

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: iUBT378 - Provide facial electrotherapy treatments

Total contact tuition hours proposed: 104

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 	
1. Be able to prepare for facial treatments using electrotherapy			
Prepare themselves, client and work area for facial electrotherapy treatments	<ul style="list-style-type: none"> Preparation of working area Equipment Products Work wear Personal appearance and behaviour Hygiene e.g. sterilising/sanitising tools and equipment Client for treatment Client care and modesty 	<ul style="list-style-type: none"> OHP/Whiteboard Lecture Q&A Homework Test An example of a consultation form can be 	40

Use suitable consultation techniques to identify treatment objectives	<ul style="list-style-type: none"> • Suitable area • Positive body language • Positioning of the client • Communication skills • Professionalism • Contra-indications and contra-actions • Treatment plan • Products used • Consent • Confidentiality • Client's signature 	downloaded from: www.itecworld.co.uk	
Carry out skin analysis and relevant tests	<ul style="list-style-type: none"> • Overall skin type • Skin condition • Pigmentation and colour • Skin texture • Skin imperfections • Skin tone • Skin temperature • Muscle tone • Skin elasticity • UV damage 		
Provide clear recommendations to the client	<ul style="list-style-type: none"> • Taking into account the following: <ul style="list-style-type: none"> - The outcome of the skin analysis - Diet - Smoking - Alcohol - Central heating - Air conditioning - Stress - Sleep - Exercise - Fresh air - Occupation - Lifestyle - Current regime 		
Select products, tools and equipment to suit client treatment needs, skin types and conditions	<ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels 		

	<ul style="list-style-type: none"> • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Sponges • Gloves • Spatulas • Bowls • Mask brushes • Gauze • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Electrical equipment as follows: <ul style="list-style-type: none"> - Electro muscle stimulator (EMS) (Faradism) - Galvanism - Microcurrent - Vacuum suction (lymphatic drainage) - High frequency 		
Describe salon requirements for preparing themselves, the client and work area	<ul style="list-style-type: none"> • Any particular rights, restrictions and acts applicable to facial electrotherapy treatment • Code of practice/ethics • Insurance and professional association membership • Record keeping • Professional appearance 		
Describe the environmental conditions suitable for facial electrotherapy treatments	<ul style="list-style-type: none"> • Lighting • Heating • Ventilation • Noise levels • Available space 		

	<ul style="list-style-type: none"> • Music • General hygiene • Waste disposal • Décor • Equipment • Privacy • Reception areas • General use/treatment areas • Safety aspects 		
Describe the different consultation techniques used to identify treatment objectives	<ul style="list-style-type: none"> • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Verbal and non-verbal communication 		
Explain the importance of carrying out a detailed skin analysis and relevant tests	<ul style="list-style-type: none"> • Identifying client's skin type and needs • Thermal test • Tactile test • Contra-indications • Scope of treatment(s) • Aftercare advice • Home care advice 		
Describe how to select products, tools and equipment to suit client treatment needs, skin types and conditions	<ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Sponges • Gloves • Spatulas 		

	<ul style="list-style-type: none"> • Bowls • Mask brushes • Gauze • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Electrical equipment as follows: <ul style="list-style-type: none"> - Electro muscle stimulator (EMS) (Faradism) - Galvanism - Microcurrent - Vacuum suction (lymphatic drainage) - High frequency - Microlance 		
Describe the different skin types, conditions and characteristics	<ul style="list-style-type: none"> • Skin types <ul style="list-style-type: none"> - White - Black - Asian type skin - Mixed - Dry - Oily - Combination • Skin conditions/characteristics <ul style="list-style-type: none"> - Mature skin - Young skin - Sensitive - Dehydrated - Lack of elasticity - Lack of muscle tone - Blemishes - Age - Crow's feet - Broken capillaries - Open pores - Milia - Comedones - Pustules - Papules - Hyperpigmentation 		

	<ul style="list-style-type: none"> - Hypopigmentation - Dermatitis papulosa nigra - Pseudo folliculitis - Keloids - Ingrowing hairs - Vitiligo - Albinism - Chloasma - Ephelides - Lentigo - Naevae - Port wine stain - Leucoderma - Scarring - Thin skin - Small moles - Papillomama • Skin tones: <ul style="list-style-type: none"> - Fair - Medium - Dark - Olive 		
Explain the contra-indications that prevent or restrict facial electrotherapy treatments	<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 - Cardiovascular conditions <ul style="list-style-type: none"> ▪ Thrombosis ▪ Phlebitis ▪ Hypertension ▪ Hypotension ▪ 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 		

	<ul style="list-style-type: none"> - Any dysfunction of the nervous system (e.g. Multiple 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 - Medication causing a thinning or inflammation of the skin (e.g. steroids, Accutane, retinols) - Recent dermabrasion • 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 - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Cuts - Bruises - Abrasions - Scar tissue (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 - Hypersensitive skin 		
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	<ul style="list-style-type: none"> - Thin skin - Hirsutism - After any other heat treatment - Chemical peels - IPL or laser - Epilation 		
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2. Be able to provide facial treatments using electrotherapy			
Communicate and behave in a professional manner	<ul style="list-style-type: none"> • Checking consultations and contra-indications • Explaining the treatment to the client • Benefits, limitations and co-operation required • Helping the client onto the couch prior to and off the couch after the treatment • Positioning the client correctly • Sanitising client's hands as appropriate • Sanitising own hands as appropriate throughout treatment • Protecting the client's modesty at all times • Ensuring that all parts of the client are covered except the area being treated • Ensuring that the client is comfortable • Using appropriate covered supports • Adapt the facial electrotherapy treatments to suit the needs of the client • Ensure client does not stand on floor with bare feet • Client care • Communication • Correct posture, hygiene and a professional approach to the client throughout treatment 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Handout: • Homework • Test: 	64
Follow health and safety working practices	<ul style="list-style-type: none"> • Fire Precautions Act • Health & Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act/GDPR • Adhere to all safety precautions and manufacturer's instructions 		

Position themselves and client correctly throughout the treatment	<ul style="list-style-type: none"> • Positioning of the client • Client comfort • Application of the treatments • Beauty therapist self-care 		
Use products, tools, equipment and techniques to suit clients treatment needs, skin type and conditions	<ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Sponges • Gloves • Spatulas • Bowls • Mask brushes • Gauze • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Electrical equipment as follows: <ul style="list-style-type: none"> - Electro muscle stimulator (EMS) (Faradism) - Galvanism - Microcurrent - Vacuum suction (lymphatic drainage) - High frequency 		

Complete the treatment to the satisfaction of the client	<ul style="list-style-type: none"> • Conclusion of treatment in appropriate manner to meet client's needs 		
Evaluate the results of the treatment	<ul style="list-style-type: none"> • Reviewing and recording treatment outcomes • Treatment recommendations • Home care advice 		
Provide suitable aftercare advice	<ul style="list-style-type: none"> • Recommendations for immediate aftercare • Suitable skin care regime • Use of SPF • Lifestyle • Recommendation of further salon treatments 		
Explain how to communicate and behave in a professional manner	<ul style="list-style-type: none"> • Consultation • Treatment explanation • Client care • Hygiene • Good communication skills 		
Describe health and safety working practices	<ul style="list-style-type: none"> • Fire Precautions Act • Health & Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act/GDPR • Adhere to all safety precautions and manufacturer's instructions • Specific safety precautions for each machine as follows: <ul style="list-style-type: none"> - Electro muscle stimulator (EMS) (Faradism) - Galvanism - Microcurrent - Vacuum suction (lymphatic drainage) - High frequency 		

Explain the importance of positioning themselves and the client correctly throughout the treatment	<ul style="list-style-type: none"> • Ensuring the client is comfortable and correctly supported • Applying the treatments as appropriate to the client's needs • Therapist maintaining correct posture/stance throughout treatment 		
Explain the importance of using products, tools, equipment and techniques to suit clients treatment needs, skin type and conditions	<ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Sponges • Gloves • Spatulas • Bowls • Mask brushes • Gauze • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Products and equipment applicable for the following: <ul style="list-style-type: none"> - Electro muscle stimulator (EMS) (Faradism) - Galvanism - Microcurrent - Vacuum suction (lymphatic drainage) - High frequency 		
Describe the effects and benefits of electrotherapy equipment and products	<ul style="list-style-type: none"> • Microcurrent • Vacuum suction • Galvanism 		

on the skin and underlying structures	<ul style="list-style-type: none"> • High frequency • Vacuum suction • Faradism • Effects of the above electrotherapy treatments on the following: <ul style="list-style-type: none"> - Circulation - Lymphatic drainage - Skin - Muscular system - Ageing - Moisture levels 		
Explain the principles of electrical currents	<ul style="list-style-type: none"> • Protons • Neutrons • Electrons • Nucleus • Volts • Watts and amperes • Ohms and Ohm's law and their relevance • Insulator • Conductor • Transformer • Rectifier • Fuses • Direct • Alternating • Interferential • Modified direct current • Wiring of a plug • Types of equipment and current: <ul style="list-style-type: none"> - Faradic – direct interrupted/surged current - High frequency – alternating – indirect/direct - Galvanic – direct – iontophoresis/desincrustation - Microcurrent – modified direct current - Vacuum suction – alternating - Infrared – alternating 		
Describe how treatments can be adapted to suit client treatment needs, skin types and conditions	<ul style="list-style-type: none"> • Restrictions • Client preferences and commitment • Product availability • Time scales • Costs 		

	<ul style="list-style-type: none"> • Microcurrent • High frequency • Faradic • Galvanic • Vacuum suction 		
State the contra-actions that may occur during and following treatments and how to respond	<ul style="list-style-type: none"> • Galvanism <ul style="list-style-type: none"> - Caustic burn - Galvanic burn - Allergic reaction - Skin irritation • Faradism <ul style="list-style-type: none"> - Muscle fatigue • Vacuum suction <ul style="list-style-type: none"> - Excessive erythema - Bruising • High frequency <ul style="list-style-type: none"> - Destruction of tissues when sparking - Excessive erythema 		
Explain the importance of completing the treatment to the satisfaction of the client	<ul style="list-style-type: none"> • Concluding the treatment in appropriate manner to meet client's needs • Concluding the electrical treatment in an appropriate and safe manor to meet the client's needs • Ongoing treatments 		
Explain the importance of completing treatment records	<ul style="list-style-type: none"> • Maintaining records • Aftercare • Home care • Product advice • Compliance with data protection 		
Describe the methods of evaluating the effectiveness of the treatment	<ul style="list-style-type: none"> • Maintaining records for accurate future treatment • Aftercare • Home care • Product advice • Compliance with current legislation • Concluding the treatment in the correct manner to meet client's requirements • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout 		
Describe the aftercare advice that should be provided	<ul style="list-style-type: none"> • Based upon consultation, skin analysis and relevant test recommendations for ongoing or further treatments, home and aftercare advice • Healthy eating 		

	<ul style="list-style-type: none"> • Fluid/water intake • Smoking habits • Hobbies • Interests • Rest • Relaxation • Stress levels • Sleep • General care and lifestyle advice and the beneficial effects thereof 		
Describe the structure, growth and repair of the skin	<ul style="list-style-type: none"> • Skin <ul style="list-style-type: none"> - Epidermis <ul style="list-style-type: none"> ▪ Stratum corneum ▪ Stratum lucidum ▪ Stratum granulosum ▪ Stratum spinosum/Malphigian layer ▪ Stratum germinativum/Basal layer ▪ Melanocytes - Dermis <ul style="list-style-type: none"> ▪ Blood supply ▪ Lymphatic supply ▪ Hair follicle ▪ Hair ▪ Sebaceous gland ▪ Sweat glands: Eccrine and apocrine ▪ Sensory nerve endings ▪ Dermal papilla ▪ Collagen ▪ Elastin ▪ Histiocytes ▪ Mast cells ▪ Fibroblasts ▪ Erector pili muscle and subcutaneous layer ▪ Secretion ▪ Heat regulation ▪ Absorption ▪ Protection ▪ Elimination ▪ Sensation ▪ Vitamin D formation (7-dehydro-cholesterol) ▪ Keratinisation ▪ Melanin formation ▪ Mitosis 		

Describe skin types, conditions, diseases and disorders	<ul style="list-style-type: none"> • Skin types <ul style="list-style-type: none"> - White - Black - Asian type skin - Mixed - Dry - Oily - Combination • Skin conditions/characteristics <ul style="list-style-type: none"> - Mature skin - Young skin - Sensitive - Dehydrated - Lack of elasticity - Lack of muscle tone - Blemishes - Age - Crows' feet - Broken capillaries - Open pores - Milia - Comedones - Pustules - Papules - Hyperpigmentation - Hypopigmentation - Dermatitis papulosa nigra - Pseudo folliculitis - Keloids - Ingrowing hairs - Vitiligo - Albinism - Chloasma - Ephelides - Lentigo - Naevae - Port wine stain - Leucoderma - Scarring - Thin skin - Small moles • Infestations <ul style="list-style-type: none"> - Scabies 		
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	<ul style="list-style-type: none"> - Pediculosis • Congenital <ul style="list-style-type: none"> - Atopic eczema - Atopic dermatitis - Psoriasis • Bacteria <ul style="list-style-type: none"> - Acne vulgaris - Impetigo - Acne rosacea - Boils - Folliculitis • Viral <ul style="list-style-type: none"> - Warts - Herpes simplex - Herpes zoster • Fungal <ul style="list-style-type: none"> - Tinea (ringworm) • Pigmentation disorders <ul style="list-style-type: none"> - Vitiligo - Albinism - Chloasma - Ephelides - Lentigo - Moles (papilloma) - Naevae - Port wine stain - Leukoderma • General disorders <ul style="list-style-type: none"> - UV damage - Urticaria - Allergic reaction - Hyperkeratosis 		
Describe the structure, function, position and action of the muscles of the head, neck and shoulder	<ul style="list-style-type: none"> • Voluntary • Involuntary • Cardiac • Origin • Insertion • Action • Tone • Tension • Fatigue 		

	<ul style="list-style-type: none"> • Orbicularis oculi • Orbicularis oris • Masseter • Buccinator • Risorius • Levator anguli oris • Levator labii superioris • Depressor anguli oris (Triangularis) • Depressor labii inferioris • Mentalis • Zygomaticus • Temporalis • Nasalis • Procerus • Corrugator • Frontalis • Occipitalis • Pterygoids • Trapezius • Platysma • Sternocleidomastoid • Deltoid • Pectoralis major and minor 		
Describe the location, function and structure of the bones of the head, neck and shoulder	<ul style="list-style-type: none"> • Cancellous • Compact • Long • Short • Flat • Irregular • Sesamoid • Cranium <ul style="list-style-type: none"> - Parietal - Frontal - Ethmoid - Sphenoid - Occipital - Temporal • Facial <ul style="list-style-type: none"> - Nasal 		

	<ul style="list-style-type: none"> - Zygomatic - Maxilla - Lacrimal - Turbinate - Palatine - Mandible - Vomer • Shoulder <ul style="list-style-type: none"> - Clavicle - Scapula - Humerus • Chest <ul style="list-style-type: none"> - Sternum • Neck <ul style="list-style-type: none"> - Cervical vertebrae 		
Describe the structure and function of the nervous, circulatory and lymphatic systems for the head, neck and shoulders	<ul style="list-style-type: none"> • Motor • Sensory • Mixed nerves • Neurone • 5th, 7th and 11th cranial nerves • Blood plasma • Erythrocytes • Leucocytes • Platelets • Thrombocytes • Arteries • Arterioles • Veins • Venules • Capillaries • Main arteries of the head and neck <ul style="list-style-type: none"> - Thyroid - Facial - Temporal - Lingual - Occipital - Maxillary • Main veins of the head and neck <ul style="list-style-type: none"> - Middle temporal - Superficial temporal 		

	<ul style="list-style-type: none"> - Maxillary - Anterior facial - Common facia - Internal jugular - External jugular • Content of lymph • Transports waste • Purifies toxins • Adds antibodies, antitoxins and lymphocytes • Part of the immune system • Secondary circulation • Lymphocyte • Lymphatic capillary • Lymphatic vessel • Lymph node • Lymphatic duct • Superficial and deep cervical • Submandibular • Anterior and posterior auricular • Occipital • Buccal • Sub-mental 		
Explain how the ageing process, lifestyle and environmental factors affect the condition of the skin and underlying structures	<ul style="list-style-type: none"> • Intrinsic ageing • Extrinsic ageing • The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social well-being • Computers • Mobile phones • Processed food • Lack of light • Stress • Lack of sleep • Financial problems • Poor ventilation • Lack of exercise • Chemicals • Pollution • Repetitive strain injuries • Jet lag 		

	<ul style="list-style-type: none"> Lack of natural light 		
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iUBT378 – Provide facial electrotherapy treatments			
Mock practical:	<ul style="list-style-type: none"> To include full treatment 	<ul style="list-style-type: none"> Mock theory paper 	
Mock theory:	<ul style="list-style-type: none"> To include all the theory 		

Document History

Version	Issue Date	Changes	Role
v1	30/10/2019	First published	Qualifications Administrator