involvement from adults at home. Sometime the children's clinics and the adult clinics are in separate locations, so you may have to move to a new service and meet a new dermatology team as you get older.

### ***What to expect?***

We will ask you questions about why you have come to the skin clinic – what the problem is and how we can help. We will look at the skin (including the problem areas and some normal areas). We may ask the questions and look at the skin at the same time, as this helps us figure out the problem quickly and allows us to spend more time providing advice and treatment.

Some people may feel uncomfortable showing their skin to a doctor or nurse, but we have seen it all before. We will do our best to help you feel at ease. You just need to say so if you ever feel uncomfortable.

If at any time you don't understand what we have said, please ask us to stop and to explain again.

### ***The mind and the body***

Having a skin condition can affect how you feel, and how you feel can sometimes affect your skin. We know that skin conditions can affect your sleep, mood, concentration and self-esteem.

We often ask you to fill in questionnaires before the clinic, to see how much your skin condition is affecting your life. Please don't be afraid to tell us how your skin makes you feel, as sometimes we may forget to ask you directly.

We know that people asking you questions about your skin problem, or people who stare can make you feel uncomfortable or embarrassed. In this clinic we will listen to these worries, and get more help if you are feeling down, anxious or depressed.

***Space for you to write any particular questions you want to remember to ask your Doctor in your appointment:***

***Please turn over for some recommended links to online resources for young people with skin conditions***

## **Online resources for young people with skin conditions that you might find useful**

### **General skin and dermatology websites**

<https://www.skinhealthinfo.org.uk/> British Association of Dermatologists - Patient information leaflets and useful links for many skin conditions

<https://www.britishskinfoundation.org.uk/> UK charity focused on skin health and research into skin conditions

<http://healthtalk.org/peoples-experiences/skin-conditions> healthtalk.org is a patient experience website covering many different conditions and a valuable resource for different experiences. Section on skin conditions affecting young people (eczema, psoriasis, acne, alopecia)

<https://www.yfaceit.co.uk/> Online support for young people with conditions or injuries affecting their appearance

<https://www.dermnetnz.org> New Zealand based website with clear and well-informed articles on many skin conditions. Aimed primarily at healthcare workers, so uses medical language

### **Eczema**

<http://healthtalk.org/young-peoples-experiences/eczema/topics>

<http://eczema.org/> Website for National Eczema Society (NES). Provide an information booklet "Teenagers with Eczema – live your life" (N.B. costs £3.50 on website)

<https://www.eos.org.uk/support-for-families/xy-club-11-17-yrs/> Eczema Outreach Support – An organisation providing support for families, children and young people living with eczema. The XY Club is aimed specifically at 11-17 year olds and organises meet-ups and group chats online

### **Psoriasis**

<http://healthtalk.org/young-peoples-experiences/psoriasis/topics>

[www.psoteen.org.uk](http://www.psoteen.org.uk) Specific UK website targeting teenagers and young people with psoriasis

<https://www.psoriasis.org/for-teens/> American website for psoriasis and psoriatic arthritis

### **Acne (spots and pimples)**

<http://healthtalk.org/young-peoples-experiences/acne/topics>

<http://www.acnesupport.org.uk/> Acne support website set up by the British Association of Dermatologists

### **Alopecia (hair loss)**

<http://healthtalk.org/young-peoples-experiences/alopecia/topics>

<https://www.alopecia.org.uk/advice-for-children-and-young-people-with-alopecia>

### **Cosmetic camouflage**

<https://www.changingfaces.org.uk> Changing Faces provides support for facial disfigurements including acne scarring and vitiligo. Their service also include psychological support. Self-refer via their website.

### **Ichthyosis (very dry, scaly skin)**

<http://www.ichthyosis.org.uk> Ichthyosis support group. Excellent info and resource for patients with ichthyosis

### **Hyperhidrosis (excess sweating)**

<https://hyperhidrosisuk.org/>

### **Hidradenitis suppurativa (HS – recurring boils or infections, often under the arms or in the groin)**

<https://www.britishskinfoundation.org.uk/hidradenitis-suppurativa>

### **Vitiligo (pale or white patches of skin)**

<https://www.britishskinfoundation.org.uk/vitiligo>

<http://www.vitiligosupport.org.uk/>

### **Skin and joint problems**

<https://www.healthtalk.org/arthritis/resources-information> Resources and information for young people with arthritis.

***If you are feeling very anxious or worried and need to urgently speak to someone, please contact helplines such as the Samaritans, Mind InfoLine or SANEline to talk things through. If you are in mental health crisis at any time, please get in touch with your GP, 999 or the Samaritans.***