


# Lancer Skin Type Evaluator

- ▶ To find LES skin type, add up the four numbers (on the chart to the right) that correspond to the grandparents' ethnicities on the maternal and paternal sides. Divide that total number by four to find the LES score.
- ▶ A higher LES score means a higher risk with treatments. No matter what, there is always risk with any treatment that requires healing. A higher LES score comes with a higher risk of adverse reactions to resurfacing treatments.
- ▶ Knowing ancestral history will allow you as a provider to better anticipate how skincare or treatments may affect your patients' skin. Research into family history can reveal more about skin than is on the surface.

LES I	LES III	LES IV	LES V
Extremely fair skin that burns quickly and tends toward sensitivity. Your ancestors are: <ul style="list-style-type: none"> <li>• Celtic</li> <li>• Nordic</li> <li>• Northern European</li> </ul>	Golden skin, possibly with olive undertones, that can sun easily or become easily inflamed. Your ancestors are: <ul style="list-style-type: none"> <li>• European Jews</li> <li>• Native American and Inuit</li> <li>• Southern European and Mediterranean</li> </ul>	Olive or brown skin that can become easily inflamed and can tend toward acne. Your ancestors are: <ul style="list-style-type: none"> <li>• Sephardic Jews</li> <li>• Central and South American Indian</li> <li>• Chinese, Korean, Japanese, Thai, and Vietnamese</li> <li>• Filipino and Polynesian</li> <li>• Southern European and Mediterranean</li> <li>• Southeast Asia*</li> </ul>	Black skin that can react to irritation with discoloration or texture changes. Your ancestors are: <ul style="list-style-type: none"> <li>• Central, East, and West African</li> <li>• Eritrean and Ethiopian</li> <li>• North African and Middle East Arabic</li> </ul>

LES II	EXAMPLE		CALCULATE YOUR LANCER	<small>*Added to original Lancer ethnicity list.</small>  <small>Adapted from <a href="http://www.lancerdirectory.com/blog/whats-my-skin-type">www.lancerdirectory.com/blog/whats-my-skin-type</a>. Terms used align with Lancer's tools, and may not align with newer racial terminology.</small>
Fair skin that does not burn quickly, but still wrinkles and sags and can sun easily. Your ancestors are: <ul style="list-style-type: none"> <li>• Central, Eastern, or Northern European</li> </ul>	Skin    4   Mediterranean M/G    4   Mediterranean P/m    1   Nordic P/d    2   Eastern European <hr/> <b>TOTAL</b> 11/4   <b>LES III</b>		Skin    _____ M/G    _____ P/m    _____ P/d    _____ <hr/> <b>TOTAL</b> ____/4   <b>LES</b>	

## Additional Key Questions

How does the skin heal after "small wounds" such as scrapes, cuts, bug bites, and Band-aids® marks?

- ☐ Pink to Red      ☐ Purple to Dark

How does the skin behave on photo-sensitive medications?

- ☐ Burns Easily      ☐ Minimal Response

How do scars heal after more significant wounds?

- ☐ Thick      ☐ Thin

Are you taking any contraindicated topicals?

- ☐ Yes, Which ones? How Long?      ☐ No

## Bringing it together for Skinclusive care:

- ▶ Using both Lancer and Fitzpatrick skin assessment prior to aesthetic treatments is crucial for effective and safe patient care.
- ▶ The additional key questions also highlight unexpected skin reaction clues to guide your treatment.
- ▶ Upon final assessment, use laser settings that lean towards the more conservative skin type, then gradually progress and document settings for optimal experience and results.

# Guide For Skin Assessment

**Nadia R. Singh**



## **Guide For Skin Assessment:**

**NURSING: The Ultimate Study Guide** Nadia R. Singh, 2011-11-17 Print CourseSmart     *Study Guide and Laboratory Manual for Physical Examination and Health Assessment, Canadian Edition- E-Book* Carolyn Jarvis, Ann L. Eckhardt, 2023-02-23 NEW Preface includes an overview of the NCSBN Clinical Judgment Measurement Model PN competencies and the REx PN NEW Clinical judgment exercises equip students for success on the Next Generation NCLEX NGN including questions with an increased focus on clinical judgment Updated content throughout corresponds to the 4th Canadian edition of the textbook and incorporates the latest research and evidence informed practice     Study Guide & Laboratory Manual for Physical Examination & Health Assessment E-Book Carolyn Jarvis, Ann L. Eckhardt, 2023-01-02 Both a comprehensive lab manual and a practical workbook the Study Guide Laboratory Manual for Physical Examination Health Assessment 9th Edition gives you the tools you need to master physical examination and health assessment skills in the lab and in clinical practice Corresponding to the bestselling Jarvis textbook this guide features terminology reviews application activities clinical judgment questions regional write up sheets and narrative summary forms with answers to study questions at the back of the book to facilitate both learning and review The 9th edition has been thoroughly updated with a fresh focus on the Next Generation NCLEX NGN with case studies featuring new NGN question formats to prepare you not only for the skills laboratory but for success on the NCLEX and in interprofessional collaborative practice Authoritative review and guidance for laboratory experiences personally written by the textbook authors provide a seamlessly integrated study and clinical experience Consistent format includes Terminology Review Study Guide and Clinical Judgment Questions in each chapter Physical examination forms familiarize you with what you will encounter in clinical practice and offer practice in documenting the patient history and examination findings The only full color illustrated lab manual available for a nursing health assessment textbook with anatomy exercises that align with the main text NEW Clinical judgment exercises equip you for success on the Next Generation NCLEX NGN including questions with an increased focus on clinical judgment robust single episode case studies that employ the latest NGN question types and unfolding case studies which reflect the language of the NCSBN Clinical Judgment Measurement Model NEW Chapter 33 includes unfolding case studies for the NGN that present opportunities for you to practice prioritizing decision making and using clinical judgment skills NEW Increased emphasis on activities focused on higher cognitive levels Applying and above UPDATED Critical Thinking Exercises offer suggested readings based on your participation in the skills lab and discussions with your instructor UPDATED Content corresponds to the 9th edition of the Jarvis textbook and incorporates the latest research and evidence based practice

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