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Aarushi Lall

Background - Sun protection accounts for one of the important strategies in day-to-day life. And now a days photoprotection means protection from not only UV radiations but also from the secondary factors such as oxidative stress with the help of antioxidants, etc. Moreover, one of the causes of increasing skin diseases among public is the damage caused by the UV radiations. To protect oneself from these harmful UV radiations sunscreens are used as the photoprotective methods. Sun protection factor plays an important role in determining its efficacy. Awareness about sunscreen is of great importance among people and several studies have been conducted to analyse the importance of the usage of sunscreen. Hence a study was conducted to know the awareness on the usage of sunscreen in the first year MBBS students and it was compared with the third-year students who completed the clinical dermatology training.

Aims and objectives - To evaluate the knowledge and attitude of medical students towards the use of sunscreen as a method of protection from sunlight in day-to-day life before and after their dermatology postings.

Methods- Three hundred and sixty participants answered the questionnaire in the study duration of 5 months. All of them were either first year medical students or third year medical students. The participation in the study was voluntary after written informed consent were included.

Results –In this study 180 students each of first year and third year took part. 72.2% (260/360) of participants believe that going out in sun is harmful. 86.6% (156/180) third year medical students did not use sunscreen in their first year of medical school. Reasons given by students of first year for not using sunscreen were that it is sticky, expensive and causes irritation and skin allergies. Knowledge, attitude and practice of sunscreen was compared on various parameters such as time of application, body part of application, spf level preferred, etc.

Conclusion- In our study it was found that third year medical students had better knowledge, attitude and practice of using sunscreen when compared to the first-year medical students.

Keywords: Knowledge, practice, sunscreen, medical students