

SCHEME OF WORK APPLICATION FORM

For each ITEC qualification, the Lecturer/Centre must complete Scheme of Work for each unit indicating how the Lecturer is planning to cover the ITEC syllabus throughout the course.

Set out the planned sessions in terms of *Learning Outcomes* to be achieved. These should match those stated within the ITEC syllabus for each unit. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the syllabus.

Unit Title: Unit – 48 Laser and Intense Pulsed Light Treatments

Lecturer(s) responsible:

Total contact tuition hours proposed: 200

Learning Outcomes	Lecture Content	Suggested Resources	Approx, Hours
Introductory session	College rules and regulations College mission statement ITEC rules and regulations Health & safety Timetable Dates – holidays etc. Syllabus Recommended books Uniform	Lecture Q&A Using all the documents listed to ensure the students understand the college expectations and their commitment to the course	
1. Laser and Intense Pulsed Light Treatments Theory			
Understand and explain the structure of an atom Understand and explain the measurement of electricity Understand and explain how to work out the correct fuse Understand and explain the different types of current used in beauty therapy and the possible high risk involved Understand and explain the function of a transformer and when and why it may be used Understand and explain the main types of laser and their effects and uses Understand and explain the function of a rectifier	<ul style="list-style-type: none">• Protons • Neutrons • Electrons • Nucleus• Functions of the above• Volts • Watts and Amperes • Ohms and Ohm's law and their relevance• 3 amp fuses with an appliance of up to 700 watts • 5 amp fuses with an appliance between 750-1000 watts • 13 amp fuses for appliances between 1000-3000 watts• Direct • Alternating• Step up and step down• Argon laser • Ruby laser • Carbon dioxide laser • Helium neon laser • Diode • Nd; Yag• Current flows in one direction only	OHP/Whiteboard Lecture Q&A Homework Test	70

Understand and explain the correct wiring of a plug	<ul style="list-style-type: none"> • The colours of the wires and their position inside the plug • Green/yellow to the centre • Blue to the left • Brown to the right 		
Understand and explain light as Electromagnetic Radiation (EMR)	<ul style="list-style-type: none"> • The relationship between distance, time and the distance of the light from the client 		
Understand and explain the inverse square law	<ul style="list-style-type: none"> • The relationship between distance, time and the distance of the light from the client 		
Understand and explain the types of light emitted from IPL and laser systems	<ul style="list-style-type: none"> • Polychromatic • Monochromatic • Non-coherent • Coherent • Defocused light • Parallel light • Similarities and differences between them 		
Understand and explain light-tissue interaction and the effects on the skin and eyes	<ul style="list-style-type: none"> • Reflection • Transmission • Scattering • Absorption • Selective photothermolysis • Haemoglobin and Oxyhaemoglobin • Thermal relaxation time (TRT) 		
Understand and explain skin cooling methods, effects, advantages and disadvantages	<ul style="list-style-type: none"> • Water cooled • Cryogen sprays • Cold gels 		
Understand and explain their responsibility under the Health and Safety at Work Act	<ul style="list-style-type: none"> • Safety precautions in the salon when dealing with the general public and their liability 		
Understand and explain the Electricity at Work Act 1992	<ul style="list-style-type: none"> • The therapist's responsibilities to the client • Care and maintenance of equipment 		
Understand and explain the Care Standards Act 2000	<ul style="list-style-type: none"> • Safety requirements • Goggles should be worn by both the therapist and the client • Controlled area • Appropriate environment • Certificate of Registration • Only establishments that have successfully registered and display their Certificate of Registration can offer laser and IPL treatment 		
Understand and explain the first aid procedure for the following conditions: Electric shock and burns	<p>Check the up to date procedures with St Johns/Andrews ambulance and the Red Cross</p>		
Understand and explain the reasons and procedure for a tactile safety test	<ul style="list-style-type: none"> • The procedure for the test: • Taking a sharp end of a wooden stick and a piece of cotton and placing them alternately against the skin • Ask the client if they can tell the difference between the sharp and soft sensation 		
Understand and explain the reasons and procedure for a thermal safety test	<ul style="list-style-type: none"> • The procedure for the test: • Taking a sharp end of a wooden stick and a piece of cotton and placing them alternately against the skin 		

<p>Understand and explain the reasons and procedure for a patch test</p> <p>Understand and explain those contraindications to Laser and IPL treatments requiring medical referral or the client to indemnify their condition in writing prior to the treatment and those contraindications that restrict treatment</p> <p>Understand and explain the importance of taking photographs of the treatment area for your client records and treatment plan</p> <p>Understand and explain the importance of test shots and how to recognise skin reactions</p> <p>Understand and explain storage of client photographs and records</p>	<ul style="list-style-type: none"> • Ask the client if they can tell the difference between the sharp and soft sensation • The procedure for the test: <ul style="list-style-type: none"> • Apply a small number of pulses to an area with similar hair and skin to the treatment site • Record settings • Wait for skin response, i.e. 24 - 72 hours depending on the skin type • Recognise adverse reactions • Contraindications requiring medical referral or the client to indemnify their condition in writing prior to treatment <ul style="list-style-type: none"> • Any condition already being treated by a GP, dermatologist or another skin therapist • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Recent operations • Diabetes • Asthma • Bell's Palsy • Trapped/Pinched nerve • Inflamed nerve • Acute rheumatism • Contraindications that restrict treatment <ul style="list-style-type: none"> • Fever • Contagious or infectious diseases • Under the influence of drugs or alcohol • Cancer • Pregnancy • Drugs or medications that cause photo- sensitisation or skin thinning effects • Herbal remedies that cause photo-sensitisation • Allergies to the products or materials used • Epilepsy • Cardio-vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Connective tissue disorders(scleroderma) • Herpes • Skin diseases • Undiagnosed lumps and bumps • Cuts • Bruises • Abrasions • Sunburn • Suntanned skin • Artificial tan until the product has faded from the skin • Areas of undiagnosed pain • Skin pigment conditions (vitiligo, melasma moles and pigmented naevi) • Keloid scars • Any metal pins or plates • Loss of skin sensitivity (test with tactile and thermal methods) • Normal and close up photographs • Progression of treatment • Condition of area to be treated • Skin reactions • Effectiveness of treatment • Determining the correct treatment parameters • Perifollicular erythema • Perifollicular oedema • Secure storage • Length of time records/photographs should be kept (eight years depending upon the age of the client when treatment finishes) 		
---	--	--	--

2. Structure of the Skin			
<p>Understand and explain (with the aid of a diagram) the position and function of the following:</p> <p>Understand and explain subcutaneous/adipose layer</p> <p>Understand and explain Melanocytes</p>	<ul style="list-style-type: none"> • Epidermis • Stratum corneum • Stratum lucidum • Stratum granulosum • Stratum spinosum/malphigian • Stratum germinativum/basal layer • Dermis • Blood supply • Lymphatic supply • Hair follicle • Hair • Sebaceous gland • Sweat gland: Eccrine and Apocrine • Sensory nerve endings • Arrector pili muscle • Dermal papilla • Collagen • Elastin • Histiocytes • Mast Cells • Fibroblasts <ul style="list-style-type: none"> • The structure and function of the fatty layer underneath the Dermis <ul style="list-style-type: none"> • Describe where they are found and their function 	<p>OHP/Whiteboard Lecture Q&A Handout Homework Test</p>	6
3. Functions of the Skin			
<p>Understand and explain the functions of the skin</p> <p>Understand and explain the functions and formation of the acid mantle</p> <p>Understand, explain and recognise the different skin types and Fitzpatrick skin typing</p> <p>Understand, explain and recognise the different skin conditions</p> <p>Understand and explain contraindications and why they should not be treated</p> <p>Understand, explain and recognise the following skin diseases and disorders:</p>	<ul style="list-style-type: none"> • Secretion • Heat regulation • Absorption • Protection/Acid Mantle (composition and formation) • Elimination/excretion • Sensation • Vitamin D formation (ergosterol) <ul style="list-style-type: none"> • Composition and formation <ul style="list-style-type: none"> • White • Black • Asian • Mixed • Chinese • Dry • Oily • Combination • Mature • Young • Fitzpatrick scale 1 –6 <ul style="list-style-type: none"> • Sensitive • Milia • Comedones • Dehydrated • Broken capillaries • Pustules • Papules • Open pores • Hyperpigmentation • Dermatitis papulosa nigra • Pseudo folliculitis • Keloid • In-growing hairs <ul style="list-style-type: none"> • Eczema • Psoriasis • Dermatitis • Severe acne • Urticaria • Sunburn • Suntanned skin • Allergic reaction • Warts • Impetigo • Herpes Simplex • Tinea • Keloid scars <ul style="list-style-type: none"> • Infestations • Scabies • Lice • Congenital • Eczema • Psoriasis • Dermatitis • Bacterial • Acne vulgaris • Impetigo • Acne rosacea • Boils • Folliculitis 	<p>OHP/Whiteboard Lecture Q&A Homework Test</p>	8

Understand, explain and recognise the main skin cancers and all possible causes	<ul style="list-style-type: none"> • Viral • Warts • Herpes simplex • Herpes zoster • Fungal • Tinea (ringworm) • Pigmentation disorders • Vitiligo • Albinism • Chloasma • Ephelides • Lentigo • Moles (papilloma) • Naevi • Port wine stain • Leucoderma • General disorders • UV damage • Urticaria • Allergic reaction <ul style="list-style-type: none"> • Basal Cell Carcinoma • Squamous Cell Carcinoma • Malignant Melanoma 		
4. Structure and Functions of the Hair			
<p>Understand and explain types of hair</p> <p>Understand and explain (with the aid of diagrams) the position and function of the following:</p> <p>Understand and explain the factors which affect hair growth</p> <p>Understand and explain at which stage of the growth cycle laser and intense pulsed light treatment will be most successful</p> <p>Understand and explain what type of hair/skin combination has the best result</p> <p>Understand and explain other hair removal methods</p>	<ul style="list-style-type: none"> • Lanugo • Vellus • Terminal • Cuticle • Cortex • Medulla • Inner root sheath • Huxley's layer • Henley's layer • Outer root sheath • Vitreous membrane • Connective tissue • Dermal papilla • Congenital • Topical • Drugs/medication • Systemic • Stress • Anorexia • Polycystic ovaries • Hirsutism • Anagen • Richard-Meharg hair growth table • Dark hair/light skin • Shaving • Plucking • Waxing • Depilatory creams • Electrolysis (shortwave and blend) 	OHP/Whiteboard Lecture Q&A Homework Test	8
5. Endocrine System			
Understand and explain (with the aid of diagrams) the position of the main endocrine glands, hormones secreted and effects of hyper/hyposecretion of those hormones	<ul style="list-style-type: none"> • Pituitary • Oxytocin • Antidiuretic hormone (ADH) (Vasopressin) • Prolactin • Human growth hormone (HGH) • Thyroid stimulating hormone (TSH) • Adrenocorticotrophic hormone (ACTH) • Luteinising hormone (LH) • Follicle stimulating hormone (FSH) • Melanin stimulating hormone (MSH) • Thyroid gland • Thyroxin • Triiodothyronine • Calcitonin 	OHP/Whiteboard Lecture Q&A Homework Test	8

<p>Understand and explain the effects of hormones on the skin and hair growth cycle</p> <p>Understand and explain the effect of stress on the endocrine system</p> <p>Understand, explain and recognise the causes and effects of the following diseases and disorders:</p>	<ul style="list-style-type: none"> • Parathyroid glands • Parathormone • Thymus • T lymphocytes • Pineal • Regulates the pituitary and releases serotonin • Islets of Langerhans • Insulin • Adrenal glands Adrenal medulla: • Adrenalin • Noradrenalin Adrenal cortex: • Corticosteroids • Mineralcorticoids –Aldosterone • Glucocorticoids • Ovaries • Oestrogen • Progesterone • Testes • Testosterone <p>• Puberty • Pregnancy • Menopause</p> <p>• Production of Adrenalin and its effects</p> <p>• Effects of stress on other hormones</p> <p>• Effects on the reproductive systems of men and women</p> <p>• Addison's syndrome • Cushings syndrome</p> <p>• Amenorrhoea • Menopause • Pre-menstrual syndrome • Polycystic ovarian syndrome</p> <p>• Stress</p>		
6. Laser and Intense Pulsed Light Practical			
<p>Understand, explain and demonstrate the procedure for a tactile safety test</p> <p>Understand, explain and demonstrate the procedure for a thermal safety test</p> <p>Understand, explain and demonstrate the procedure for a patch test</p>	<ul style="list-style-type: none"> • The procedure for the test: • Taking a sharp end of a wooden stick and a piece of cotton and placing them alternately against the skin • Ask the client if they can tell the difference between the sharp and soft sensation <ul style="list-style-type: none"> • The procedure for the test: • Take a hot and cold test-tube full of water and place alternately against the client's skin to ascertain whether they feel the burning sensation of heat <ul style="list-style-type: none"> • The procedure for the test: • Apply a small number of pulses to an area with similar hair and skin to the treatment site • Record settings • Wait for skin response, i.e. 24 - 72 hours depending on the skin type • Recognise adverse reactions 	<p>OHP/Whiteboard</p> <p>Lecture</p> <p>Q&A</p> <p>Homework</p> <p>Test</p>	100

Understand, explain and demonstrate how to set up a working area for the treatment	<ul style="list-style-type: none"> • All surfaces must be wiped with disinfectant and covered with couch roll • The machine and attachments should be ready and wiped over with sanitizer • Cotton wool • Cleanser • Sterilising solution • Tissues • Coupling gel 		
Understand, explain and select appropriate equipment	<ul style="list-style-type: none"> • Laser • Intense pulsed light 		
Understand, explain and recognise those contraindications to Laser and IPL treatments requiring medical referral or the client to indemnify their condition in writing prior to the treatment and those contraindications that restrict treatment	<ul style="list-style-type: none"> • Contraindications requiring medical referral or the client to indemnify their condition in writing prior to treatment • Any condition already being treated by a GP, dermatologist or another skin therapist • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Recent operations • Diabetes • Asthma • Bell's Palsy • Trapped/Pinched nerve • Inflamed nerve • Acute rheumatism • Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of drugs or alcohol • Cancer • Pregnancy • Drugs or medications that cause photo- sensitisation or skin thinning effects • Herbal remedies that cause photo-sensitisation • Allergies to the products or materials used • Epilepsy • Cardio-vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Connective tissue disorders (scleroderma) • Herpes • Skin diseases • Undiagnosed lumps and bumps • Cuts • Bruises • Abrasions • Sunburn • Suntanned skin • Artificial tan until the product has faded from the skin • Areas of undiagnosed pain • Skin pigment conditions (vitiligo, melasma moles and pigmented naevi) • Keloid scars • Any metal pins or plates • Loss of skin sensitivity (test with tactile and thermal methods) 		
Understand, explain and demonstrate how to set up the equipment and check it is in good working order	<ul style="list-style-type: none"> • Check there are no loose wires • Check there are no trailing wires • Check there is no water in the area • Explain the treatment and the sensation to the client • Ensure all attachments are sanitized before and after use on the client • Check all jewellery has been removed from both client and therapist (religious jewellery should be taped) • Do not make any contact with any metal articles 		
Understand, explain and demonstrate	<ul style="list-style-type: none"> • Laser • Intense pulsed light • Selection of equipment • Indications for use • Treatment 		

<p>underpinning knowledge of the use of laser and intense pulsed light equipment</p> <p>Understand explain and demonstrate skin cooling methods</p> <p>Understand, explain and demonstrate how to carry out a consultation for laser and intense pulsed light</p> <p>Understand and explain pre-treatment care</p> <p>Understand, explain and demonstrate the importance of taking photographs of the treatment area before and after treatment</p> <p>Understand, explain and demonstrate a test shot</p> <p>Understand, explain and demonstrate how to recognise skin reactions</p>	<p>effects</p> <ul style="list-style-type: none"> • Water cooled • Cryogen sprays • Cold gels • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open rather than closed questions) • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Consent (see later notes on consent) • Any contraindications to treatment • Possible reasons for the hair growth/skin condition • Client lifestyle • Client profile • Importance of planning laser and IPL treatments and their frequency, taking into account: <ul style="list-style-type: none"> • Skin reaction • Appointments and frequency • Re-growth • Sensation • Client commitment • Skin healing • Safety • Home care advice • Special precautions prior to treatment • Contraindications • Confidentiality • Anonymity • When to refer to a dermatologist or other medical practitioner • 30 days prior to treatment • Importance of not tweezing, waxing, bleaching, sunbathing, using depilatory creams, electrolysis or a solarium • Avoid the use of self-tanning products 2 weeks prior to treatment • The condition of skin and hair prior to treatment • Suitability of treatment • Areas of skin to be avoided • Normal skin reaction to treatment • Poor reaction to treatment • Effectiveness of treatment • Where to apply test shot and relevance to treatment site • Perform test shot according to the recommended settings • Observe immediate skin reaction and client discomfort • Perifollicular erythema • Perifollicular oedema 		
7. Hair Removal			
Understand, explain and demonstrate the procedure for a tactile	<ul style="list-style-type: none"> • The procedure for the test: • Taking a sharp end of a wooden stick and a piece of cotton and placing them alternately 	OHP/Whiteboard Lecture Q&A	

safety test	against the skin • Ask the client if they can tell the difference between the sharp and soft sensation	Homework Test	
Understand, explain and demonstrate the procedure for a thermal safety test	<ul style="list-style-type: none"> • The procedure for the test: • Take a hot and cold test-tube full of water and place alternately against the client's skin to ascertain whether they feel the burning sensation of heat 		
Understand, explain and demonstrate the procedure for a patch test	<ul style="list-style-type: none"> • The procedure for the test: • Apply a small number of pulses to an area with similar hair and skin to the treatment site • Record settings • Wait for skin response, i.e. 24 - 72 hours depending on the skin type • Recognise adverse reactions 		
Understand, explain and demonstrate how to recognise skin reactions	<ul style="list-style-type: none"> • Perifollicular erythema • Perifollicular oedema 		
Understand, explain and demonstrate how to set up a working area for hair removal treatment	<ul style="list-style-type: none"> • All surfaces must be wiped with disinfectant and covered with couch roll • The machine and attachments should be ready and wiped over with sanitizer • Cotton wool • Cleanser • Sterilising solution • Tissues • Coupling gel 		
Understand, explain and demonstrate how to carry out a consultation for hair removal treatment	<ul style="list-style-type: none"> • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open rather than closed questions) • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Consent (see later notes on consent) • Any contraindications to treatment • Possible reasons for the hair growth/skin condition • Client lifestyle • Client profile • Importance of planning laser and IPL treatments and their frequency, taking into account: • Skin reaction • Appointments and frequency • Re-growth • Sensation • Client commitment • Skin healing • Safety • Home care advice • Special precautions prior to treatment • Contraindications • Confidentiality • Anonymity • When to refer to a dermatologist or other medical practitioner 		
Understand, explain and demonstrate a test shot	<ul style="list-style-type: none"> • Where to apply test shot and relevance to treatment site • Perform test shot according to the recommended settings • Observe immediate skin reaction and 		

<p>Understand, explain and demonstrate how to set up the equipment and check it is in good working order</p> <p>Understand, explain and select appropriate equipment</p> <p>Understand, explain and demonstrate how to prepare the client accordingly</p> <p>Understand, explain and demonstrate the importance of taking photographs of the treatment area before and after treatment</p> <p>Understand, explain and recognise those contraindications to Laser and IPL treatments requiring medical referral or the client to indemnify their condition in writing prior to the treatment and those contraindications that restrict treatment</p>	<p>client discomfort</p> <ul style="list-style-type: none"> • Check there are no loose wires • Check there are no trailing wires • Check there is no water in the area • Explain the treatment and the sensation to the client • Ensure all attachments are sanitized before and after use on the client • Check all jewellery has been removed from both client and therapist (religious jewellery should be taped) • Do not make any contact with any metal articles <p>• Laser • Intense pulsed light</p> <ul style="list-style-type: none"> • Cleanse and prepare the area to be treated accordingly • Take photographs of the treatment area • Shave the treatment area • Ensure that all shaved hair is thoroughly removed • Examine the pigmented area and vessels to check if there is a need for referral prior to treatment • Analyse the skin type (Fitzpatrick scale) • Issue protective equipment • Apply coupling gel <ul style="list-style-type: none"> • The condition of skin and hair prior to treatment • Suitability of treatment • Areas of skin to be avoided • Normal skin reaction to treatment • Poor reaction to treatment • Effectiveness of treatment <p>• Contraindications requiring medical referral or the client to indemnify their condition in writing prior to treatment</p> <ul style="list-style-type: none"> • Any condition already being treated by a GP, dermatologist or another skin therapist • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Recent operations • Diabetes • Asthma • Bell's Palsy • Trapped/Pinched nerve • Inflamed nerve • Acute rheumatism <p>• Contraindications that restrict treatment</p> <ul style="list-style-type: none"> • Fever • Contagious or infectious diseases • Under the influence of drugs or alcohol • Cancer • Pregnancy • Drugs or medications that cause photo-sensitisation or skin thinning effects • Herbal remedies that cause photo-sensitisation • Allergies to the products or materials used • Epilepsy • Cardio-vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Connective tissue disorders (scleroderma) • Herpes • Skin diseases 		
---	---	--	--

<p>Understand, explain and apply the treatment safely and effectively for the advised treatment time</p> <p>Understand, explain and demonstrate how to remove hairs from the following:</p> <p>Understand, explain and demonstrate the need to conclude the treatment safely and sanitise the equipment</p> <p>Understand, explain and demonstrate removal of any excess gel from the skin</p> <p>Understand, explain and demonstrate post treatment care</p> <p>Understand, explain and give home care advice</p>	<ul style="list-style-type: none"> • Undiagnosed lumps and bumps • Cuts • Bruises • Abrasions • Sunburn • Suntanned skin • Artificial tan until the product has faded from the skin • Areas of undiagnosed pain • Skin pigment conditions (vitiligo, melasma moles and pigmented naevi) • Keloid scars • Any metal pins or plates • Loss of skin sensitivity (test with tactile and thermal methods) • Adhere to all safety precautions • Setting treatment parameters according to patch test results, skin and hair types • Apply the coupling gel ensuring minimal wastage • Perform a test shot • Awareness of the target chromophore (melanin) • The wavelengths to be used • The duration of the pulse • The correct energy settings (fluence) • Use the machine safely for the required amount of time • Legs • Arms • Chin • Lip • Bikini Line • Abdomen • Back • Chest • Turn off the machine • Take photographs of the area treated • Sanitise the equipment • Wipe the area with damp cotton wool or sponges to remove any gel • Dry skin with a soft cloth • Cool pack or cold compress if necessary • Cold compress when appropriate • Suitable sunblock (SPF 30 or above) • Arrange next treatment 		
8. Skin Rejuvenation, Pigmentation and Diffused Redness			
<p>Understand, explain and demonstrate the procedure for a tactile safety test</p> <p>Understand, explain and demonstrate the procedure for a thermal safety test</p>	<ul style="list-style-type: none"> • The procedure for the test: • Taking a sharp end of a wooden stick and a piece of cotton and placing them alternately against the skin • Ask the client if they can tell the difference between the sharp and soft sensation • The procedure for the test: • Take a hot and cold test tube full of water and place alternately against the client's skin to ascertain whether they feel the 	<p>OHP/Whiteboard</p> <p>Lecture</p> <p>Q&A</p> <p>Homework</p> <p>Test</p>	

Understand, explain and demonstrate the procedure for a patch test	burning sensation of heat • The procedure for the test: • Apply a small number of pulses to an area with similar hair and skin to the treatment site • Record settings • Wait for skin response, i.e. 24 - 72 hours depending on the skin type • Recognise adverse reactions		
Understand, explain and demonstrate how to recognise skin reactions	• Perifollicular erythema • Perifollicular oedema		
Understand, explain and demonstrate how to carry out a consultation for skin rejuvenation, pigmentation and diffused redness treatment	• Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open rather than closed questions) • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Consent (see later notes on consent) • Any contraindications to treatment • Possible reasons for the hair growth/skin condition • Client lifestyle • Client profile • Importance of planning laser and IPL treatments and their frequency, taking into account: • Skin reaction • Appointments and frequency • Re-growth • Sensation • Client commitment • Skin healing • Safety • Home care advice • Special precautions prior to treatment • Contraindications • Confidentiality • Anonymity • When to refer to a dermatologist or other medical practitioner		
Understand, explain and demonstrate a test shot	• Where to apply test shot and relevance to treatment site • Perform test shot according to the recommended settings • Observe immediate skin reaction and client discomfort		
Understand, explain and select appropriate equipment	• Laser • Intense pulsed light		
Understand, explain and demonstrate how to set up the equipment and check it is in good working order	• Check there are no loose wires • Check there are no trailing wires • Check there is no water in the area • Explain the treatment and the sensation to the client • Ensure all attachments are sanitized before and after use on the client • Check all jewellery has been removed from both client and therapist (religious jewellery should be taped) • Do not make any contact with any metal articles		
Understand, explain and	• Cleanse and prepare the area to be treated		

<p>demonstrate how to prepare the client accordingly</p> <p>Understand, explain and demonstrate the importance of taking photographs of the treatment area before and after treatment</p> <p>Understand, explain and recognise the most suitable skin type for treatment</p> <p>Understand, explain and recognise those contraindications to Laser and IPL treatments requiring medical referral or the client to indemnify their condition in writing prior to the treatment and those contraindications that restrict treatment</p> <p>Understand, explain and apply the treatment safely and effectively for the advised treatment time</p>	<ul style="list-style-type: none"> • Take photographs of the treatment area • Shave the treatment area • Ensure that all shaved hair is thoroughly removed • Examine the pigmented area and vessels to check if there is a need for referral prior to treatment • Analyse the skin type (Fitzpatrick scale) • Issue protective equipment • Apply coupling gel • The condition of skin and hair prior to treatment • Suitability of treatment • Areas of skin to be avoided • Normal skin reaction to treatment • Poor reaction to treatment • Effectiveness of treatment • Skin types 1, 2 and 3 on the Fitzpatrick scale • Ethnic • Contraindications requiring medical referral or the client to indemnify their condition in writing prior to treatment • Any condition already being treated by a GP, dermatologist or another skin therapist • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Recent operations • Diabetes • Asthma • Bell's Palsy • Trapped/Pinched nerve • Inflamed nerve • Acute rheumatism • Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of drugs or alcohol • Cancer • Pregnancy • Drugs or medications that cause photo-sensitisation or skin thinning effects • Herbal remedies that cause photo-sensitisation • Gold injections • Allergies to the products or materials used • Epilepsy • Cardio-vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Connective tissue disorders (scleroderma) • Herpes • Skin types 5 and 6 • Smoking within 2 hours of treatment for diffused redness • Skin diseases • Undiagnosed lumps and bumps • Cuts • Bruises • Abrasions • Sunburn • Suntanned skin • Artificial tan until the product has faded from the skin • Areas of undiagnosed pain • Skin pigment conditions (vitiligo, melasma moles and pigmented naevi) • Keloid scars • Any metal pins or plates • Loss of skin sensitivity (test with tactile and thermal methods) • Adhere to all safety precautions • Setting treatment parameters according to patch test results, skin and hair types • Apply the coupling gel ensuring minimal wastage 		
--	---	--	--

<p>Understand, explain and demonstrate the need to conclude the treatment safely and sanitise the equipment</p> <p>Understand, explain and demonstrate removal of any excess gel from the skin</p> <p>Understand, explain and demonstrate post treatment care and referrals where necessary</p> <p>Understand, explain and give home care advice</p>	<ul style="list-style-type: none"> • Perform a test shot • Awareness of the target chromophores (melanin and haemoglobins) • The wavelengths to be used • The duration of the pulse • The correct energy settings (fluence) • Ensure that the applicator only lightly touches the skin • Start the treatment on the least pain sensitive areas • Ensure that each shot overlaps the previous one • Avoid treating the same area immediately after the first shot • Use the machine safely for the required amount of time • Turn off the machine • Take photographs of the area treated • Sanitise the equipment • Wipe the area with damp cotton wool or sponges to remove any gel • Dry skin with a soft cloth • Cool pack or cold compress only when necessary for client comfort • Not exposing to sunlight for at least 4 weeks after treatment • Suitable sun protection lotion (minimum SPF 30 or above) • Appropriate interval between treatments 		
<p>Mock practical</p> <p>Mock theory</p>		Mock theory paper	