

SKIN CLINIC
BLINK PATIENT HANDOUT

BLINK is a unique checklist algorithm devised by Dr. Peter Bourne, a founder of the Skin Cancer College of Australia and New Zealand. It helps doctors decide whether lesions need a diagnostic biopsy. BLINK is especially powerful because it combines the patient's concerns, the clinician's evaluation and simple-to-learn dermatoscopic skills.

BLINK:

1. **B** – Benign
2. **L** – Lonely
3. **I** – Irregular
4. **N** – Nervous and/or Change
5. **K** – Known clues

BLINK Checklist

___ **B** (Benign): Is the lesion immediately recognizable as a common benign lesion?

If the answer is 'yes', no further action is required.

If the answer is 'no', then proceed to the following:

___ **L** (Lonely): Is the lesion the only one of its type on that region of the body?

'Yes' scores 1

___ **I** (Irregular): Is the lesion dermatoscopically irregular? An asymmetrical pigmentation pattern and more than one color?

'Yes' scores 1

___ **N** (Nervous and/or Change): Is the patient nervous that lesion may be a skin cancer? Does the patient, or another observer, feel that the lesion is changing?

'Yes' scores 1

___ **K** (Known clues): Does the lesion have any dermatoscopic clues to malignancy?

'Yes' scores 1

Your BLINK Score:

If the lesion scores 2 or more out of 4, it is recommended to be biopsied. If there is a score 1 or 0, the lesion can be closely followed up by your physician. Please visit at <http://idsblinck.blogspot.com> if you want more detailed information.

This handout was prepared by Yoon Cohen, a 4th year medical student.