

Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

Unit title: iUBT335 – Electrical epilation

Total contact tuition hours proposed: 250

Lecturer(s) responsible:

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> College rules and regulations College mission statement ITEC rules and regulations Health & Safety Timetable Dates – holidays etc. Syllabus Recommended books Uniform 	<ul style="list-style-type: none"> Lecture Q&A Using all the documents listed to ensure the students understand the college expectations and their commitment to the course 	
Know the anatomy, physiology and pathologies of the skin			
Explain the structure and functions of the skin	<ul style="list-style-type: none"> Epidermis <ul style="list-style-type: none"> - Stratum corneum - Stratum lucidum - Stratum granulosum - Stratum spinosum/malphigian - Stratum germinativum/basal layer - Melanocytes Dermis <ul style="list-style-type: none"> - Blood supply - Lymphatic supply - Hair follicle - Hair 	<ul style="list-style-type: none"> OHP/Whiteboard Lecture Q&A Homework Test: 	

	<ul style="list-style-type: none"> - Erector pili muscle - Sebaceous gland - Sweat gland: Eccrine and Apocrine - Sensory nerve endings - Dermal papilla - Collagen - Elastin • Subcutaneous layer <ul style="list-style-type: none"> - Adipose tissue • Functions <ul style="list-style-type: none"> - Secretion - Heat regulation - Absorption - Protection/acid mantle - Elimination - Sensation - Vitamin D formation (7-dehydrocholesterol) 		
Explain the functions and formation of the acid mantle	<ul style="list-style-type: none"> • Composition and formation 		
Identify skin types and characteristics	<ul style="list-style-type: none"> • Dry • Oily • Combination • Sensitive • Dehydrated • Mature skin • Young skin • White • Black • Asian type skin • Mixed 		
Identify skin diseases, disorders and conditions and whether they are contra-indicated to electrical epilation	<ul style="list-style-type: none"> • Infestations <ul style="list-style-type: none"> - Scabies - Lice • Congenital <ul style="list-style-type: none"> - Atopic eczema - Atopic dermatitis - Psoriasis • Bacterial <ul style="list-style-type: none"> - Acne vulgaris 		

	<ul style="list-style-type: none"> - Impetigo - Acne rosacea - Boils - Pseudo folliculitis • Viral <ul style="list-style-type: none"> - Warts - Herpes simplex - Herpes Zoster • Fungal <ul style="list-style-type: none"> - Tinea corporis • Pigmentation disorders <ul style="list-style-type: none"> - Vitiligo - Albinism - Melasma - Ephelides - Lentigo - Moles (papilloma) - Naevae - Port wine stain - Leucoderma - Dermatitis papulosa nigra - Hyperpigmentation - Hypopigmentation - General conditions - Sensitive skin - Dehydrated skin - Lack of elasticity - Lack of muscle tone - Blemishes - Age - Crow's feet - Broken capillaries - Open pores - Comedones - Milia - Pustules - Papules - Keloid scarring - UV damage - Thin skin - Small raised moles - Urticaria - Allergic reaction 		
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Explain the types of skin cancer and relevance to electrical epilation	<ul style="list-style-type: none"> • Basal cell carcinoma • Squamous cell carcinoma • Malignant melanoma 		
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Know the structure and function of hair and factors affecting hair growth			
Explain the position, structure and function of the hair and surrounding tissue	<ul style="list-style-type: none"> • Cuticle • Cortex • Medulla • Inner root sheath: <ul style="list-style-type: none"> - Huxley's layer - Henle's layer • Outer root sheath • Vitreous membrane • Connective tissue • Dermal papilla 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Homework • Test: 	
Explain the types of hair	<ul style="list-style-type: none"> • Lanugo • Vellus • Terminal 		
Explain the factors which affect hair growth	<ul style="list-style-type: none"> • Congenital • Topical • Hormonal • Systemic • Non-systemic • Drugs/medication • Stress • Anorexia • Polycystic ovaries • Hirsutism • Hypertrichosis 		
Explain the hair growth cycle	<ul style="list-style-type: none"> • Anagen • Catagen • Telogen 		
Explain the stage of hair growth at which permanent hair removal may be achieved	<ul style="list-style-type: none"> • The blend: <ul style="list-style-type: none"> - Anagen - Hair bulb attached - Hair still living - Chemical decomposition of the hair bulb by the currents 		

	<ul style="list-style-type: none"> - Current cuts off the blood supply and the hair dies - Damage by the current to the surrounding follicle - Production of lye • Alternating current (shortwave diathermy): <ul style="list-style-type: none"> - Anagen - Hair bulb attached - Hair still living - Cauterisation/Coagulation of the hair bulb by the current - Current cuts off the blood supply and the hair dies - Damage by the current to the surrounding follicle 		
Explain the position of the main endocrine glands, the hormones secreted and effects of hyper/hypo secretion	<ul style="list-style-type: none"> • Pituitary <ul style="list-style-type: none"> - 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 <ul style="list-style-type: none"> - Thyroxin - Triiodothyronine - Calcitonin • Parathyroid glands <ul style="list-style-type: none"> - Parathormone • Thymus <ul style="list-style-type: none"> - T lymphocytes • Pineal <ul style="list-style-type: none"> - Releases melatonin • Islets of Langerhans <ul style="list-style-type: none"> - Insulin • Adrenal glands <ul style="list-style-type: none"> - Adrenal medulla: <ul style="list-style-type: none"> ▪ Adrenalin ▪ Noradrenalin • Adrenal cortex <ul style="list-style-type: none"> - Corticosteroids - Mineralocorticoids - aldosterone - Glucocorticoids • Ovaries <ul style="list-style-type: none"> - Oestrogen 		

	<ul style="list-style-type: none"> - Progesterone • Testes: - Testosterone 		
Explain the effects of hormones on the skin and hair growth cycle	<ul style="list-style-type: none"> • Puberty • Pregnancy • Menopause 		
Explain the menstrual cycle	<ul style="list-style-type: none"> • The effects of the hormones at the various stages: <ul style="list-style-type: none"> - Menstrual - Proliferative - Secretory 		
Explain the effect of stress on the endocrine and reproductive systems	<ul style="list-style-type: none"> • Production of adrenalin and its effects • Effect of Stress on the other hormones • Effect on the reproductive systems in men and women 		
Explain the pathologies of the endocrine and reproductive systems relevant to electrical epilation	<ul style="list-style-type: none"> • Addison's syndrome • Cushing's syndrome • Amenorrhoea • Menopause • Pre-menstrual syndrome • Polycystic ovarian syndrome 		

Be able to consult and prepare for electrical epilation treatment			
Demonstrate a consultation for epilation	<ul style="list-style-type: none"> • An example of a consultation form can be downloaded from www.itecworld.co.uk • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Consent • Any contra-indications to treatment • Possible reasons for the hair growth - note the hair growth pattern Client lifestyle • Client profile • Importance of planning electrolysis treatments and their frequency bearing in mind the clients religious, moral and social beliefs and diverse needs • Treatment sensation 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Homework • Test: 	

	<ul style="list-style-type: none"> • Skin reaction • Skin healing • Appointments and frequency • Permanency of treatment • Re-growth • Client commitment • Home care advice • Aftercare advice 		
Identify those contraindications which require medical or informed consent, restrict or prevent electrical epilation	<ul style="list-style-type: none"> • With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained, clients must sign an informed consent form stating that the treatment and its effects have been explained to them and confirm that they are willing to proceed without permission from their GP <ul style="list-style-type: none"> - Pregnancy - Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) - Any condition already being treated by a GP or another practitioner - Medical oedema nervous/psychotic conditions - Epilepsy - Recent operations - Diabetes - Asthma - Any dysfunction of the nervous system (e.g. Multiple sclerosis, Parkinson's disease, Motor neurone disease) Neuralgia - Inflamed nerve - Cancer - Conditions which cause muscular spasticity (e.g. cerebral palsy) - Whiplash and any neck conditions - Slipped disc - Undiagnosed pain - When taking prescribed medication - Endocrine disorders • 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 - Mucous membranes - Hepatitis B - HIV/AIDS - Anti-coagulant drugs - Bell's palsy 		

	<ul style="list-style-type: none"> - Loss of skin sensation - Keloid scarring - Skin diseases - Hairy moles - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Varicose veins - Pregnancy (abdomen) - Cuts - Bruises - Abrasions - Scar tissues (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Abdomen (first few days of menstruation depending how the client feels) - Haematoma - Hernia - Recent fractures (minimum 3 months) - Cervical spondylitis - Hyper pigmentation - Botox/dermal fillers (1 week following treatment) - Metal plates - Mechanical implants • Contra-indications which prevent treatment <ul style="list-style-type: none"> - Pacemaker - Haemophilia - Cochlear implants 		
Demonstrate how to set up a working area for the treatment	<ul style="list-style-type: none"> • All surfaces must be wiped with sanitiser and covered with couch roll • Check the machine is in working order • Cotton wool • Cleanser • Sanitiser • Tissues • Pre-packed sterilised needles in a variety of sizes • Tweezers which have been adequately sterilised • Gloves • Surgical masks • Unperfumed aftercare lotion 		

Demonstrate how to prepare the client for the treatment	<ul style="list-style-type: none"> • Explain the treatment procedure and expected treatment sensations to the client • Remove all jewellery • Perform thermal and tactile tests • Cleanse the area to be treated • Wipe over the area with sanitising solution • Perform test patch • Instruct the client regarding positioning for safe treatment • Cover the client's eyes with damp cotton pads, tissue or a sleep mask to stop the glare of the magnifying lamp when treating the face • Start the current very low to allow the client to get used to it (after the 1st treatment or more start the current a little below the level where the hairs were sliding out in the previous treatment to allow the client to get used to the current again) 		
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Be able to carry out electrical epilation treatment			
Demonstrate appropriate professionalism and hygiene throughout the treatment	<ul style="list-style-type: none"> • Clean professional workwear • Clean natural tights and full flat shoes • Finger nails should be short, have no enamel and should be clean • Wash hands before beginning treatment • Gloves must be worn • A mask should be worn • Ensure all working surfaces and the electrolysis machine are wiped with sterilising solution prior to treatment • Ensure that tweezers have been fully sterilised • Ensure that pre-packed sterilised needles are available in all sizes • Ensure that a sharps box is available to dispose of used needles • Ensure that a bin for contaminated waste is available for any contaminated soft waste • Hands must be washed at the end of treatment 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Homework • Test: 	
Demonstrate the correct handling of tools	<ul style="list-style-type: none"> • Blend • Indifferent electrode • Needle holder • Probe • Needles • Tweezers • Magnifying lamp/magnifying glasses • Machine • Alternating Current (Shortwave Diathermy) • Needle holder • Probe 		

	<ul style="list-style-type: none"> • Needles • Tweezers • Magnifying lamp/magnifying glasses • Machine 		
Select the needle appropriate for treatment	<ul style="list-style-type: none"> • Check the area to be treated • Check the size of the follicle • Select the appropriate needle size so that it slides into the follicle easily • Change the needle size when changing areas where appropriate • Types of needle – one piece, two piece, insulated, gold, stainless 		
Explain the different heating patterns of needles	<ul style="list-style-type: none"> • Blend • Alternating Current (Shortwave diathermy) • The way in which the current is emitted • The effect the current has on the follicle 		
Explain how the moisture content of the skin may affect the current	<ul style="list-style-type: none"> • If the skin is dry the current may not be conducted efficiently • If the skin is oily or perspiring the intensity of the current may be increased 		
Carry out electrical epilation on a range of clients	<ul style="list-style-type: none"> • Blend • Alternating current (shortwave diathermy) • Areas to be treated to include: <ul style="list-style-type: none"> - Eyebrows - Upper lip - Chin - Neck - Breast - Chest - Abdomen - Bikini line - Legs - Arms - Underarms 		
Explain the epilation methods appropriate for different types of hair	<ul style="list-style-type: none"> • Definition of types of hair and removal techniques • Blend • Alternating Current (Short Wave Diathermy) • Fine hair • Coarse hair • Straight hair • Curly hair • Ingrowing hairs 		

	<ul style="list-style-type: none"> Scattered hairs 		
Demonstrate appropriate stretch of the skin	<ul style="list-style-type: none"> Stretching the area between the index and middle finger of the hand not probing This enables the needle to slide more easily into the hair follicle 		
Complete the treatment in a commercially acceptable time	<ul style="list-style-type: none"> The treatment should be performed in a time which is both safe and acceptable to industry usually maximum 15 minutes on a specific area 		

Be able to advise on aftercare and treatment effects			
Explain the importance of providing the client with aftercare advice and products relevant to the area treated	<ul style="list-style-type: none"> Do not smoke Do not wear makeup for 24-48 hours depending upon skin reaction Do not sunbathe for 24-48 hours depending upon the skin reaction Do not apply heat to the area Bathe the area in cool, purified water Apply appropriate unperfumed aftercare lotion 	<ul style="list-style-type: none"> OHP/Whiteboard Lecture Q&A Homework Test: 	
Advise the client how to treat the hairs in-between treatments	<ul style="list-style-type: none"> Cut hairs close to the surface of the skin 		
Explain the possible contra-actions to electrical epilation	<ul style="list-style-type: none"> How to deal with them, what advice to give clients and when to refer to a medical practitioner Erythema Slight oedema Minor blood spots Blanching Burns Excess heat in the tissues Bruising Broken/ingrowing hairs Histamine/allergic reaction Rash 		
Describe the consequences of incorrect probing techniques	<ul style="list-style-type: none"> Incorrect techniques Incorrect needle size Not securing the needle correctly in the probe Inaccurate probing Probing too deep Probing too shallow Prolonged incorrect probing Piercing of the sebaceous gland 		

	<ul style="list-style-type: none"> • Removing the probe with the current flowing • Inserting the probe with the current flowing • Unsteady hands • Current too high • Using bent or blunt probes • Indentations (pitting) • Tissue damage • Black or blue marks (bruising) • Blanching • Hyperpigmentation • Hypopigmentation • Raised lumps • Scabs • Scarring 		
Explain the course of action a client should take if an abnormal reaction does occur	<ul style="list-style-type: none"> • Bathe with cool purified water • Apply unperfumed aftercare lotion • If the swelling has not gone down after 48 hours return to the Electrologist 		

Document History

Version	Issue Date	Changes	Role
v1	09/10/19	First published	Qualifications Administrator