

The Application of Dermoscopy in General Outpatient Clinic (GOPC) From paper to practice



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Introduction

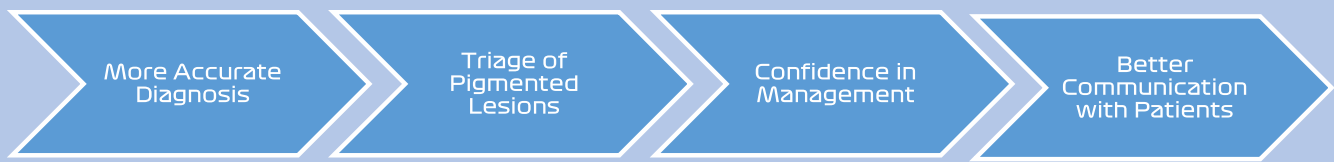
- Dermoscopy is the examination of skin lesions with the use of a dermoscope
- Application of dermoscopy has gained increasing popularity in primary care, especially in Australia¹
- Utilisation rate of dermoscopy is expected to be low in Hong Kong
- The author would like to demonstrate the application of dermoscopy in primary care in Hong Kong, particularly in the GOPC setting

Methodology

- The author (Specialist in Family Medicine) provides consultations in a GOPC
- Formal training in dermoscopy from HealthCert of Australia was undergone
- Dermoscopy was applied to nearly all dermatology cases in daily practice to aid diagnosis and management since 10/2020
- DermLite DL4 is used
- Clinical photos were taken for documentation



Results



Disease	Naked Eye Exam	Dermoscopy Finding	Clinical Relevance
Psoriasis			Previously diagnosed as eczema by another colleague, but dermoscopy revealed regularly dotted vessels with whitish scales which is compatible with psoriasis instead
Seborrheic Keratosis			Previously diagnosed as mole by another colleague; Dermoscopy revealed milium-like cysts with well demarcated border suggestive of seborrheic keratosis; Diagnosis confirmed with histopathology
Benign Acral Naevi			Patient was feared of acral lentiginous melanoma due to heterogenous colour and asymmetrical nature of lesion. Dermoscopy revealed parallel furrow pattern with crista dotted variant. Patient was shown this picture contrasting to an example of dermoscopy of melanoma. She was reassured afterwards.
Sebaceous Hyperplasia			Basal cell carcinoma can present as a pinkish nodule on face. Dermoscopy revealed central yellowish globules surrounded by crown vessels. BCC can therefore be ruled out and biopsy / excision can be avoided.

Conclusion

The application of dermoscopy in the GOPC setting in Hong Kong can help doctors to **improve diagnosis** and **subsequent management of skin diseases**.