

# 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:** iUBT392 – Microdermabrasion treatments

**Total contact tuition hours proposed:** 45

**Lecturer(s) responsible:**

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> <li>College rules and regulations</li> <li>College mission statement</li> <li>ITEC rules and regulations</li> <li>Health &amp; Safety</li> <li>Timetable</li> <li>Dates – holidays etc.</li> <li>Syllabus</li> <li>Recommended books</li> <li>Uniform</li> </ul>	<ul style="list-style-type: none"> <li>Lecture</li> <li>Q&amp;A</li> <li>Using all the documents listed to ensure the students understand the college expectations and their commitment to the course</li> </ul>	
<b>1. Know the legislation applicable to microdermabrasion treatments</b>			
Explain the legislation applicable to microdermabrasion treatments	<ul style="list-style-type: none"> <li>Health and Safety at Work Act</li> <li>Electricity at Work Act</li> <li>Data Protection Act</li> <li>General Data Protection Regulations (GDPR)</li> </ul>	<ul style="list-style-type: none"> <li>OHP/Whiteboard</li> <li>Lecture</li> <li>Q&amp;A</li> <li>Microdermabrasion machine</li> </ul>	
<b>2. Understand how to prepare for microdermabrasion treatments</b>			
Explain the structure of a microdermabrasion machine and how it works	<ul style="list-style-type: none"> <li>Compressor</li> <li>Low pressure suction pump</li> <li>Crystals</li> </ul>	<ul style="list-style-type: none"> <li>OHP/Whiteboard</li> <li>Lecture</li> <li>Q&amp;A</li> </ul>	

	<ul style="list-style-type: none"> <li>• Disposable nozzle</li> <li>• How the machine works – manual and pre-set</li> <li>• Indications for use</li> <li>• Other types of microdermabrasion equipment and their uses i.e. diamond tip</li> </ul>	<ul style="list-style-type: none"> <li>• Homework</li> </ul>	
Explain the procedure for a tactile test	<ul style="list-style-type: none"> <li>• The procedure for the test</li> <li>• Ask the client if they can tell the difference between the sharp and soft sensation</li> </ul>		
Explain the procedure for a patch test	<ul style="list-style-type: none"> <li>• Use of the machine on a small area of the area to be treated</li> <li>• Monitoring of skin reaction</li> </ul>		
Explain the areas suitable for treatment	<ul style="list-style-type: none"> <li>• Face</li> <li>• Neck</li> <li>• Décolletage</li> <li>• Back</li> <li>• Hands</li> <li>• Arms</li> <li>• Legs</li> </ul>		
Explain the effects and benefits of microdermabrasion treatment	<ul style="list-style-type: none"> <li>• Treatment effects</li> <li>• Length and frequency of treatment</li> <li>• Effects and benefits to include: <ul style="list-style-type: none"> <li>- Increase in cellular renewal</li> <li>- Improved skin texture</li> <li>- Reduction of comedones and milia</li> <li>- Reduction of fine lines and wrinkles</li> <li>- Improved appearance of scar tissue i.e. acne scarring</li> <li>- Reduction of sun damage</li> <li>- Increased absorption of skincare products</li> <li>- Improved appearance of stretch marks</li> <li>- Improved appearance of cellulite</li> </ul> </li> </ul>		
Explain methods of consultation	<ul style="list-style-type: none"> <li>• An example of a consultation form can be found at <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a></li> <li>• Private comfortable area</li> <li>• Positive body language</li> <li>• Positioning of the client (no barrier between self and client)</li> <li>• Good communication skills (asking open and/or closed questions where appropriate)</li> <li>• Trust</li> <li>• Professionalism, confidence and enthusiasm</li> <li>• Confidentiality</li> <li>• Consent</li> <li>• Inform clients of any restrictions to treatment i.e. local contra-indications</li> <li>• Any contra-indications to treatment</li> </ul>		

	<ul style="list-style-type: none"> <li>• Ensure clients are not alarmed in any way</li> <li>• Client lifestyle</li> <li>• Client profile</li> <li>• Importance of planning a treatment programme bearing in mind the client’s religious, moral and social beliefs</li> <li>• Determining the nature and extent of the client’s needs</li> <li>• Agreement to the treatment plan</li> <li>• Explanation of any possible side effects to the treatment</li> <li>• Explanation of how the treatment plan will be evaluated and the review process</li> <li>• Obtain the client’s signature particularly when pre-existing conditions may exist</li> </ul>		
<p>Recognise those contra-indications to microdermabrasion treatments requiring medical or for the client to sign an informed consent prior to the treatment and those contra-indications that restrict treatment</p>	<ul style="list-style-type: none"> <li>• 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 GP or specialist <ul style="list-style-type: none"> <li>- Pregnancy</li> <li>- Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions)</li> <li>- Haemophilia</li> <li>- Any condition already being treated by a GP or dermatologist</li> <li>- Inflamed, infected or contagious skin conditions or disorders</li> <li>- Active herpes simplex</li> <li>- Malignant melanoma</li> <li>- Skin thinning medication i.e steroids</li> <li>- Anti-coagulant medications</li> <li>- Keloid scars</li> <li>- Scleroderma</li> <li>- HIV</li> <li>- Medical oedema</li> <li>- Osteoporosis</li> <li>- Nervous/psychotic conditions</li> <li>- Epilepsy</li> <li>- Recent operations</li> <li>- Diabetes</li> <li>- Asthma</li> <li>- Bell’s palsy</li> <li>- Trapped/pinched nerve</li> <li>- Inflamed nerve</li> <li>- Cancer</li> <li>- Conditions causing muscular spasticity i.e. cerebral palsy</li> <li>- Undiagnosed pain</li> <li>- When taking prescribed medication</li> <li>- Recent cosmetic or other surgery</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>- Injections for personal enhancement</li> <li>• Contra-indications that restrict treatment <ul style="list-style-type: none"> <li>- Fever</li> <li>- Contagious or infectious disease</li> <li>- Under the influence of recreational drugs or alcohol</li> <li>- Diarrhoea and/or vomiting</li> <li>- Any known allergies</li> <li>- Skin cancer</li> <li>- Hepatitis</li> <li>- Skin diseases</li> <li>- Undiagnosed lumps and bumps</li> <li>- Hypersensitive skin</li> <li>- Broken capillaries</li> <li>- Localised swelling</li> <li>- Inflammation</li> <li>- Cuts</li> <li>- Bruises</li> <li>- Abrasions</li> <li>- Scar tissues (2 years for major operation and 6 months for a small scar)</li> <li>- Sunburn</li> <li>- Haematoma</li> <li>- Recent fractures (minimum 3 months)</li> <li>- Any metal pins or plates</li> <li>- Loss of skin sensation (tactile test)</li> <li>- Botox/dermal filler treatment</li> <li>- Tattoos in the treatment area</li> <li>- Microblading/micropigmentation in the treatment area</li> <li>- Pigmented naevi</li> <li>- Recent dermabrasion or chemical peels</li> </ul> </li> </ul>		
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<b>3. Be able to carry out microdermabrasion treatments</b>			
Prepare self, client and work area for microdermabrasion treatment	<ul style="list-style-type: none"> <li>• Preparation of working area</li> <li>• Equipment</li> <li>• Products</li> <li>• Work wear</li> <li>• Personal appearance and behaviour</li> <li>• Hygiene e.g. sterilising/sanitising tools and equipment</li> <li>• Personal protective equipment (PPE)</li> <li>• Preparation of the client for treatment</li> <li>• Client care and modesty</li> </ul>	<ul style="list-style-type: none"> <li>• OHP/Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Homework</li> </ul>	
Carry out a skin analysis	<ul style="list-style-type: none"> <li>• Overall skin type</li> </ul>		

	<ul style="list-style-type: none"> <li>• Skin condition</li> <li>• Pigmentation and colour</li> <li>• Skin texture</li> <li>• Skin imperfections</li> <li>• Skin tone</li> <li>• Skin temperature</li> <li>• Muscle tone</li> <li>• Skin elasticity</li> <li>• UV damage</li> <li>• Skin healing ability</li> </ul>		
Explain and select appropriate treatment for the client's skin type	<ul style="list-style-type: none"> <li>• Levels at which the unit will work</li> <li>• Level 1 helps in the removal of comedones and milia</li> <li>• Level 2 helps in the treatment of fine lines and wrinkles</li> <li>• Level 3 treatment of scars, lip and frown lines</li> </ul>		
Explain and demonstrate how to set up the equipment in a safe and hygienic manner	<ul style="list-style-type: none"> <li>• Check there are no loose wires</li> <li>• Check there are no trailing wires</li> <li>• Check there is no water in the area</li> <li>• Test the equipment first</li> <li>• Explain the treatment and the sensation to the client</li> <li>• Ensure all attachments are sanitised before and after use on the client</li> </ul>		
Explain and apply the treatment safely and effectively for the advised treatment time	<ul style="list-style-type: none"> <li>• Adhere to all safety precautions and manufacturer's instructions</li> <li>• Use the correct intensity of suction/pressure in accordance with manufacturer's instructions and the type of treatment performed</li> <li>• Use the machine safely for the required amount of time depending on the skin type and reaction</li> <li>• Perform microdermabrasion treatment including gliding, horizontal and circular techniques</li> <li>• Skin reactions must be evaluated throughout and correct tension on the skin evaluated accordingly</li> <li>• Ensure disposable nozzle is used according to the system used</li> <li>• Used crystals must be disposed of</li> <li>• Filters must be cleaned or disposed of in accordance with manufacturer's instructions</li> <li>• Treatment head must be disposed of or sterilised in accordance with manufacturer's instructions</li> <li>• All used consumables must be appropriately disposed of</li> <li>• Clinical waste</li> </ul>		
Explain and demonstrate appropriate aftercare	<ul style="list-style-type: none"> <li>• Evaluate treatment results</li> <li>• Re-evaluate future treatment programme</li> </ul>		

	<ul style="list-style-type: none"> <li>• Appropriate moisturiser applied (SPF 30)</li> <li>• Client advised on appropriate home care and products in particular those which are chemical or perfume based</li> <li>• Ongoing treatment required to maintain effects</li> <li>• Avoid exposure to sunlight</li> <li>• Avoid the use of exfoliates and products containing exfoliating ingredients i.e. AHAs</li> </ul>		
Demonstrate the ability to work within time limits acceptable to industry	<ul style="list-style-type: none"> <li>• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout</li> </ul>		

<b>4. Be able to advise on home and aftercare and update client records</b>			
Explain possible post treatment reactions	<ul style="list-style-type: none"> <li>• Erythema</li> <li>• Swelling</li> <li>• Mild grazing of the skin</li> <li>• Pin point bruising</li> <li>• Light flaking of the skin following treatment</li> <li>• Sensation of mild sun/windburn</li> <li>• Tingling</li> </ul>	<ul style="list-style-type: none"> <li>• OHP/Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Homework</li> </ul>	
Explain the importance of appropriate home and aftercare advice	<ul style="list-style-type: none"> <li>• Allow time to restore the acid mantle</li> <li>• Use high SPF sunblock – minimum SPF 30</li> <li>• No makeup for 48 hours</li> <li>• Do not sunbathe or use sun beds for the duration of the course of treatment</li> <li>• No heat treatments, e.g. steam or sauna</li> <li>• Healthy eating</li> <li>• Skincare</li> </ul>		
Explain and demonstrate how to update client records accurately	<ul style="list-style-type: none"> <li>• The treatment performed</li> <li>• Treatment time</li> <li>• Any skin reactions</li> <li>• Treatment plan</li> <li>• Further appointments</li> </ul>		

<b>iUBT392 – Microdermabrasion treatments</b>			
Case studies: 3 clients to be treated 3 times each for a range of facial Microdermabrasion treatments and all evidence to be documented	To include: <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Treatment plan</li> <li>• Reaction during and after treatment</li> <li>• Client feedback</li> <li>• Reflective practice after each treatment</li> <li>• Conclusion of the whole case study</li> <li>• Home care advice to include healthy eating and skincare</li> </ul>		
Mock practical:	•		
Mock theory:	•	Mock theory paper	

**Document History**

Version	Issue Date	Changes	Role
v1	29/10/2019	First published	Qualifications Administrator