

iUBT294 – Facial electrical treatments

URN – K/617/0222

Guided Learning Hours: 250

Learning outcome	Assessment criteria	Taught content
LO1 Know electricity in relation to facial electrical treatments	1.1. The learner will be able to explain the structure of an atom	To include: <ul style="list-style-type: none"> • Protons • Neutrons • Electrons • Nucleus • Functions of the above
	1.2. The learner will be able to explain the measurement of electricity	To include: <ul style="list-style-type: none"> • Volts • Watts and Amperes • Ohms and Ohm's law and their relevance
	1.3. The learner will be able to explain how to work out the correct fuse	To include: <ul style="list-style-type: none"> • Definition of a fuse • 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
	1.4. The learner will be able to explain the different types of current used in beauty therapy appliances and the possible high risk involved	To include: <ul style="list-style-type: none"> • Direct • Alternating • Interferential
	1.5. The learner will be able to explain the way in which the currents are produced and their effects on the body tissues	To include the following machines: <ul style="list-style-type: none"> • Faradic – direct interrupted/surged current • High frequency – Alternating– indirect/direct • Galvanic – Direct – iontophoresis/desincrustation • Microcurrent – Modified direct current

		<ul style="list-style-type: none"> • Vacuum suction – creates a vacuum • Infra-Red • Steam • Brush Cleanse
1.6.	The learner will be able to understand the function of the following:	<ul style="list-style-type: none"> • Insulator • Conductor
1.7.	The learner will be able to explain the function of a transformer and when and why it may be used	<p>To include:</p> <ul style="list-style-type: none"> • Step-up and step-down voltage and the beauty therapy equipment which may contain one
1.8.	The learner will be able to explain the function of a rectifier	<ul style="list-style-type: none"> • Changes AC to DC
1.9.	The learner will be able to explain the correct wiring of a plug	<p>To include:</p> <ul style="list-style-type: none"> • The colours of the wires and correct positioning inside the plug • Green/yellow to the centre • Blue to the left • Brown to the right
1.10.	The learner will be able to explain their responsibility under the Health and Safety at Work Act	<p>To include:</p> <ul style="list-style-type: none"> • Safety precautions in the salon when dealing with the general public and their liability
1.11.	The learner will be able to explain the Electricity at Work Act 1992	<p>To include:</p> <ul style="list-style-type: none"> • The therapist's responsibilities
1.12.	The learner will be able to explain the basic structure of the electro-magnetic spectrum	<p>To include:</p> <ul style="list-style-type: none"> • The position of the rays within the spectrum and the effect on the body tissues
1.13.	The learner will be able to explain the inverse square law	<p>To include:</p> <ul style="list-style-type: none"> • The relationship between distance, time and the distance of the lamp from the client
1.14.	The learner will be able to explain the first aid procedure for the following conditions: Electric Shock, Shock, Burns	<ul style="list-style-type: none"> • Check the up to date procedures with St John's/Andrew's ambulance and the Red Cross

LO2 Be able to carry out sensitivity tests	2.1. The learner will be able to explain and demonstrate the procedure for a nerve sensitivity test	To include: <ul style="list-style-type: none"> • Electrical equipment where it would be necessary to carry out a test first • The procedure for the tactile test • Taking the sharp end of an orange wood stick and a piece of cotton wool and placing them alternately against the skin • Ask the client if they can tell the difference between the sharp and soft sensation
	2.2. The learner will be able to explain and demonstrate the procedure for a heat sensitivity test	To include: <ul style="list-style-type: none"> • Electrical equipment where it would be necessary to carry out a heat test – Infra Red • The procedure for the thermal test: <ul style="list-style-type: none"> - 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 - If not, a heat lamp must not be used

LO3 Be able to carry out a deep cleansing treatment	3.1. The learner will be able to explain and select the appropriate product/equipment for the client's skin type	To include: <ul style="list-style-type: none"> • Steam • Brush cleanse
	3.2. The learner will be able to explain and apply product correctly and show adequate removal	To include: <ul style="list-style-type: none"> • Steam • Brush cleanse
	3.3. The learner will be able to explain and select appropriate equipment for the client's skin type	To include: <ul style="list-style-type: none"> • Steam • Brush cleanse • Microcurrent • High frequency • Faradic • Galvanic • Vacuum suction • Infra-red
	3.4. The learner will be able to explain and check for contra-indications	<ul style="list-style-type: none"> • With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained, the client must sign an informed consent stating that the treatment and its effects have

		<p>been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist</p> <ul style="list-style-type: none"> - Pregnancy - Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypo-tension, heart conditions) - Haemophilia - Any condition already being treated by a GP or another practitioner - Medical oedema - Osteoporosis - Nervous/Psychotic conditions - Epilepsy - Recent operations - Diabetes - Asthma - Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) - Bell's Palsy - Trapped/Pinched nerve - Inflamed nerve - Spastic conditions - Kidney infections - Acute rheumatism - Undiagnosed facial pain - When taking prescribed medication <ul style="list-style-type: none"> • Contra-indications that restrict treatment <ul style="list-style-type: none"> - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and vomiting - Hypersensitive skin - Broken capillaries - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Cuts - Bruises - Abrasions
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		<ul style="list-style-type: none"> - Scar tissues (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Haematoma - Recent fractures (minimum 3 months) - Cervical spondylitis - Any metal pins or plates - Loss of skin sensation (test with tactile test) - Sinusitis - Botox/dermal fillers (1 week following treatment) - Anaphylaxis - Muscle fatigue - Pacemaker - Body/face piercing - Excessive erythema
	3.5. The learner will be able to explain and demonstrate how to set up the equipment and check it is in good working order	<p>To include:</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 • Test the equipment on therapist first • Explain the treatment and the sensation to the client • Ensure all attachments are sterilised 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
	3.6. The learner will be able to explain and demonstrate underpinning knowledge of the type of current used, indications for use, treatment effects, length and frequency of use	<p>To include:</p> <ul style="list-style-type: none"> • Steam • Brush cleanse • Faradic • Galvanic • Microcurrent • Vacuum suction • High frequency • Infra-red

LO4 Be able to carry out galvanic treatments – iontophoresis/ desincrustation	4.1. The learner will be able to explain and demonstrate how to prepare the client accordingly	<p>To include:</p> <ul style="list-style-type: none"> • Cleanse and prepare the skin prior to electrical treatment
	4.2. The learner will be able to explain and check for contra-indications	<ul style="list-style-type: none"> • With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained, the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist <ul style="list-style-type: none"> - Pregnancy - Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypo-tension, heart conditions) - Haemophilia - Any condition already being treated by a GP or another practitioner - Medical oedema - Osteoporosis - Nervous/Psychotic conditions - Epilepsy - Recent operations - Diabetes - Asthma - Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) - Bell's Palsy - Trapped/Pinched nerve - Inflamed nerve - Spastic conditions - Kidney infections - Urinary infections - Acute rheumatism - Undiagnosed facial pain - When taking prescribed medication • Contra-indications that restrict treatment <ul style="list-style-type: none"> - Fever - Contagious or infectious - Under the influence of recreational drugs or alcohol - Cancer - Diarrhoea and vomiting - Hypersensitive skin - Skin diseases

		<ul style="list-style-type: none"> - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Cuts - Bruises - Abrasions - Scar tissues (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Haematoma - Recent fractures (minimum 3 months) - Cervical spondylitis - Any metal pins or plates - Loss of skin sensation (test with tactile test) - Sinusitis - Botox/dermal fillers (1 week following treatment) - Anaphylaxis - Body/face piercing - Pacemaker
	4.3. The learner will be able to explain and apply the treatment safely and effectively for the advised treatment time	<p>To include:</p> <ul style="list-style-type: none"> • Adhere to all safety precautions • Apply the appropriate gel ensuring minimal wastage • Use the correct intensity of current • Lower the intensity of the current when working on bony areas • Use the machine safely for the required amount of time • Ensure the electrodes are covered with sponges which have been pre-dampened with water • Ensure the galvanic electrodes do not lose contact with the skin • Therapist should check machine before use
	4.4. The learner will be able to explain and demonstrate the need to conclude the treatment safely and sterilise all the used electrodes	<p>To include:</p> <ul style="list-style-type: none"> • Ensure the electrodes remain in contact with the client's skin until after the intensity has been zeroed • Detach and sterilise all electrodes
	4.5. The learner will be able to explain and demonstrate removal of any excess product from the skin	<p>To include:</p>

		<ul style="list-style-type: none"> Wipe the area with damp cotton wool or sponges to remove any product
	4.6. The learner will be able to explain and give homecare advice for the client's skin type	To include: <ul style="list-style-type: none"> Healthy eating Skincare General lifestyle
	4.7. The learner will be able to explain possible contra-actions	To include: <ul style="list-style-type: none"> Caustic burn Galvanic burn Allergic reaction Skin irritation
	4.8. The learner will be able to explain and demonstrate the ability to work within time limits acceptable to industry	<ul style="list-style-type: none"> The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout
	4.9. The learner will be able to explain and demonstrate how to update client records accurately	To include: <ul style="list-style-type: none"> The treatment performed Products used Treatment time Any skin reactions Treatment plan

LO5 Be able to carry out high frequency treatments – direct and indirect	5.1. The learner will be able to explain and demonstrate how to prepare the client accordingly	To include: <ul style="list-style-type: none"> Cleanse and prepare the skin prior to electrical treatment For direct – Apply talc to the skin or gauze and oxygenating cream For indirect – Apply cream or oil
	5.2. The learner will be able to explain and check for contra-indications	<ul style="list-style-type: none"> With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained, the client must sign an informed consent stating that the treatment and its effects have been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist <ul style="list-style-type: none"> Pregnancy Cardio vascular conditions (thrombosis, phlebitis, hyper-tension, hypo-tension, heart conditions) Haemophilia

		<ul style="list-style-type: none"> - Any condition already being treated by a GP or another practitioner - Medical oedema - Osteoporosis - Nervous/Psychotic conditions - Epilepsy - Recent operations - Diabetes - Asthma - Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) - Bell's Palsy - Trapped/Pinched nerve - Inflamed nerve - Spastic conditions - Kidney infections - Acute rheumatism - Undiagnosed facial pain - When taking prescribed medication • Contra-indications that restrict treatment <ul style="list-style-type: none"> - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Cancer - Diarrhoea and vomiting - Hypersensitive skin - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Cuts - Bruises - Abrasions - Scar tissues (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Haematoma - Recent fractures (minimum 3 months)
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		<ul style="list-style-type: none"> - Cervical spondylitis - Any metal pins or plates - Loss of skin sensation (test with tactile test) - Sinusitis - Broken capillaries - Botox/dermal fillers (1 week following treatment) - Anaphylaxis - Pacemaker - Body/face piercing - Excessive erythema
	5.3. The learner will be able to explain and apply the treatment safely and effectively for the advised treatment time	<p>To include:</p> <ul style="list-style-type: none"> • Adhere to all safety precautions • Use the correct intensity of current and ensure it is tolerable to the client • Lower the intensity of the current over bony areas • Use the machine safely for the required amount of time • Direct – do not lift the electrode away from the skin • Indirect – do not let the hands break contact with the skin and do not use any tapotement movements • Therapist should check machine before use
	5.4. The learner will be able to explain and demonstrate the need to conclude the treatment safely and sterilise all the used electrodes	<p>To include:</p> <ul style="list-style-type: none"> • Ensuring the electrode/hands remain in contact with the client's skin until after the intensity has been zeroed • Detach and sterilise all electrodes
	5.5. The learner will be able to explain and demonstrate removal of any excess product from the skin	<p>To include:</p> <ul style="list-style-type: none"> • Wipe the area with damp cotton wool or sponges to remove any product
	5.6. The learner will be able to explain and give homecare advice for the client's condition	<p>To include:</p> <ul style="list-style-type: none"> • Healthy eating • Skin care • General lifestyle
	5.7. The learner will be able to explain possible contra-actions	<p>To include:</p> <ul style="list-style-type: none"> • Excessive erythema • Tissue destruction (sparking)

	5.8. The learner will be able to explain and demonstrate the ability to work within time limits acceptable to industry	<ul style="list-style-type: none"> The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout
	5.9. The learner will be able to explain and demonstrate how to update client records accurately	<p>To include:</p> <ul style="list-style-type: none"> The treatment performed Products used Treatment time Any skin reactions Treatment plan

LO6 Be able to carry out microcurrent treatments	6.1. The learner will be able to explain and demonstrate how to prepare the client accordingly	<p>To include:</p> <ul style="list-style-type: none"> Cleanse and prepare the skin prior to electrical treatment
	6.2. The learner will be able to explain and check for contra-indications	<ul style="list-style-type: none"> With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained, the client must sign an informed consent stating that the treatment and its effects have been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist <ul style="list-style-type: none"> Pregnancy Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypo-tension, heart conditions) Haemophilia Any condition already being treated by a GP or another practitioner Medical oedema Osteoporosis Nervous/Psychotic conditions Epilepsy Recent operations Diabetes Asthma Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) Bell's Palsy Trapped/Pinched nerve Inflamed nerve Spastic conditions Kidney infections

		<ul style="list-style-type: none"> - Urinary infections - Acute rheumatism - Undiagnosed facial pain - When taking prescribed medication • Contra-indications that restrict treatment <ul style="list-style-type: none"> - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Cancer - Diarrhoea and vomiting - Botox/dermal fillers (until entire course completed) - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Cuts - Bruises - Abrasions - Scar tissues (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Haematoma - Recent fractures (minimum 3 months) - Cervical spondylitis - Any metal pins or plates - Loss of skin sensation (test with tactile test) - Sinusitis - Anaphylaxis - Body/face piercing - Pacemaker
	6.3. The learner will be able to explain and apply the treatment safely and effectively for the advised treatment time	<p>To include:</p> <ul style="list-style-type: none"> • Sine • Ramp • Square Wave forms • Adhere to all safety precautions • Use the correct intensity of current • Use the machine safely for the required amount of time

		<ul style="list-style-type: none"> Therapist should check machine before use
	6.4. The learner will be able to explain and demonstrate the need to conclude the treatment safely and sterilise all the used electrodes	To include: <ul style="list-style-type: none"> Finish treatment, zero the machine Detach and sterilise all electrodes
	6.5. The learner will be able to explain and demonstrate removal of any excess product from the skin	To include: <ul style="list-style-type: none"> Wipe the area with damp cotton wool or sponges to remove any product Apply aftercare when and if appropriate or continue with further treatment
	6.6. The learner will be able to explain and give homecare advice for the client's condition	To include: <ul style="list-style-type: none"> Healthy eating Skincare General lifestyle
	6.7. The learner will be able to explain possible contra-actions	To include: <ul style="list-style-type: none"> Skin irritation
	6.8. The learner will be able to explain and demonstrate the ability to work within time limits acceptable to industry	<ul style="list-style-type: none"> The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout
	6.9. The learner will be able to explain and demonstrate how to update client records accurately	To include: <ul style="list-style-type: none"> The treatment performed Products used Treatment time Any skin reactions Treatment plan

LO7 Be able to carry out vacuum suction treatments	7.1. The learner will be able to explain and demonstrate how to prepare the client accordingly	To include: <ul style="list-style-type: none"> Cleanse and prepare the skin prior to electrical treatment
	7.2. The learner will be able to explain and check for contra-indications	<ul style="list-style-type: none"> With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained, the client must sign an informed consent stating that the treatment and its effects have been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist - Pregnancy

		<ul style="list-style-type: none"> - Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypo-tension, heart conditions) - Haemophilia - Any condition already being treated by a GP or another practitioner - Medical oedema - Osteoporosis - Nervous/Psychotic conditions - Epilepsy - Recent operations - Diabetes - Asthma - Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) - Bell's Palsy - Trapped/Pinched nerve - Inflamed nerve - Spastic conditions - Kidney infections - Acute rheumatism - Undiagnosed facial pain - When taking prescribed medication • Contra-indications that restrict treatment <ul style="list-style-type: none"> - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Cancer - Diarrhoea and vomiting - Hypersensitive skin - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Cuts - Bruises - Abrasions - Scar tissues (2 years for major operation and 6 months for a small scar) - Sunburn
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		<ul style="list-style-type: none"> - Hormonal implants - Haematoma - Recent fractures (minimum 3 months) - Cervical spondylitis - Any metal pins or plates - Loss of skin sensation (test with tactile test) - Sinusitis - Broken capillaries - Loose crepey skin - Botox/dermal fillers (1 week following treatment) - Anaphylaxis - Body/face piercing - Pacemaker - Thin skin - Hirsutism
	7.3. The learner will be able to explain and apply the treatment safely and effectively for the advised treatment time	<p>To include:</p> <ul style="list-style-type: none"> • Adhere to all safety precautions • Use the correct intensity of Vacuum (reduced pressure) • Use the machine safely for the required amount of time • Therapist should check machine before use
	7.4. The learner will be able to explain and demonstrate the need to conclude the treatment safely and sterilise all the used tubes and ventouses	<p>To include:</p> <ul style="list-style-type: none"> • Ensuring the ventouse remains in contact with the client's skin until after the intensity has been zeroed • Detach and sterilise all tubing and ventouses
	7.5. The learner will be able to explain and demonstrate removal of any excess product from the skin	<p>To include:</p> <ul style="list-style-type: none"> • Wipe the area with damp cotton wool or sponges to remove any product • Continue with further treatment
	7.6. The learner will be able to explain and give homecare advice for the client's condition	<p>To include:</p> <ul style="list-style-type: none"> • Healthy eating • Skincare • General lifestyle
	7.7. The learner will be able to explain possible contra-actions	<p>To include:</p> <ul style="list-style-type: none"> • Excessive erythema • Bruising

	7.8. The learner will be able to explain and demonstrate the ability to work within time limits acceptable to industry	<ul style="list-style-type: none"> The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout
	7.9. The learner will be able to explain how to update client records accurately	<p>To include:</p> <ul style="list-style-type: none"> The treatment performed Products used Treatment time Any skin reactions Treatment plan

LO8 Be able to carry out faradic treatments	8.1. The learner will be able to explain and demonstrate how to prepare the client accordingly	<p>To include:</p> <ul style="list-style-type: none"> Cleanse and prepare the skin prior to electrical treatment
	8.2. The learner will be able to explain and check for contra-indications	<ul style="list-style-type: none"> With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained, the client must sign an informed consent stating that the treatment and its effects have been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist <ul style="list-style-type: none"> Pregnancy Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypo-tension, heart conditions) Haemophilia Any condition already being treated by a GP or another practitioner Medical oedema Osteoporosis Nervous/Psychotic conditions Epilepsy Recent operations Diabetes Asthma Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) Bell's Palsy Trapped/Pinched nerve Inflamed nerve Spastic conditions Kidney infections

		<ul style="list-style-type: none"> - Acute rheumatism - Undiagnosed facial pain - When taking prescribed medication • Contra-indications that restrict treatment <ul style="list-style-type: none"> - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Cancer - Diarrhoea and vomiting - Hypersensitive skin - Botox/dermal fillers (until entire course completed) - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Cuts - Bruises - Abrasions - Scar tissues (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Haematoma - Recent fractures (minimum 3 months) - Cervical spondylitis - Any metal pins or plates - Loss of skin sensation (test with tactile test) - Sinusitis - Anaphylaxis - Body/face piercing - Pacemaker - Muscle fatigue
	8.3. The learner will be able to explain and apply the treatment safely and effectively for the advised treatment time	<p>To include:</p> <ul style="list-style-type: none"> • Adhere to all safety precautions • Stimulate the muscles in the areas to be treated correctly • Ensure the electrode is dampened with saline solution to increase the conductivity of the current • Use the correct intensity of current required to produce a visible contraction

		<ul style="list-style-type: none"> • Use the machine safely for the required amount of time • Only increase the current in the stimulation period NOT the interval • Do not move the electrode with current flowing • Therapist should check machine before use
	8.4. The learner will be able to understand the different types of frequencies	To include: <ul style="list-style-type: none"> • Monophasic • Biphasic
	8.5. The learner will be able to explain and demonstrate the need to conclude the treatment safely and sterilise all the used pads	To include: <ul style="list-style-type: none"> • Ensuring the electrode remains in contact with the client's skin until after the intensity has been zeroed
	8.6. The learner will be able to explain and demonstrate removal of any excess product from the skin	To include: <ul style="list-style-type: none"> • Wipe the area with damp cotton wool or sponges to remove any saline
	8.7. The learner will be able to explain and give homecare advice for the client's condition	To include: <ul style="list-style-type: none"> • Healthy eating • Skincare • General lifestyle
	8.8. The learner will be able to explain possible contra-actions	To include: <ul style="list-style-type: none"> • Muscle fatigue
	8.9. The learner will be able to explain and demonstrate the ability to work within time limits acceptable to industry	<ul style="list-style-type: none"> • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout
	8.10. The learner will be able to explain and demonstrate how to update client records accurately	To include: <ul style="list-style-type: none"> • The treatment performed • Products used • Treatment time • Any reactions • Treatment plan

LO9 Be able to carry out infra-red treatments	9.1. The learner will be able to explain and demonstrate how to prepare the client accordingly	To include: <ul style="list-style-type: none"> • Cleanse and prepare the skin prior to electrical treatment
	9.2. The learner will be able to explain the therapeutic effects of Infra-Red	To include: <ul style="list-style-type: none"> • Creates erythema • Heats the blood

		<ul style="list-style-type: none"> • Warms the tissues • Dilates the pores • Relaxes tense muscles • Preheats the tissues prior to further deeper treatment • Increases absorption of products • Analgesic effect
	9.3. The learner will be able to explain the safety precautions and contra-indications	<ul style="list-style-type: none"> • With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained, the client must sign an informed consent stating that the treatment and its effects have been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist <ul style="list-style-type: none"> - Pregnancy - Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypo-tension, heart conditions) - Haemophilia - Any condition already being treated by a GP or another practitioner - Medical oedema - Osteoporosis - Nervous/Psychotic conditions - Epilepsy - Recent operations - Diabetes - Asthma - Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) - Bell's Palsy - Trapped/Pinched nerve - Inflamed nerve - Spastic conditions - Kidney infections - Acute rheumatism - Undiagnosed facial pain - When taking prescribed medication • Contra-indications that restrict treatment <ul style="list-style-type: none"> - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Cancer - Diarrhoea and vomiting - Hypersensitive skin

		<ul style="list-style-type: none"> - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Cuts - Bruises - Abrasions - Scar tissues (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Haematoma - Recent fractures (minimum 3 months) - Cervical spondylitis - Any metal pins or plates - Loss of skin sensation (test with tactile test) - Sinusitis - Botox/dermal fillers (1 week following treatment) - Anaphylaxis - Body/face piercing - Broken capillaries - After any other heat treatment • Safety Precautions <ul style="list-style-type: none"> - Ensure there are no trailing wires - Ensure there are no loose wires - Perform the hot and cold test tube test for heat sensation - Ensure there are no dents in the canopy - Ensure the lamp is positioned over the tripod leg and not directly above the client - Ensure that the lamp is not placed within 18 inches of the most prominent point on the area to be treated (Inverse square law) - Check the skin's reaction throughout treatment - Do not leave the client alone - Check the bulb
	9.4. The learner will be able to explain the reasons/indications for use	<p>To include:</p> <ul style="list-style-type: none"> • Sore aching muscles • Areas of tension • Dry skin (hot oil mask) • Dehydrated skin (hot oil mask)
	9.5. The learner will be able to explain possible contra-actions	<p>To include:</p> <ul style="list-style-type: none"> • Excessive erythema • Burning • Skin irritation
	9.6. The learner will be able to explain and distinguish between the different types of burns	<p>To include:</p> <ul style="list-style-type: none"> • Superficial • Partial-thickness • Full- thickness

	9.7. The learner will be able to explain the first aid treatment for burns and scalds, shock	<ul style="list-style-type: none"> Check up to date procedures with St John's/Andrew's Ambulance and the Red Cross or equivalent for the country therein
	9.8. The learner will be able to explain and demonstrate how to update client records accurately	<p>To include:</p> <ul style="list-style-type: none"> The treatment performed Treatment time Any reactions Treatment plan

Evidence of treatments	
<p>Evidence of treating 5 clients (using a minimum of 2 suitable facial electrical treatments per client)</p> <p>Learners should cover the full range of equipment throughout their treatments with evidence to be documented)</p> <p>These are internally assessed by the college lecturer and verified by the ITEC Practical Examiner</p>	<p>To include:</p> <ul style="list-style-type: none"> Consultation Medical History Treatment details Client feedback Aftercare and homecare advice <p>Treatments should be evidenced through the consultation form. See www.itecworld.co.uk for a sample consultation form and evidence of treatment guidance form</p>

Document History

Version	Issue Date	Changes	Role
v1	01/05/2018	First published	Qualifications Manager
v2	30/08/2019	Amended product coding	Qualifications and Regulation Co-ordinator