

VRQ

UV40412

Learner name:

Learner number:

F/601/5658





VTCT

VTCT is a UK Government-approved awarding organisation which has awarded world class qualifications since 1962. Through our strategic approach to sectors we support, we aim to advance education, research and the public dissemination of knowledge, by helping to introduce new initiatives into the education system, to improve the employability and career prospects of learners.

More than 1000 approved centres now work with VTCT, and the ever-expanding list extends across the UK, Ireland, and internationally. We acquired the internationally recognised awarding organisation and examination board iTEC in 2016, adding to our footprint. We also acquired education technology specialists Digital Assess in the same year, adding value for training providers with technology that can digitally capture and assess learners online, amongst other innovations.

iTEC was founded by Dr W.E. Arnould-Taylor who in 1947 was a distinguished physiologist who became a Fellow of the Royal Society of Medicine. Both Dr Arnould-Taylor and Wallace Sharps the founder of VTCT, devoted their lives to developing the standing of the industry and the furtherance of education in the sector. Today iTEC has a close working relationship with over 650 centres worldwide including Europe, South Africa, Asia Pacific and the USA.

VTCT is a registered charity investing in education and skills but also giving to good causes in the area of facial disfigurement.

Statement of unit achievement

By signing this statement of unit achievement you are confirming that all learning outcomes, assessment criteria and range statements have been achieved under specified conditions and that the evidence gathered is authentic.

This statement of unit achievement table must be completed prior to claiming certification.

Unit code	Date achieved	Learner signature	Assessor initials	IQA signature (if sampled)

Assessor tracking table

All assessors using this Record of Assessment book must complete this table. This is required for verification purposes.

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Advanced epilation techniques

UV40412

This unit is about the skills involves in carrying out providing advanced electrical epilation techniques to treat skin tags, telangiectasia, spider naevi and blood spots. You will also need to carry out a thorough consultation with the client, formulate an individual treatment plan and provide the relevant treatment advice.

To carry out this unit you will need to maintain effective health, safety and hygiene procedures throughout your treatment.

Level
4
Credit value
7
GLH
47
Observation(s)
3
External Paper(s)
0



Learning outcomes

On completion of this unit you will:

1. Be able to prepare for advanced epilation
2. Be able to provide advanced epilation

Evidence requirements

1. **Environment**
Evidence for this unit must be gathered in a real or realistic working environment.
2. **Simulation**
Simulation is not allowed in this unit.
3. **Observation outcomes**
Competent performance of 'Observation' outcomes must be demonstrated to your assessor on at least three occasions.
4. **Range**
All ranges must be practically demonstrated or other forms of evidence produced to show they have been covered.
5. **Knowledge outcomes**
There must be evidence that you possess all the knowledge and understanding listed in the 'Knowledge' section of this unit. This evidence may include projects, assignments, case studies, reflective accounts, oral/written questioning and/or other forms of evidence.
6. **Tutor/Assessor guidance**
You will be guided by your tutor/assessor on how to achieve learning outcomes and ranges in this unit. All outcomes and ranges must be achieved.
7. **External paper**
There is no external paper requirement for this unit.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of observations required is indicated in the evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through oral questioning.

Your assessor will sign off an outcome when all criteria have been competently achieved in a single client service.

Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.

Maximum service times

There are no maximum service times that apply to this unit.

Learning outcome 1

Be able to prepare for advanced epilation

You can:

- Prepare yourself, client and work area for advanced epilation treatment
- Use suitable consultation techniques to identify treatment objectives
- Carry out skin analysis and any relevant tests to identify any influencing factors
- Provide clear recommendations to the client based on outcomes of skin analysis
- Select products, tools and equipment to suit client treatment needs, skin types and conditions

*May be assessed through oral questioning.

Observation	1	2	3
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			

Learning outcome 2

Be able to provide advanced epilation

You can:

- a. Communicate and behave in a professional manner
- b. Follow health and safety working practices
- c. Position yourself and the client correctly throughout the treatment
- d. Use products, tools and equipment to suit client treatment needs
- e. Adapt the advanced epilation techniques to suit client needs and skin conditions
- f. Complete the treatment to the satisfaction of the client
- g. Record and evaluate the results of the treatment
- h. Provide suitable aftercare advice

*May be assessed through oral questioning.

Observation	1	2	3
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			

Observation range

You must practically demonstrate that you have:

Used all the consultation techniques	Portfolio reference
Questioning	
Visual	
Manual	
Reference to client records	

Treated all skin imperfections	Portfolio reference
Milia	
Skin tag	
Telangiectasia	
Spider naevi	
Blood spots	

Used all treatment techniques	Portfolio reference
Needle depth and pressure	
Current intensity	
Duration of current flow	
Needle selection	
Treatment area spacing	

Provided all types of advice	Portfolio reference
Avoidance of activities which may cause contra-actions	
Future treatment needs	
Home care	
Modification of lifestyle patterns	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

Developing knowledge



Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

*This is not an exhaustive list.

Learning outcome 1

Be able to prepare for advanced epilation

You can:	Portfolio reference/ Assessor initials*
f. Explain salon requirements for preparing yourself, the client and work area	
g. Explain the environmental conditions suitable for advanced epilation techniques	
h. Explain the different consultation techniques used to identify treatment objectives	
i. Explain the importance of carrying out a detailed skin analysis and relevant tests	
j. Explain how to select advanced epilation techniques to suit client skin types and conditions	
k. Evaluate the different techniques used for advanced epilation treatments	
l. Explain the contra-indications that prevent or restrict advanced epilation treatments	
m. Explain the required legislation for skin piercing	

*Assessor initials to be inserted if orally questioned.

Learning outcome 2

Be able to provide advanced epilation

You can:	Portfolio reference/ Assessor initials*
i. Explain how to communicate and behave in a professional manner	
j. Explain health and safety working practices	
k. Explain the importance of positioning yourself and the client correctly throughout the treatment	
l. Explain the importance of using products, tools, equipment and techniques to suit client treatment needs, skin types and conditions	
m. Explain how to work on different treatment areas	
n. Explain the consequences of inaccurate probing	
o. Explain the principles, uses and benefits of short wave diathermy	
p. Describe how treatments can be adapted to suit client treatment needs and skin conditions	
q. Explain the contra-actions that may occur during and following treatments	
r. Explain the methods of evaluating the effectiveness of the treatment	
s. Summarise the aftercare advice that should be provided to prevent post-treatment damage	

*Assessor initials to be inserted if orally questioned.

Learning outcome 2 (continued)

Be able to provide advanced epilation

You can:	Portfolio reference/ Assessor initials*
t. Explain the suitable methods of dealing with re-appearance of skin conditions between treatments	
u. Explain different skin types, conditions, diseases and disorders	
v. Explain the structure and functions of the skin	
w. Explain the principles of skin healing	
x. Explain the structure and function of the endocrine system and its effect on skin conditions	
y. Explain the structure and function of circulatory and lymphatic systems	

*Assessor initials to be inserted if orally questioned.

Unit content

This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Learning outcome 1: Be able to prepare for advanced epilation

Management of health & safety at work:

Cleaning up spillages, report slippery surfaces, remove report obstacles, good all round access to trolleys and equipment, sterilise or disinfect – tools, equipment, work surfaces, personal protective equipment.

Electricity at work – checking/visual check of equipment, no trailing wires Portable Appliance Testing (PAT).

Manual handling – moving stock, lifting, working heights, unpacking, posture, deportment, balance weight, preserve back, prevent slouching.

Towels – clean for every client, dirty towels in covered bin.

Liability insurance – employers, public, professional indemnity.

Reporting of injuries, diseases and dangerous occurrences – accident book, reporting diseases, local bye laws, code of conduct, risk assessment.

Control of substances hazardous to health – replace lids, ventilation for vapour and dust, avoid over exposure to chemicals, correct use of chemicals, follow storage handling use and disposal, correct disposal of contaminated waste, products, check end date, packaging, store away from heat, damp and direct sunlight, dispose of contaminated waste in a closed top bin, relevant manufacturer's instructions, no smoking, eating, drinking.

Health and safety legislation:

Data protection legislation; electricity at work legislation; employers liability (compulsory insurance) legislation; fire precautions legislation; first aid at work legislation; health and safety at work legislation; local government miscellaneous provisions legislation; occupiers liability legislation; local bylaws.

Regulations:

Control of substances hazardous to health regulations; management of health and safety at work regulations; manual handling; personal protective equipment; reporting of injuries, diseases and dangerous occurrences regulations; workplace (health and welfare) regulations.

Hazards and risks:

A hazard is something that has the potential to cause harm; a risk is the likelihood of a hazard happening.

Employer responsibility:

Current and valid liability insurance; display health and safety rules covering – staff, employees, clients, fire evacuation, provide regular training, accurate record keeping, monitoring.

Learning outcome 1: Be able to prepare for advanced epilation (continued)

Hazards:

Something with potential to cause harm; requiring immediate legislation; level of responsibility; report; nominated personnel; duty to recognize/deal with hazards.

Equipment – only used for intended purpose, safe usage, handling, storage, cleaning, lifting, visual checks, worn, faulty, repairs, maintenance, Portable Appliance Testing, correct disposal of contaminated waste, records.

Security (cash): Staff training, point of sale, regular banking, in transit.

Security (people):

Staff, clients, visitors, children, personal belongings, systems – security, emergency evacuation, storage, client records, business information.

Risk:

Likelihood of a hazard happening, risk assessment, determine the level of risk, preventative measures, reduce a potentially harmful situation, judgement of salon hazards who, what, level of risk, interpret results, conclusions, record findings, regular reviews.

Reasons for risk assessment:

Staff, visitor, client health and safety, safe environment, minimising hazards and risks, requirement of legislation.

Hygiene:

General – sterilise and sanitise tools, disinfect work surfaces, cover cuts and abrasions, sanitise therapist hands before and after treatments, sanitise with sprays and gels, clean towels between client, dirty towels in covered bin, disposable towels, dispense products with a spatula, pump or spray, disposables used wherever possible, no smoking, personal hygiene, replace loose lids, uncapped bottle and pots.

Disinfection – heat or chemical methods, bactericides, fungicides, viricides, UV cabinet for storage only

Disposal of waste:

Single use items, pedal bin with a liner, spillages and unused chemicals, contaminated waste, hazardous waste, environmental protection.

Therapist posture and deportment:

Correct posture when sitting, correct posture with lifting, correct posture when carrying, working methods to avoid Repetitive Strain Injury (RSI), hand exercises, standing posture, even weight distribution, client comfort, maintain modesty, client correctly positioned to get maximum benefit from treatment, ensure therapist positioning delivers appropriate techniques, appropriate space between client and therapist, prevent injury, optimum results, allow for visual checks.

Work area:

Clean and hygienic, height adjustable chair, correct posture, correct couch height, lighting, ventilation, noise, music, temperature, ambience, no trailing wires, no obstructions, tools and equipment in a safe working position for therapist.

Client preparation:

Protect client clothing, client comfort, privacy, modesty, client positioned correctly.

Communication:

Verbal – speaking manner and tone, professional, supportive, respectful, sensitive to client, open questioning related to treatment.

Non-verbal – eye contact, body language, listening.

Learning outcome 1: Be able to prepare for advanced epilation (continued)

Record keeping:

Accurate appointment systems, stationary, loyalty, rewards, acknowledgement of occasions, consultation record keeping, contra-indications, signatures, refer to existing records, information clear and accurate, logical order, name, address, contact numbers, age range, reason for treatment, occupation, sport/hobbies, medical history, allergies/hypersensitivity, contact lenses, contra-actions, contra-indications, skin sensitivity tests, adaptations and modifications, recommendations, requirement, treatment plan, update record at the end of the end of the treatment, update at each visit, records maintained electronically, paper records.

Professional appearance:

Clean professional uniform, no jewellery, hair neatly tied back fringe secured, closed in footwear, make-up - light day make-up, personal hygiene and cleanliness – shower bath, cover cuts and abrasions, deodorant or antiperspirant, oral hygiene, clean teeth, fresh breath, nails – good condition and maintained, no piercings.

Professional ethical conduct:

Polite, cheerful and friendly manner, friendly facial expressions, positive attitude, eye contact, open body language, client relations, confidentiality, respect for colleagues and competitors, avoid gossip, pride in work, punctuality, employer and client loyalty.

Cosmetic skin piercing:

Local authorities, local government legislations, miscellaneous provisions legislations.

Examples of contra-indications that may prevent treatment:

Heart disorders, pacemakers, hepatitis B, HIV, steroid drugs, endocrine disorders, metal plates and pins, loss of tactile sensation, contagious skin disorders and diseases, hairy moles, nickel allergy.

Examples of contra-indications that may restrict treatment:

Psoriasis, eczema, acne, epilepsy, diabetes.

Areas contra-indicated to advanced electrolysis:

Nostrils, ears, eyelashes.

Skin sensitivity test:

Thermal sensitivity test, patch test recommended 24hrs before treatment.

Skin sensitivity test – interpret results:

Positive – red, itchy, irritated, swelling.

Negative – no change to skin.

Examples of possible contra-actions:

Erythema, oedema, excess blanching, minor blood spots, rash, bruising, burns, broken/in-growing hairs, histamine/allergic reaction.

Response to contra-actions:

Discontinue treatment, take remedial action.

Examples of possible post treatment reactions:

hyper-pigmentation, hypo-pigmentation.

Learning outcome 2: Be able to provide advanced epilation

Products, tools and equipment:

Tools – forceps, probe holder, needles (one piece/two piece/stainless steel/insulated/gold/ various sizes, sharps box).

Camera – reasons for photographing the area to be treated (pre/post).

Needles types/sizes – stainless steel, insulated steel, gold, platinum, probex and uni-probes, pre-packed and sterilized (gamma irradiation/ ethylene oxide gas) in disposable packets. Sizes, two piece and one piece needles, 002, 003, 004, 005, 006, 007, 008, 009, 010.

Diathermy:

Alternating current, short-wave high frequency current, production of heat in the skin, blend, cauterisation, coagulation, magnifying lamp, disposable gloves, pre-treatment skin cleanser, aftercare product.

Skin types and recognition factors:

Dry, oily, sensitive, dehydrated, mature, skin colour.

Normal skin – smooth texture, thick epidermis, refined skin, tight pores, even moisture supply.

Dry skin – flaky rough texture, thin epidermis, sensitivity, dull complexion, fine lines, tight skin.

Oily skin – coarse texture, open pores, thick epidermis, shiny appearance, blemishes may be present.

Combination skin – coarse textured, open pores, shiny appearance, tendency to blemish.

Sensitive skin – fine texture, thin epidermis, reacts to heat and abrasion, possible capillary damage (broken capillaries).

Mature skin – loose soft skin, network of superficial lines, lack of supporting adipose tissue, poor muscle tone (neck and eye areas), loss of elasticity.

Blemished skin – glandular imbalance, allergies, bacterial infection (proceed with caution).

Recognising/treating treatable imperfections:

Telangiectasia (thread veins), spider nevi, Campbell D'Morgan (blood spot), milia (white heads), pendunculated papillomas (skin tag), papillomas (moles).

Pigmentation abnormalities – chloasma, vitiligo, ephelides (freckles) lentigo.

Causes of imperfections – hereditary, weather elements, poor/incorrect skin care/products, injury, allergies, smoking, diet/alcohol intake, high blood pressure, hormonal changes (pregnancy, menopause), endocrine disorders, weight, liver congestion, sinus problems, hay fever, fluid retention, surgery, steroids, acne, acne rosacea, eczema, psoriasis, birthmarks, constipation (straining), prolonged exposure to heat/cold, medication.

Probing faults:

Indentations (pitting), tissue damage, black or blue marks (bruising) blanching, hyper pigmentation, hypo pigmentation, raised lumps, using bent or blunt probes, insufficient current strength, inaccurate needle insertion, operating too quickly, using faulty equipment.

Preparation of the client:

Preparing the area to be treated, using suitable pre-cleansing agent, positioning for the client, prepare self.

Factors that influence current intensity:

Client's pain threshold, skin type/sensitivity, imperfection to be treated, length of application time, needle size, previous treatments given.

Learning outcome 2: Be able to provide advanced epilation (continued)

Aftercare/home care advice:

Avoidance of activities which may cause contra-actions, suitable home care products and their use, recommending intervals between advanced electrical epilation treatments.

General aftercare – avoid touching the area, picking any scabs that may form, wearing face powder, using any form of perfumed products, make-up on the area treated for 24 hours (mineral based products are permitted), sunbathing/sun beds, deodorant (under arm only) for 24 hours, general avoidance of heat treatments of any type for 24 hours, swimming in chlorinated/salt water, avoidance of fake tanning products prior to epilation.

Home care – cut/shave only between treatments, recommended home care products and skin care regime, use of SPF product (min SPF 25), the benefits of drinking recommended water intake, avoid causes of thread veins, tight fitting glasses, squeezing spots, blowing nose hard, hot/spicy foods, alcohol.

Anatomy and physiology:

Skin – epidermis (structure) – stratum germinativum, stratum spinosum, stratum granulosum, stratum lucidum, stratum corneum, process of keratinisation.

Skin – dermis (structure) – blood/lymph supply, papillary layer, reticular layer, collagen, elastin, macrophages, adipocytes, mast cells, fibroblasts, hair, dermal papilla, sebaceous glands and sebum, arrector pili muscle, sweat glands (eccrine and apocrine), sensory nerve endings.

Skin – hypodermis (structure) – subcutaneous layer, adipose tissue, adipocytes.

Skin functions – secretion, heat regulation, absorption, protection, elimination, sensation, vitamin D production, melanin production.

Principles of skin healing:

Hemostasis phase – clotting of platelets and other secretions to plug the wound.

Inflammation phase – erythema, swelling, heat.

Proliferation/granulation phase – fibroblasts secrete collagen framework to promote cell regeneration, pericytes and endothelial cells produce lining (angiogenesis), keratinocytes, epithelialisation.

Maturation phase – healing process, fibrocytes, can take up to 2 years depending on the wound.

General – diet, sun protection, cell reproduction, moisture.

Hair structure:

Arrector pili muscle, hair follicle, inner root sheath (henle's layer, huxley's layer, cuticle layer), outer root sheath, vitreous membrane, connective tissue sheath, root (bulb/matrix, dermal papilla), sebaceous gland, shaft (medulla, cortex, cuticle).

Hair growth cycle:

Anagen, catagen, telogen.

Hair functions:

Insulation and protection.

Learning outcome 2: Be able to provide advanced epilation (continued)

Examples of diseases and disorders of the skin:

Allergy – dermatitis, urticaria.

Bacterial – impetigo, furuncle, carbuncle.

Fungal – tinea (capitis, corporis, sycosis, favosa, unguium, pedis).

Hypertrophies – keratoma, mole, polyps, seborrhoeic warts, skin tags, verruca, xanthoma.

Infestations – pediculosis, scabies.

Inflammations – eczema, psoriasis.

Pigmentations – albinism, broken capillaries, chloasma, erythema, lentigo, leucoderma, liver spots, naevus (portwine/strawberry), vitiligo.

Sebaceous glands – acne vulgaris, acne rosacea, comedones, cysts, furuncle, milia, seborrhoea, steatoma, steatosis.

Skin cancers – basal cell carcinoma, squamous cell carcinoma, malignant melanoma, tumor.

Sudoriferous glands – anhidrosis, bromidrosis/osmidrosis, hyperhidrosis, miliaria rubra.

Viral – herpes simplex/herpes zoster, warts, verrucas.

Lesions – bulla, crust, fissure, macule, papule, pustule, scale, tubercle, tumour, ulcer, vesicle, wheal.

Examples of diseases and disorders of the hair: Hirsutism, hypertrichosis, pediculosis.

Structure and function of the endocrine system:

Responsible for the secretion of hormones, pituitary gland, pineal gland, gonads (the sex glands), adrenal glands, thyroid gland, para-thyroid glands, pancreas gland, thymus gland.

Other glands:

Sweat or sudodiferous glands, ceruminous or wax producing glands, pancreas.

Hormones secreted by the anterior pituitary:

Somatotrophin (growth hormone), thyroid stimulating hormone (TSH), adreno-cortico tropic hormone (ACTH), gonado tropic hormone (GTH), (FSH) follicle stimulating hormone, (LH) luteinising hormone, prolactin.

Hormones secreted by the posterior lobe:

Vasopressin (anti-diuretic hormone ADH), oxytocin.

Hormones secreted by the thyroid gland:

Thyroxine and triiodothyronine, calcitonin.

Hormones secreted by the parathyroid Glands:

Parathormone.

Hormones secreted by the pancreas:

Insulin, glucagons.

Hormones produced by the adrenal medulla:

Adrenalin, noradrenalin.

Hormones produced by the adrenal cortex:

Andrenocortical, adrenocorticotrophic (steroid hormones), mineral corticoids, glucocorticoids, gonadotrophic.

The gonads (sex glands):

Ovaries (oestrogen, progesterone), testes (testosterone).

Learning outcome 2: Be able to provide advanced epilation (continued)

Heart structure:

Heart wall (endocardium, myocardium, pericardium), aorta, atria, bicuspid (mitral) valve, chordae tendineae, inferior and superior vena cava, papillary muscles, pulmonary artery, pulmonary vein, semilunar valves (aortic and pulmonary), septum, tricuspid valve, ventricles.

Functions of cardiovascular system:

Transport, defence, clotting, regulation and homeostasis.

Blood vessels:

Structure and function, arteries, arterioles, veins, venules, capillaries.

Circuits:

Structure and function, pulmonary circulation, portal circulation, coronary circulation, systemic circulation.

Major arteries of the head and neck:

Carotid, facial, occipital, temporal.

Major veins of the head and neck:

Jugular, occipital, temporal, maxillary, facial.

Major arteries of the body:

Aorta, descending aorta, subclavian, carotid, pulmonary, hepatic, splenic, renal, mesenteric, iliac, vertebral, axillary, brachial, ulnar, radial, palmar arch, femoral, popliteal, anterior tibial, plantar arch.

Major veins of the body:

Vena cava (inferior and superior), pulmonary, hepatic, splenic, renal, iliac, axillary, brachial, basilic, cephalic, subclavian, saphenous (long and short), venous arch, femoral, popliteal, posterior tibial, anterior tibial.

Composition of blood: Plasma, leucocytes (granulocytes and agranulocytes), erythrocytes, thrombocytes.

Functions of the lymphatic system:

Subsidiary circulation (lymph formation), immunity, return of lost plasma proteins to the blood, transport dietary lipids.

Lymphatic components:

Structure and function – lymph, lymph capillaries, lymphatic vessels, lymph nodes, lymphatic trunks, lymphatic ducts (thoracic and right lymphatic duct), subclavian veins.

Lymphatic nodes:

Location of axillary, cervical (superficial and deep), inguinal, intestinal, occipital, popliteal, post-auricular, pre-auricular (parotid), supratrochlear.

Other lymphoid tissue:

Structure, location and function, appendix, peyers patches, spleen, tonsils, thymus.

Notes

Use this area for notes and diagrams



Notes

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