



VTCT



iTEC

Unit Specification

UBT281 – Provide advanced blemish removal treatments

Unit reference number: R/616/8612

Level: 5

Guided Learning (GL) hours: 81

Overview

The aim of this unit is to develop the learner's knowledge, understanding and practical skills when using advanced blemish removal equipment and techniques to remove skin blemishes. Learners will acquire the skills involved in providing a thorough consultation to establish the client's suitability for treatment and to formulate a specific treatment plan tailored to suit individual client needs. Learners will provide a range of advanced blemish removal techniques as well as providing the relevant aftercare.

Learning outcomes

On completion of this unit, learners will:

LO1 Know safety considerations when providing advanced blemish removal treatments

LO2 Understand how to provide advanced blemish removal treatments

LO3 Know the relevant anatomy, physiology and pathologies for advanced blemish removal treatments

LO4 Be able to consult, plan and prepare for advanced blemish removal treatment

LO5 Be able to provide advanced blemish removal treatments

Unit content

LO1 Know safety considerations when providing advanced blemish removal treatments

Safety of product and equipment sourcing

Taught content

- Legality of machinery and associated products against current EU Cosmetic Regulations and guidelines of the Cosmetic Practice Standards Authority (CPSA)
- Ensure equipment conforms Electrical Equipment Safety Regulations 1994/2016 as applicable
- Understand how to gain verification of legality
- Ensure cosmetic products used are those approved by EU Cosmetics Regulations for cosmetic use by practitioner
- Current professional insurance policy requirements for working at this level
- Check with supplier/manufacturer for guidelines

Insurance guidelines

Taught content

- Insurance policy requirements are to be met to ensure insurance is valid
- Requirements for patch testing prior to treatment (where necessary)
- Acquiring informed client consent before every treatment
- Providing written aftercare information
- Ensuring operator is working in scope of their profession with regards to conditions to be treated

Hygiene considerations

Taught content

- Use of suitable sterilisation and sanitisation for equipment and surfaces. Single use items as appropriate such as disposable gloves (latex free), disposable hair protectors, applicators, cotton wool, couch roll, clean laundered towels
- General hygiene – i.e. washing of hands before and after treatment, hand gel, clean towels, use of disposables where possible
- Disinfectant or sterilisation – use of heat or chemical methods, bactericides, fungicides, UV cabinet for storage
- Equipment – only used for intended purpose, safe usage/safe handling/storage/visual checks, correct disposal of contaminated waste products

Hygiene and infection control

Taught content

- Knowledge of infection control, bacteria, virus, fungi, parasites, prevention of cross-contamination and disease transmission procedures, levels of infection control, personal immunisation (Hepatitis B), single use barrier consumables for protection against blood borne viruses (BBV) and Methicillin-resistant Staphylococcus aureus (MRSA)

Features, benefits and use of treatment products

Taught content

- Know the ethical methods of sourcing, purchasing and storing regulated treatment products including expiration dates
- The need to have knowledge and understanding about treatment products including the features and benefits
- The safety and legal reasons for using products that are licensed and meet EU standards and the outcome of using products which are not properly tested or contain banned substances
- The use of Material Safety Data Sheet (MSDS) in relation to advanced blemish removal treatments

Hazards and risks

Taught content

- Identification of hazards and risks through risk assessment
- Principles of risk assessment and management
- Putting procedures in place to ensure they are minimised:
 - Appropriate training for all staff
 - Protocols to follow during consultation
 - Written aftercare for client
 - Adherence to manufacturers' guidelines
- Adverse reactions would include pain, excessive erythema, post inflammatory swelling and oedema, pitting, scarring, bleeding, pigmentation; infection may be present in the open wound if not cared for properly whilst healing and this may result in pustules

Suppliers' or manufacturers' instructions for safe use

Taught content

- Understand and know reasons for supplier and manufacturer products and protocols for advanced blemish removal treatment including sensitivity test recommendations
- Products appropriate for use during advanced blemish removal treatment preparation, performance, post care and aftercare application according to manufacturer's instructions e.g. gentle cleansers, moisturisers, SPF. Check expiry date for products
- Follow supplier/manufacturer protocols for hygiene and treatment application – working in a systematic manner, using the correct techniques and settings, adapting treatment as required. Feedback regarding sensation required from client throughout treatment using scale of 1-10 (10 being highest). Observation of desirable and undesirable clinical end points, timing of treatments applied to the condition, frequency of treatment, course of treatments, conditions to treat

Treatment of minors

Taught content

- The age at which an individual is classed as a minor and how this differs internationally and how treatment should only be provided for clients over the age considered a minor

Timing of treatments

Taught content

- Identify and understand commercial timings for treatments. Recognise variations in timings depending on client sensitivity/pain threshold, skin reaction time and recognised influencing factors

Contra-indications that would prevent or restrict treatment

Taught content

- Prevent – Haemophilia, internal auditory devices i.e. cochlear implant, keloid scarring, pace makers
- Restrict – acne, AIDS/HIV, any conditions not covered by the insurance policy, cancer, certain medications, dermabrasion, diabetes, eczema, epilepsy, heart conditions/circulatory disorders, hearing aid (removable), hepatitis, infectious and contagious diseases, laser treatment (wait a minimum of 2 weeks), Lupus, metal pins/plate in treatment area, nervous clients, poor mental and emotional state, psoriasis, skin diseases and disorders

Contra-indications requiring medical referral

Taught content

- Contra-indications requiring medical referral and why – any radiation treatment, certain medications including anti-coagulants, diabetes, evidence of medical conditions such as cardiac, hepatic or renal disease, recent surgery, undiagnosed swellings in treatment area

Referring contra-indicated clients

Taught content

- Actions to take in relation to specific contra-indications when referring clients
- Knowledge of organisation protocol for not naming specific suspected contra indications when encouraging client to seek medical advice
- Encourage clients to seek medical advice without alarm or concern
- Reasons for not diagnosing suspected contra-indications due to professional status, acknowledging the need for medical training to be able to diagnose

When to consult with other aesthetic professionals

Taught content

- Recognise when additional information is needed from other clinicians involved with the client and how this can be obtained in compliance with confidentiality and consent guidance and in line with current data protection legislation
- Demonstrate an understanding of when to and how to request additional advice from other clinicians treating the client when applicable in line with current data protection legislation

LO2 Understand how to provide advanced blemish removal treatments

Treatment planning

Taught content

- Identify client needs, expectations, anticipated costs, and treatment objectives. Agree realistic outcomes against client expectations, discuss expected sensations and relevant potential risks
- Contra-indications that prevent or restrict treatment or require medical referral
- Identification and discussion of skin type, including Fitzpatrick skin type and skin conditions presenting and individual blemishes or concerns, to assist in choice of the appropriate treatment and to identify realistic treatment outcomes
- Frequency, duration and potential cost of treatments recommended to achieve treatment outcomes
- Post treatment advice including possible contra-actions, healing process, recommended skin care/post treatment aftercare and restrictions to ensure client is suitable for treatment
- Treatment plan should be clearly agreed between the client and practitioner and recorded on the consultation documentation

Factors to consider when treatment planning

Taught content

- Previous professional advanced blemish removal treatment – details of type of treatments received, how recent, how frequent, and the dates the treatments were received
- Level of satisfaction and results – dissatisfaction could indicate body dysmorphia or client with unrealistic expectations
- Site of blemish to be treated, assessing age, depth, size, suitability for treatment, providing advice on realistic proposed improvement of condition
- Sun exposure history, Glogau photo ageing scale and use of SPF will indicate level of photo-damage present (relate to use of skin diagnostic equipment in this instance)
- Medical history to ensure client is safe for treatment or if medical referral is required

Assessing skin characteristics

Taught content

- Assessed through questioning at consultation, skin health checks and observation of skin, importance of using skin diagnostic equipment i.e. light magnifier, Woods lamp, skin scanner/diagnosis technology, colour wheel for skin tone/pigment clarification
- How to assess and recognise skin characteristics – Fitzpatrick scale 1-6, level of sensitivity, thickness of skin, epidermal thickness, healing capacity
- Recognition and understanding of skin analysis – skin type, skin conditions, surface hydration levels, pigmentation, photo/sun damage, vascular lesions, primary and secondary lesions, irregularities, skin texture (pore size), skin laxity, static and dynamic wrinkles, congestion/excessive oil, sensitivity
- How to select the treatment to suit skin characteristics, skin health, the Fitzpatrick classification scale and treatment objectives
- Understand the possible complications if selection is not correct for all Fitzpatrick skin type classifications

Treatment advice to provide to the client

Taught content

- Provide consultation a minimum of 48 hours prior to actual treatment to discuss outcomes and pre-treatment preparation
- During treatment physical sensation – the type of sensation the client can expect to feel (depends on personal pain barrier)
- Post-treatment physical sensation – skin may feel warm, sore, tight or sensitive in the site of treatment
- Post-treatment appearance – normally very little ‘down time’, skin's appearance may be red, have a slight open wound that requires healing, itching, heat and a mild swelling may be present. Mild erythema and oedema
- Possible contra-actions – what they are, why they appear and how long they may last – excess erythema and oedema, processes of wound healing, pigmentation changes, discomfort whilst healing
- Recommendations for homecare products to be used – antiseptic lotion, cooling gels i.e. witch hazel and aloe vera, anti-bacterial cream, medicated aftercare cream and drying powders
- Know how to provide and inform the client of protocol for formal complaints if required

Pain threshold and sensitivity variations

Taught content

- Understanding inflammatory response of the skin
- Recognising skin types and areas of the face that are more sensitive, fragile and reactive to treatment. Those that have more prominent blemishes which may contribute to an exaggerated inflammatory response or hyper pigmentation (Fitzpatrick 4-6) plus a more intense physical sensation when the treatment is applied

Skin sensitivity testing prior to treatment

Taught content

- If a client has history of product sensitivity then a basic testing for potential allergic reactions should be performed
- Patch test – performed during initial consultation after client has agreed and signed informed consent. Client must sign patch test form if separate to main consultation form
- Testing for potential allergic reaction or adverse response (inflammatory response) to associated products. Clients with history of allergies or sensitivities have an increased risk of allergic reaction. Skin test site is located discreetly near the treatment area – behind the ear or inner side of forearm. Skin is prepared as usual for treatment. Products to be applied as appropriate (following supplier instructions). Evaluation of the skin test is made following 24-48 hours. Recording of results to include whether positive or negative. Record date, location of test, and products used, description of results; if positive – full description of response and product used. Advanced blemish treatment to be performed when skin test results are negative
- Any product to be tested prior to use
- Skin sensitivity test performed during initial consultation after client has agreed and signed informed consent. Client must sign thermal/tactile test form if separate to main consultation form
- Testing to ensure the client has unimpaired sensitivity to stimuli – heat and pressure. Clients with history of lack of sensitivity have an increased risk of overtreatment. Skin test site is normally the treatment area. Skin is prepared as usual for advanced blemish removal treatment. Tactile sensitivity test using soft and sharp objects and thermal sensitivity test using two test tubes filled with hot and cold water are applied to the skin. Evaluation of the skin test is made verbally with the client. Recording of results to include whether the client can tell the difference in sensations. Record date, location of test, and methods used, description of results, if positive full description of response and method used. Advanced blemish removal treatment to be performed when the client is able to correctly identify different thermal and tactile sensations
- Any change of advanced blemish removal equipment to be tested prior to use
- Follow supplier/manufacturer instructions for recommended time between patch/sensitivity test and advanced blemish removal treatment
- Follow supplier/manufacturer instructions for recommended patch/sensitivity test

Cleansing the skin prior to treatment

Taught content

- Reasons
 - To obtain optimum hygiene and the complete removal of make-up, debris and grime
- Typical products used
 - Pre-treatment skin cleanser such as chlorhexidine

Knowledge of current usage and selection

Taught content

- Principles, uses and benefits of Thermolysis (short wave diathermy)
- Type of current used for Thermolysis (short wave diathermy)
- The process of coagulation and cauterisation

Preparation of equipment and products for treatment

Taught content

- Understanding how to prepare equipment on clean trolley in an ergonomic manner to prevent strain to the practitioner and to assist in the smooth application of treatment, e.g. safety, time management, hygiene, organisation, timing of treatment delivery, professionalism
- Importance of selecting appropriate resources before start of each treatment and place on trolley checking correct type, needles etc. are ready for use
- Importance of having correct products and equipment available as recommended by supplier/manufacture
- Understanding why appropriate Personal Protective Equipment (PPE) is prepared and used

Selection of equipment and treatment techniques

Taught content

- Equipment
 - Thermolysis (Short Wave Diathermy) Epilator or Thermolysis side of a blend epilator
 - Magnifying lamp or loupes
- Techniques – three main techniques of advanced blemish removal
 - Vertical probe, 90° angle, tap on skin
 - Vertical probe, 90° angle, insert into skin
 - Probe flat to the skin, moving/slicing left and right motion
- How they are adapted to meet the needs of each blemish specifically relating to
 - Size
 - Depth
 - Location of blemish on the body

Treatment delivery procedures

Taught content

- Complete consultation identifying any contra-indications and factors that will affect the treatment
- Ensure trolley is equipped with selection of needles, pre and post after care products, cotton pads etc.
- Thorough skin examination carried out at the beginning of the treatment to check that it is safe to perform the treatment
- Before treatment commences, a 'before' treatment photograph must be taken highlighting to the client any pigmentation or skin damage evident
- Prepare the client by pre-cleansing the skin
- Select correct needle size and current intensity
- Work systematically whilst carrying out the treatment, visually monitoring the skin's reaction
- Communicate with client regarding comfort levels to give reassurance
- Following completion of treatment an 'after' photograph must be taken
- Aftercare product applied and written aftercare advice and/or instructions given to client
- Homecare advice explained and consequences of failing to follow recommendations

Influential factors on treatment delivery timings

Taught content

- Reasons for duration and intensity of the current selected
- Client's sensitivity and reaction levels
- Size and site of the blemish to be removed

Suitable conditions for advanced blemish removal treatments

Taught content

- Age spots
- Common warts
- Dermatitis papulosa nigra
- Mole reduction
- Plane warts
- Poikiloderma
- Sebaceous cysts
- Sebaceous hyperplasia
- Sebaceous naevi
- Seborrhoeic keratosis
- Syringoma
- Verrucae
- Xanthelasma palpebrarum

Causes of non-vascular blemishes

Taught content

- Viruses
- Ageing
- Sun damage
- Hereditary
- Genetically determined
- Skin trauma
- Disorders of sebaceous gland
- Elevated cholesterol levels

Limitations of equipment and products

Taught content

- Limitations of equipment used for advanced blemish removal
- The need to protect against and reduce the future recurrences of blemishes

Benefits and effects of advanced blemish removal treatments

Taught content

- Benefits – removal or reduction of blemishes that are safe to remove or reduction without leaving a mark
- Effects – skin is clearer, smoother, blemish free and this often increases client confidence when a blemish on a visually obvious place is removed
- Understand the root cause of blemishes and changes to lifestyle necessary to help prevent reoccurrence

Effects and risks associated with the treatment

Taught content

- Non-compliance with safety and hygiene practices will result in undesirable effects being achieved
- Risks associated with treatment i.e. bruising
- Adhere to manufacturers' guidelines on treatment application

Contra-actions which may occur

Taught content

- Contra-actions which may occur, how to deal with them, what advice to give to clients and when to refer to a medical practitioner
- Identifying contra-actions that may occur due to incorrect treatment and poor aftercare
 - Pitting, bruising, bleeding, pigmentation, scarring, infection/pustules, vapour blasts/blanching, excessive erythema, oedema

Post-treatment products

Taught content

- Understand the types of post-treatment products available and why they are necessary
 - Cooling gels and drying powders

SPF and UVA specific sun protector

Taught content

- Avoiding UV exposure
- Moles to be protected by a sunscreen at all times
- Use a minimum of a UVB SPF30 and UVA specific sun protector post treatment
- Knowledge of SPF rating system and why high percentage of block is required to protect the skin after treatment whilst the skin heals
 - SPF 15 = 93% UVB block
 - SPF 30 = 97% UVB block
 - SPF 50 = 98% UVB block
- Knowledge of UVA specific sun protector rating – star rating

Prevent infection and promote healing

Taught content

- Products necessary to prevent infection and promote healing
 - How they should be used before and after advanced blemish removal treatments
 - Use of PPE and single use items
 - Knowledge of all appropriate products and use in line with supplier/manufacture protocols

Treatment progression and maintenance

Taught content

- For the treatment to be effective and to maintain results, the cause(s) must be identified
 - Lifestyle, ageing, genetics, environmental issues, medical conditions etc.
- Recommendations for frequency of treatment depending on condition treated and treatment objectives, changes to treatment timing and techniques as treatment progresses, homecare

LO3 Know the relevant anatomy, physiology and pathologies for advanced blemish removal treatments

Structure and functions of the skin in relation to advanced blemish removal treatments

Taught content

- Epidermis – stratified epithelial tissue, stratum germinativum, stratum spinosum, stratum granulosum, stratum lucidum, stratum corneum
- Dermis – blood/lymph supply, papillary layer, reticular layer, extra cellular matrix- collagen, elastin, hyaluronic acid, dermal cells mast cells, fibroblasts macrophages and neutrophils, proteoglycans, glycosaminoglycans (GAGS)
- Sebaceous glands and sebum, arrector pili muscle, sweat glands (eccrine and apocrine), sensory nerve endings (Meissener’s corpuscles, Pacinian corpuscles, Merkel’s discs, Ruffini corpuscles)
- Hypodermis – subcutaneous layer, adipose tissue, adipocytes
- Functions of the skin – secretion, heat regulation, absorption, protection, elimination, sensation, vitamin D production, melanin production, the process of keratinisation
- Basic skin types:
 - Normal – fine texture, no visible pores, smooth, supple, flexible
 - Oily – shiny, slight thickening, sallow, coarse texture, enlarged pores, congestion, comedones
 - Dry – lacks moisture, dry to touch, flakiness, fine texture, thin, tight, small pores, broken capillaries, ageing
 - Combination – combination of two or more skin types, usually oily T-zone, normal or dry on cheeks

Principles of controlled wound healing in relation to advanced blemish removal

Taught content

- The uses and implications of controlled wound healing to the practitioner
- Principles of inflammation and healing devices of the skin – basic principles of controlled wounding for advanced blemish removal. Wound healing is a complex and dynamic process of restoration of skin cell structures and tissue layers
- Influential factors in the efficiency of wound healing responses
- The 4 principles and processes of wound healing – Hemostasis, inflammation, proliferation, remodelling; actions of arachidonic acid cascade, Merkel and Langerhans cells, red and white blood cells, the clotting process, platelets, fibrin clots, types and roles of growth factors in the healing response, re-epithelialisation, reformation and building of the basement membrane, mitosis leading to epidermal regeneration, rebuilding of the extra cellular matrix and early collagen; formation characteristics of type 3 collagen, collagen remodelling and the conversion of collagen from type 3 to type 1. Characteristic of collagen type 1
- Phases of skin healing – Haemostasis instant phase, inflammatory phase (occurs immediately following the injury and lasts approximately 6 days), fibroblastic phase (occurs at the termination of the inflammatory phase and can last up to 4 weeks), scar maturation phase (begins at the 4th week and can last for years)
- Factors which interfere with wound healing/trauma – initial or repetitive, scalds and burns (both physical and chemical), animal bites or insect stings, pressure, vascular compromise, arterial, venous or mixed, immunodeficiency, malignancy, connective tissue disorders, nutritional deficiencies, psychosocial disorders, adverse effects of medications

Structure and function of circulatory and lymphatic systems in relation to advanced blemish removal

Taught content

- Circulatory system:
 - Functions of blood – transport, regulation, protection, clotting
 - The structure of veins, venules and capillaries
 - The structure of arteries, arterioles and capillaries
 - Main arteries of the face and head
 - Common carotid, internal carotid, external carotid, occipital, facial, maxillary, lingual, superficial temporal, superior thyroid
 - Main veins of the face and head
 - External jugular, internal jugular, common facial, anterior facial, maxillary, superficial temporal, occipital
 - Main arteries of the body
 - Aorta, common carotid, subclavian, splenic, right and left iliac, renal artery, hepatic artery
 - Main veins of the body
 - Superior vena cava, inferior vena cava, splenic vein, right and left iliac vein, renal vein, hepatic vein, hepatic portal vein, subclavian
 - Main arteries of the arm
 - Subclavian, common carotid, brachial, ulnar, radial, deep palmar arch, superficial palmar arch, digital
 - Main veins of the arm
 - Axillary, brachial, basilic, cephalic, subclavian, palmar digital
 - Main arteries of the leg
 - External iliac, femoral, popliteal, anterior tibial, posterior tibial, plantar arch
 - Main veins of the leg
 - Long saphenous, short saphenous, dorsal venous arch, femoral, popliteal, anterior tibial, posterior tibial
 - Blood composition – erythrocytes, leucocytes, thrombocytes, plasma
 - Circulation – heart, pulmonary circulation, capillaries, systemic circulation
 - The process of blood clotting – platelets, thromboplastin, prothrombin, thrombin, fibrinogen, fibrin, calcium
- Lymphatic system:
 - Functions of the lymphatic system – fluid distribution, fighting infection, transport of fat
 - Functions of lymph nodes – filter toxins, clean lymphatic fluid, produce antibodies and antitoxins, produce lymphocytes
 - Position of lymph nodes – face – occipital, mastoid, superficial cervical, deep cervical, parotid, buccal, submental, submandibular
 - Body – Thoracic duct, right lymphatic duct, axillary, supra-trochlear, inguinal, cisterna chyli, popliteal, thymus gland, lacteals, spleen, thymus gland, superficial and deep cervical
 - Oxygen and nutrition carried in blood
 - The interaction of the lymphatic and circulatory systems
 - The relevance of the lymphatic and circulatory systems to advanced blemish removal treatments

Structure and function of the nervous system in relation to advanced blemish removal

Taught content

- Functions of the nervous system
 - Central nervous system
 - Peripheral nervous system
 - Autonomic nervous system
 - Sympathetic
 - Parasympathetic
- Types of nerves
 - Sensory
 - Motor
- Nerve cells (neurons)
 - Axons
 - Dendrites
 - Neuralgia
 - Synapse
- Skin
 - Pain receptors

The principles and functions of the endocrine system in relation to advanced blemish removal treatments

Taught content

- The endocrine system and its effect on the skin/body conditions which may affect the client receiving advanced blemish removal treatment
 - 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, 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
 - Cortisol – stress, puberty, pregnancy, menopause
- Effects of hormones on the skin – Melanin Stimulating Hormone (MSH), Testosterone, Oestrogen, Thyroxin
- The relevance of the endocrine system to advanced blemish removal treatments

Common diseases and disorders and relevant terminology of the skin

Taught content

- Types of disease – Infectious, non-infectious, deficiency, genetic, physiological, degenerative, acute, chronic
- Blemishes of the skin
 - Primary
 - Secondary
 - Tertiary
- Benign non contagious disorders – Xanthomas, syringoma
- Benign non-viral cutaneous tumours –seborrhoeic warts (also known as basal cell papilloma or seborrhoeic keratosis, dermatosis papulosa nigra, warts (verruca vulgaris)
- Insect infection – pediculosis, pediculosis capitis, pediculosis corporis, scabies
- Disorders of the sebaceous glands, seborrhoea, sebaceous hyperplasia, sebaceous naevi, sebaceous cyst (steatoma), comedone (blackhead), milia (whiteheads), asteatosis
- Pigmentary disorders of the skin – port wine stain (mature haemangioma), strawberry mark (immature haemangioma), chloasma, leucoderma, stains, liver/age spots, ephelides (freckles), lentigines, hyper pigmentation/hypo pigmentation, naevus, spider naevi (telangiectasia angioma), telangiectasia (red/purple capillaries), erythema, campbell de morgan
- Disorders of the sweat gland – prickly heat (miliaria rubra), bromidrosis or osmidrosis, anhidrosis, hyperidrosis, acne rosacea, acne vulgaris, eczema (atopic, allergic, occupational), dermatitis (contact, exfoliative, occupational or industrial, traumatic, varicose), psoriasis
- Moles and skin cancers – normal moles, melanocytic naevi,, dysplastic naevi, malignant melanoma, squamous cell carcinoma, cutaneous horns, basal cell carcinoma
- Albinism, allergic reaction, bruise, boils, bulla, candida, carbuncles, chilblains, couperose, crow's feet, crust, excoriation, fissures, folliculitis, haemangioma, herpes simplex, herpes zoster, hyperaemia, hyper-keratosis, impetigo, inflammation, keloid, lentigo, macule, nodule or cyst, oedema, papilloma, papule, pityriasis versicolour (tinea versicolour), port wine stain (capillary naevus), pseudo folliculitis, pustule, scales, scar, skin tags (fibroma, verrucae filiformis), styes, tinea barbae, tinea capitis, tinea corporis, tinea pedis, tumour, ulcer, urticaria, vesicle, vitiligo, weal, weeping, verrucae

Common diseases and disorders of the circulatory system

Taught content

- Anaemia, aneurism, arteriosclerosis, AIDS/HIV, coronary thrombosis, haemophilia, high and low blood pressure, high cholesterol, hepatitis A, B and C, leukaemia, phlebitis, septicaemia, stress, thrombosis, varicose veins, cardiac failure, epistaxis (nosebleeds), heart disease, hole in the heart, myocardial infarction, palpitations, pulmonary embolism, Reynaud's disease, sickle cell anaemia, thalassaemia, varicose ulcers

Common diseases and disorders of the lymphatic system

Taught content

- Hodgkin's disease, non-Hodgkin's lymphoma, Hashimoto's thyroiditis, lymphoma

Common diseases and disorders of the nervous system

Taught content

- Infections, such as meningitis, encephalitis, polio, and epidural abscess
- Structural disorders, such as brain or spinal cord injury, Bell's palsy, cervical spondylosis, carpal tunnel syndrome, brain or spinal cord tumours, peripheral neuropathy, and Guillain-Barré syndrome
- Functional disorders, such as headache, epilepsy, dizziness, and neuralgia
- Degeneration, such as Parkinson's disease, multiple sclerosis, amyotrophic lateral sclerosis (ALS), Huntington's chorea, and Alzheimer's disease

Common diseases and disorders of the endocrine system

Taught content

- Thyrotoxicosis, myxoedema, goitre, Addison's syndrome, Cushing's syndrome, diabetes mellitus, diabetes insipidus

LO4 Be able to consult, plan and prepare for advanced blemish removal treatment

Use consultation techniques to determine the treatment plan

Taught content

- Demonstrate a variety of consultation techniques whilst performing consultation, complete all documentation and agree the treatment plan with the client
- Have a friendly, enthusiastic, polite, confident, supportive and sensitive manner, respect client confidentiality
- Use open questioning with client given time to ask questions
- Assess client's lifestyle
- Explain treatment, aftercare, downtime and frequency of treatments
- Ascertain client expectations; achievable outcomes must be advised where client has unrealistic expectations of treatment
- Determine if the client is having treatment elsewhere, this may affect how the skin will react and when treatment can commence
- Use appropriate communication for advanced blemish removal treatment
 - verbal (professional voice and terminology, be respectful)
 - non-verbal (visual) – open body language, good eye contact, listening, facial expressions, positive body posture, gestures, space (do not invade personal space)
- Give clear and appropriate advice and recommendations to the client to determine final treatment plan that is agreed
- All information to be written on consultation documents in front of the client to finally obtain informed client consent
- Demonstrate punctuality and respect throughout

Identify the client's medical history, indications for and aims of treatment

Taught content

- Medical history – discuss all areas on consultation documentation including certain medications including anti-coagulants (blood thinners)
- Establish if client is contra-indicated to treatment i.e. diabetes, recent surgery, undiagnosed swellings in treatment area, evidence of medical conditions such a cardiac, hepatic or renal disease, any radiation treatment
- Establish skincare product use i.e. Retin A or Retinol
- Establish previous/current advanced aesthetic treatments i.e. Laser/IPL or dermabrasion
- Skin classification and conditions
 - Fitzpatrick scale 1-6
 - Open and closed comedone, milia, papules, pustules, acne, nodules, cysts, melasma, hyper and hypo-pigmentation, post-inflammatory hyper pigmentation (PIH), Poikiloderma, skin sensitivity (vascular) – facial erythema, acne rosacea, telangiectasia, spider naevi
- Skin healing history – Keloid formation, scars

Recognise any contra-indications and take necessary action

Taught content

- Identify contra-indications that may restrict, prevent or require medical referral. Make note of the contra-indications on the client's record card

Establish the condition of the skin

Taught content

- Use magnifying lamp or loupes and perform a visual assessment of the condition of the skin documenting all findings and include photographs
- Fitzpatrick scale, oily skin, dry skin, excess shine, open and closed comedone, milia, papules, pustules, acne, nodules, cysts, melasma, hyper and hypo-pigmentation, post-inflammatory hyper-pigmentation (PIH). Poikiloderma, enlarged pores, dehydration, flaking areas, dull, sallowness, photo damage, facial erythema, acne rosacea, acne simplex and vulgaris telangiectasia, scarring especially keloid. Moderate or advanced ageing

Ensure client comfort

Taught content

- Position client and self in a comfortable manner
- Explain the physical sensation of the treatment and the appearance of the skin post-treatment to the client
- Explain in line with supplier/manufacture recommendations

Explain the treatment procedures

Taught content

- Explain the positioning required for treatment
- Advise on the physical sensation to be expected during treatment – use 1-10 pain threshold scale
- Inform about the skin preparation for treatment and the requirement to take pre-treatment photographs
- Explain about the testing of the machine on self and client
- Describe the method of treatment delivery
- Explain immediate post care and the need to take pre- and post-treatment photographs
- Treatment to be applied following manufacturer protocols
- Treatment procedure step by step to include
 - Set up all products on trolley to be within easy reach
 - Ensure clothing is removed from area to be treated ensuring client's modesty at all times
 - Ask client to remove all jewellery from area to be treated and ask client to place safely away
 - Client to be positioned appropriately on couch
 - Place small towel across client adjacent to treatment area to protect clothing
 - Wash hands
 - Apply gloves
 - Advisable to ask client to arrive for treatment without make-up if possible
 - Gently cleanse area with pre-treatment i.e. chlorahexidine
 - Examine the skin to reinforce initial skin investigation or to observe improvements if previous treatment has been given
 - Check all areas can be treated – isolate areas that cannot be treated i.e. open lesions
 - Select appropriate needle size
 - Set appropriate intensity of Thermolysis for treatment
 - Explain to client treatment sensation
 - Explain duration of treatment
 - Advise how the skin is expected to look immediately after (desirable end points) i.e. mild erythema, oedema and warm sensation
 - Potential risks and possible side effects to be explained
 - Potential risk explained where aftercare and homecare has not been followed
 - Side effects
- Social activities may be limited, no make-up for a certain period, etc.

Finalise and agree the treatment plan

Taught content

- Position client and self in a comfortable manner
- Explain the physical sensation of the treatment and the appearance of the skin post-treatment to the client
- Explain in line with supplier/manufacturer recommendations

Obtain signed, informed consent

Taught content

- Ensure all documents are signed after treatment plan agreed. The practitioner and client must understand the implications of informed client consent and what is being agreed
- All information from consultation to be written on consultation documents in front of the client at the beginning of every treatment
- Informed client consent to be obtained before every practical treatment, from the client prior to carrying out any subsequent treatments

Take pre-treatment photographs

Taught content

- Following organisation procedures, industry guidelines and current data protection legislation, ensuring protocols are followed for taking clinical photographs to ensure clarity and consistency. Take photographs in same position as post-treatment photographs and where possible in the same light. Position area to be treated so photographs are taken straight on and from both sides where applicable, zoom in on areas of concern, e.g. skin blemishes. Personal devices should not be used to take images of clients
- Gain written/signed client consent photography and for storage of clinical photographs and specific use of photographs for marketing and teaching purposes

Carry out a patch/skin sensitivity test

Taught content

- Carry out skin sensitivity/thermal/tactile and patch tests in accordance with manufacturers' guidelines

Select suitable equipment and products

Taught content

- Select suitable equipment and products according to treatment objectives. Choose the correct equipment and products suitable to treat conditions/skin type identified in the agreed treatment plan

Explain the cooling off period

Taught content

- Provide information to the client regarding the 'cooling off' period between initial consultation and first treatment. Book first treatment in line with given directives on cooling off periods. Give client written information regarding the after effects, homecare/additional routines required, proposed outcomes and agreed treatment plans

LO5 Be able to provide advanced blemish removal treatments

Maintain own responsibilities for health and safety throughout the treatment

Taught content

- Ensure working area is set up and a safe working environment created in line with health and safety protocols and legislation.
- PPE to be worn

Prepare and protect the client and self

Taught content

- Ensure preparation complies with legal and organisational requirements
- Prepare and protect client to avoid cross-infection
- Protect client's eyes, hair when appropriate, clothing and surrounding areas depending on area of treatment

Maintain client's modesty and privacy at all times

Taught content

- Ensure the working environment is private and secure
- Depending on area to be treated provide modesty towels/disposable clothing i.e. pants or tissue to protect clothing and provide modesty so the client does not feel exposed and vulnerable

Position the client

Taught content

- Position the client to meet the needs of the treatment without causing them discomfort
- Clearly instruct the client and, if needed, use supports or pillows to ensure the position fits the needs of the treatment, does not compromise the treatment application and does not cause the client any discomfort

Maintain own posture and working methods

Taught content

- Ensure effective, ergonomic positioning of couch, trolley, stool, equipment and products to avoid injury to self, client and others
- Ensure own posture and working methods minimise fatigue and the risk of injury to self, the client and others

Ensure environmental conditions are suitable for treatment

Taught content

- Ensure ventilation, temperature, ambience, lighting, wall and floor coverings are fit for purpose
- Ensure all tools and equipment are available and in safe working order
- Ensure risks and hazards have been checked i.e. slip and trip hazards in the working area

Ensure the use of clean equipment and materials

Taught content

- Ensure all surfaces are clean and hygienic, trolley tidy and equipment and products set out ergonomically, all expiry dates checked and in date
- PPE available and fit for purpose
- Use of sterilisation and disinfectants for surfaces and equipment as required for treatment

Promote environmental and sustainable working practices

Taught content

- Demonstrate environmental working practices, to be effective and energy efficient heating and ventilation to meet the workplace (Health, Safety and Welfare) Regulations 1992 for client and employees
- Demonstrate sustainable working practices – products with ingredients from sustainable sources and using sustainable packaging, efficient storage and waste disposal, record product usage

Safe use of equipment, materials and product

Taught content

- Follow protocols for safe use, including correct use of equipment, delivery of advanced blemish removal treatments and selection of needles and treatment intensity for different treatment objectives
- Keep tops on bottles, make sure all products are labelled clearly in line with COSHH information, decant products into sterile pots to ensure correct amount is used prior to treatment where indicated

Prepare the skin

Taught content

- Examine the area to establish any blemishes to be treated and influencing factors for treatment. Check all areas can be treated – isolate areas that cannot be treated i.e. open lesions
- Ensure the client's skin is clean and prepared for advanced blemish removal
- Prepare the area to be treated using a pre-treatment cleanser such as chlorahexidene
- Follow manufacturer protocols/recommendations

Select appropriate PPE

Taught content

- Use of PPE (disposable gloves non-latex) that fit the individual correctly so as not to interfere with work, worn correctly each time used and disposed after each use. Stored correctly, checked and maintained fit for purpose

Select the appropriate intensity and needles

Taught content

- Intensity and needle size to be selected in line with the treatment objectives
- Treatment technique selected to suit skin type and Fitzpatrick classification so as not to cause undesirable end points or complications
- Select intensity appropriate to meet desired clinical endpoints, the blemish to be treated, length of delivery time, needle size and previous treatments given

Commence treatment

Taught content

- Adjust the duration and intensity of treatment to suit the type of blemish and skin condition. Demonstrate an understanding of complications that may occur due to incorrect consultation such as post-inflammatory hyperpigmentation (PIH) and how timing and intensity can control these complications. Knowledge of ethnic skin structure i.e. thicker stratum corneum, prominent dermal blood vessels, melanin distribution, structure of dermis, susceptibility to PIH and hyperpigmentation
- Observation of skin conditions i.e. hydration levels, lesions, keratosis, common warts, plane warts, verrucae, dermatosis papulosa nigra, moles, sebaceous cysts, sebaceous hyperplasia, sebaceous naevi, age spots, xanthelasma palpebrarum, hyperplasia, uneven pigmentation, poikiloderma, pustules, papules, comedones, erythema and how Thermolysis treatment may or may not affect them
- Knowledge of the recommended treatment time for advanced blemish removal. Follow protocols for monitoring client skin reaction. Observe the skin reaction and look for desirable and undesirable clinical end points, ensure they are in line with recommendations
- At times of client discomfort or skin reaction that appears to be excessive stop the treatment and apply aftercare
- Work in accordance with manufacturer protocols
- Ensure treatment is completed in a commercially viable time

Apply a systematic approach to application

Taught content

- Work systematically in line with treatment protocols and techniques for each blemish

Monitor the skin reaction and client response

Taught content

- Monitor the client's skin reaction and client response visually and discontinue treatment if adverse reactions occur.
- Visual observation of desirable and undesirable clinical end points throughout procedure
- Desirable may include mild erythema and oedema
- Undesirable may include excess erythema or oedema, blanching, bleeding or bruising

Verbally communicate with the client

Taught content

- Communicate with the client to monitor and assess their wellbeing, levels of discomfort and to terminate treatment if required

Apply post-treatment products

Taught content

- To complete the treatment apply aftercare products as specified in after care protocols. Some wounds may or may not need to be covered

Take post-treatment photographs

Taught content

- Follow protocols for taking of clinical photographs to ensure clarity and consistency.
- Take photographs in same position as pre-treatment photographs and where possible in the same light. Position area to be treated so photographs are taken straight on and from both sides where applicable, zoom in on areas of concern, e.g. skin blemishes
- Personal devices should not be used to take images of clients
- Gain clients' consent for storage of clinical photographs and specific use of photographs for marketing and teaching purposes

Provide aftercare advice and homecare

Taught content

- Post-procedure
 - Skin may look red, slightly swollen and warm and there may be an open wound depending on procedure undertaken
 - Provide advice on suitable post-treatment products
 - Provide advice for ongoing/further advanced blemish treatments where applicable
- Homecare
 - Crusts may appear to seal the skin and prevent infection. These must not be rubbed or picked off, as to do so may result in scarring
 - Do not use anything on the skin for 48 hours. Thereafter use a gentle soap or perfume free cleanser and gently pat the area dry to avoid dislodging any crusts
 - Keep out of UV light completely during the healing process and as much as possible generally to avoid potential blemishes in the future
 - Avoid activities that may irritate, dislodge or soften any healing crusts or minor scabbing for the duration the crusts last, e.g. swimming, saunas, steam rooms, facial steaming, facial scrubs, waxing and other skincare treatments until the area has completely healed
 - Avoid using skin sensitisers or irritants such as perfumes, fake tan products and perfumed body lotions
 - Moles to be protected by a sunscreen at all times
 - Following verruca treatment try to keep off the feet as much as possible for 48 hours

Dispose of waste materials to meet legal requirements

Taught content

- Waste – disposed of in an enclosed, foot pedal controlled, waste bin fitted with disposable, durable bin liner
- Hazardous waste – correct disposal of hazardous waste in line with local council regulations and disposed of following COSHH procedures and protocols

Complete the treatment in a commercially viable time

Taught content

- Ensure treatment is completed in a commercial time frame

Update client records

Taught content

- Accurate completion of treatment details, recording details of needle size and intensity setting, treatment techniques and duration of treatment, client skin sensation and skin response, observation of skin after treatment
- Signature from client to be obtained accepting treatment results and skin response and agreeing to follow aftercare/post treatment advice
- Practitioner signature to take responsibility for treatment and records completed
- Records filed and stored securely

Provide and manage post-treatment communications and outcomes

Taught content

- Communicate with the client regarding post-treatment care and concerns
- Inform the client how to manage complications/adverse reactions at home and when to refer to a medical practitioner
- Provide and inform the client of protocol for formal complaints
- Document post-treatment complications and adverse reactions in line with organisation guidelines
- Protocol for escalating a formal complaint to management prior to a medical practitioner

Assessment requirements

Learners are required to complete all assessment requirements related to this unit:

1. Clinical case studies
2. Theory examination
3. Practical examination

1. Clinical case studies

Learners must produce a treatment portfolio which is required to be completed under the supervision of a lecturer who must monitor the quality of the treatments performed throughout the learner's training, to ensure that they meet the given criteria. All clinical case studies must be completed and marked prior to the learner completing the practical and theoretical examinations.

Learners must complete a minimum of 6 clinical case studies. Each case study needs to include a full medical history of the client, before and after pictures and a full description of the blemish to be removed including size, depth and site. A detailed description of the removal techniques used, machine settings, current intensity, needle size and duration of treatment. Each case study must also include an evaluation of the treatment and its outcomes.

Range to be included in clinical case studies:

- Met the needs of a variety of clients/patients
 - New
 - Existing
 - Male or Female
- Carried out all consultation techniques
 - Questioning – verbal
 - Listening – non-verbal
 - Visual – non-verbal
 - Manual
 - Written
 - Pre-treatment photographs taken
- Carried out skin sensitivity test
- Covered the following 3 conditions
 - Common warts
 - Xanthelasma
 - Age spots
- Covered a further 3 treatments from the following conditions
 - Dermatitis papulosa nigra
 - Mole reduction
 - Plane warts
 - Poikiloderma
 - Sebaceous cysts

- Sebaceous hyperplasia
- Sebaceous naevi
- Seborrhoeic keratosis
- Syringoma
- Verrucae
- Treated a minimum of 2 areas of the head and neck
 - Face
 - Neck
- Treated a minimum of 1 body area
 - Back of hands
 - Legs
 - Abdomen
 - Back
 - Chest
- Considered all factors of skin characteristics
 - Fitzpatrick scale
 - Level of sensitivity
 - Condition of skin
 - Healing capacity
- Taken all courses of necessary action
 - Explaining why treatment cannot be carried out
 - Encouraging the client to seek medical advice
 - Modification of treatment
- Used all types of equipment
 - Magnifying lamp or loupe
 - Thermolysis machine
- Recorded all types of information
 - Needle pressure
 - Current intensity
 - Duration of current flow
 - Needle selection
 - Treatment area spacing
- Given all advice and recommendations
 - Suitable aftercare products and their uses
 - Avoidance of activities which may cause contra-actions
 - Modification of lifestyle patterns
 - Recovery and skin healing process
 - Post-treatment contra-actions and how to deal with them
 - Future treatments needed
 - Use of SPF products
 - Issuing of written aftercare advice
 - Recording 'after' photographs

2. Theory examination

Learners must complete a theory examination for this unit. This will consist of a multiple choice question paper which is mapped to the relevant assessment criteria stated below.

The theory examination will test knowledge and understanding from across learning outcomes 1, 2 and 3. Learners should use the unit content sections of this unit to aid revision since exam questions will test the full breadth of this content over time.

Learning Outcome	Assessment Criteria
LO1 Know safety considerations when providing advanced blemish removal treatments	1.1. State the safety considerations of product and equipment sourcing
	1.2. Define the insurance requirement guidelines
	1.3. Identify hygiene considerations
	1.4. State methods of hygiene and infection control
	1.5. Identify the features, benefits and uses of treatment products
	1.6. Identify the associated hazards and risks
	1.7. State the importance of following supplier's or manufacturer's instructions for safe use
	1.8. Identify the treatment age restrictions
	1.9. State the required timing for treatment
	1.10. Identify the contra-indications that would prevent, restrict or require medical referral
	1.11. Identify the protocol for referring contra-indicated clients
	1.12. Identify the protocols for consulting with other aesthetic professionals

Learning Outcome	Assessment Criteria
LO2 Understand how to provide advanced blemish removal treatments	2.1. Identify requirements for treatment planning
	2.2. Identify factors to consider when treatment planning
	2.3. Identify how to assess skin characteristics
	2.4. Identify the treatment advice and information to be provided to the client pre-treatment, during and post-treatment
	2.5. Identify pain threshold and sensitivity variations
	2.6. State the methods of skin sensitivity testing prior to treatment
	2.7. State the importance of cleansing the skin prior to treatment
	2.8. Identify the usage and selection of current for advanced blemish removal treatments
	2.9. State the preparation techniques for products and equipment
	2.10. Identify the selection of advanced blemish treatment equipment and techniques
	2.11. Identify treatment delivery procedures
	2.12. Identify influencing factors on treatment delivery timings
	2.13. State the conditions suitable for advanced blemish removal treatments
	2.14. Identify the possible causes of non-vascular blemishes
	2.15. Identify the limitations of advanced blemish removal products and equipment
	2.16. Identify the benefits and effects of advanced blemish removal treatment
	2.17. State the effects and risks associated with the treatment

	2.18. Identify the contra-actions that may occur as a result of treatment
	2.19. Identify available post-treatment products
	2.20. Identify the use of SPF and UVA in sun protection products
	2.21. Identify how to prevent infection and promote healing
	2.22. Identify treatment progression and ongoing treatment recommendations

Learning Outcome	Assessment Criteria
LO3 Know the relevant anatomy, physiology and pathologies for advanced blemish removal treatments	3.1. Define and identify the structure and functions of the skin and relevance to advanced blemish removal treatments
	3.2. Identify the principles of controlled wound healing
	3.3. Define and identify the structure and functions of the circulatory and lymphatic systems and relevance to advanced blemish removal treatments
	3.4. Define and identify the structure and functions of the nervous system and relevance to advanced blemish removal treatments
	3.5. Define the principles and functions of the endocrine system and relevance to advanced blemish removal treatments
	3.6. Identify associated pathologies and relevant terminology of the skin
	3.7. Identify associated pathologies of the circulatory system
	3.8. Identify associated pathologies of the lymphatic system
	3.9. Identify associated pathologies of the nervous system
	3.10. Identify associated pathologies of the endocrine system

3. Practical exam

Learners must complete a practical examination for this unit which will be externally set by the awarding organisation and examined and marked by an external examiner. The practical examination will take place at the end of the period of learning. For practical examination criteria please refer to the Qualification Specification.

Document History

Version	Issue Date	Changes	Role
v2	01/05/2018	First published	Qualifications Manager
v3	16/07/2018	Amended typographical error on page 18 and 27	Product Administrator
v4	11/09/2018	Removed 'Molluscum contagiosum' from content	Product Administrator
v5	17/09/2019	Formatting	Qualification Administrator