
Unit Specification

UBT459 – Provide Radiofrequency Microneedling Techniques

Unit reference number: D/650/7975

Level: 5

Guided Learning (GL) hours: 14

Overview

The aim of this unit is to develop learners' knowledge, understanding and practical skills when performing skin rejuvenation treatments using radiofrequency microneedling techniques. Learners will enhance skills in providing a thorough consultation to establish client suitability for treatment alongside the knowledge on how to devise a specific treatment plan tailored to suit individual client needs and requirements. Learners will also further develop the knowledge required to provide pre- and post-treatment advice and aftercare, including any further treatments needed to ensure the client receives the full benefit of the treatment and maximise results.

Learning outcomes

On completion of this unit, learners will:

LO1 Appraise the safety considerations when providing treatments using radiofrequency microneedling techniques

LO2 Appraise accepted protocols and guidelines for treatments using radiofrequency microneedling techniques

LO3 Analyse the uses, limitations, benefits and effects of radiofrequency microneedling techniques

LO4 Formulate consultation, planning and preparation protocols for treatments using radiofrequency microneedling techniques

LO5 Demonstrate proficiency in application of radiofrequency microneedling techniques

Version 1

Unit content

LO1 Appraise the safety considerations when providing treatments using radiofrequency microneedling techniques

Suppliers' and manufacturers' instructions for safe use

Taught content

- Understand the features and benefits and know reasons for supplier and manufacturer equipment protocols for radiofrequency and microneedling, including skin sensitivity and patch test recommendations where appropriate and why this can vary
- Follow supplier/manufacturer and organisational protocols for radiofrequency microneedling equipment and accessories safety; only used for intended purpose, correct storage, moving, handling, maintenance advice/requirements, record keeping, risk assessments, checks/visual checks, cleaning, use and methods of use, skin sensitivity and patch test recommendations
- Understand the products appropriate for use during radiofrequency microneedling treatment preparation, post care and aftercare application according to manufacturers' instructions, for example; topical anaesthetic/numbing agents (if appropriate), alcohol free skin antiseptic
- Correct storage, selection, handling, loading of radiofrequency equipment and sterile, single use needle cartridge, follow guidelines to check expiry dates and select new unused, disposable, single use needle cartridge considering needle diameter and depth (as appropriate)
- Prepare, open, load and dispose of sterile single use needle cartridge following supplier and manufacturer protocols
- Follow supplier/manufacturer guidelines to select appropriate radiofrequency microneedling equipment settings – intensity/power and frequency levels and needle depth considering treatment area and desired outcome
- Appropriate preparation for area(s) to be treated and how this can vary in accordance with the treatment protocol and supplier/manufacturer guidance
- Methods of treatment application in line with supplier/manufacturer protocols working in a systematic manner, stabilising the treatment area and manipulating the skin, keeping the needle cartridge at the correct angle to the skin to ensure effective spacing, ensuring appropriate coverage and avoiding excessive overlap as required, using appropriate techniques, adapting treatment application (equipment settings and needle depth) to all areas/zones worked to achieve the desired effects and outcomes in line with agreed treatment plan
- Feedback regarding treatment sensation, client comfort, tolerance and wellbeing to be checked with client throughout treatment

Contra-indications that would prevent or restrict treatment

Taught content

- Prevent (absolute contra-indications)
 - Acne, active inflammation and/or infection in the treated area, haemophilia, epilepsy, vascular disease, anticoagulant medication, auto-immune conditions (for example scleroderma), cancer-related treatments, contagious skin diseases, current or history of cancer and premalignant condition, diabetes, diseases stimulated by heat (such as recurrent herpes simplex), dysfunctions of the nervous system, degenerative neurological disorders, heart disease/disorder, history of keloid scarring, impaired kidney function, impaired liver function, current IVF procedures, metal implants in the treatment area (excluding dental implants), pacemaker/internal defibrillator, photosensitive medication, pregnancy, recent pregnancy or breast feeding, recent scar tissue in treatment area, , current use of skin thinning medication (for example steroids, isotretinoin, Roaccutane), immunosuppressive medication/treatment, rosacea in the treatment area, swelling in the treatment area, thrombosis, thrombophlebitis, uncontrolled disorder of the thyroid gland, undiagnosed lumps and varicose veins
- Restrict (relative contra-indications)
 - Abrasions, botulinum toxin or neuromodulation injections in the treatment area (within the first 2 weeks) bruising, cosmetic skin needling, microdermabrasion, cuts, epilation, hernia or mesh hernia repair, scars/wounds, Intense Pulsed Light (IPL) or laser treatments, large moles, prior to cosmetic surgery, chemical peels, scarification in the treatment area, sensitive or excessively reactive skin types, silicone implants or dermal filler injections in treatment area, telangiectasia, recent UV exposure, active suntan, artificial tan, blood donation, varicose veins – anxiety, current medications, history of circulatory disorders, implants or IUDS (specific to device used), poor mental and emotional state, previous use of isotretinoin (for example Roaccutane) within 6 months or in line with manufacturers guidance, overactive thyroid gland, metal piercings, recent surgical procedures, rosacea, some supplements and some herbal remedies

*Please note, an absolute contra-indication may become a relative contra-indication depending on the time lapse between the client experiencing it and receiving the treatment. For example, a chemical peel would be an absolute contra-indication unless there was a 6 month time lapse since receiving one (or in line with manufacturers' guidance).

Contra-indications requiring medical referral and referral processes

Taught content

- Contra-indications to treatments using radiofrequency microneedling techniques requiring medical referral such as restricted (relative) contra-indications where further consideration may be required to ensure client is safe to receive the treatment or any condition already being treated by General Practitioner (GP)/dermatologist
- 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
- Skin cancer is an ever-prevalent issue. Areas of skin or moles that have uneven asymmetry, irregular, ragged or blurred borders, uneven patchy colour or an altered diameter than previously noted, need to be identified and the client encouraged to go to their GP as a precaution. Knowledge of organisation protocol for not naming or diagnosing specific suspected contra-indications when encouraging client to seek medical advice, acknowledging the need for medical training to be able to diagnose without causing undue alarm. Refer in a discrete and empathetic manner. Knowledge of the ABCDE guide – Asymmetry, Border, Colour, Diameter, Evolving size

When to consult with other aesthetic professionals

Taught content

- Recognise the importance of collaboration with competent professionals and when additional information is needed from other clinicians/medical professionals involved with the client to support safe and effective working practices 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 and how to request additional advice from other clinicians/medical professionals treating the client, when applicable, in line with current data protection legislation

Hazards and risks

Taught content

- The potential hazards of radiofrequency microneedling equipment and aesthetic energy-based devices
- The principles of risk assessment and management
- Hazard and risk identification through risk assessment
- Putting procedures in place to ensure risks are minimised
- Proper training for all staff
- Protocols to follow during consultation
- Written and verbal post-care information provided outlining client responsibilities and recommended aftercare and home care instructions
- Adherence to suppliers' /manufacturers' guidelines regarding storage, maintenance and servicing, preparation, operation, settings, treatment application, duration, sanitising and waste disposal
- Implications of not conducting safety checks, testing, quality assurance testing and preventative maintenance, patch tests if applicable to the product used
- First aid protocols
- Risks associated with compromised tactile response in the treatment area post-surgery/trauma
- Implications of not applying the radiofrequency microneedle cartridge at the correct angle and/or distance or using a needle cartridge which is not inserted correctly
- Consequences of working outside the agreed treatment area and the possibility of excessive overlap, incorrect placement/spacing of needle cartridge
- Consequences of incorrect settings – intensity/power and frequency levels for skin type and classification, treatment area/zone and condition being treated
- Pigmentation changes in skin due to poor selection of settings – intensity/power and frequency levels for skin colour and skin classification, not adhering to pre and post care instructions
- Scarring due to incorrect application – distance, spacing, overlap, duration of application, for skin classification, poor assessment of skin condition and suitability for treatment, incorrect post treatment care and/or infection of the skin, poor client compliance post treatment
- Hazards of performing treatments using radiofrequency microneedling techniques in areas that are pigmented or contain pigmented lesions and how to respond
- Risks associated with performing treatments using radiofrequency microneedling over atrophy, hypertrophic and keloid scarring
- Risk of contra-actions or adverse reactions: oversensitivity of treated area, erythema, burns, permanent scarring, open sores, infections, numbness, blood spotting, bleeding, scabbing, hyperpigmentation, hypopigmentation, blistering, swelling, irritation, heat sensation/reaction, infection, histamine reaction, compromised healing

LO2 Appraise accepted protocols and guidelines for treatments using radiofrequency microneedling techniques

Factors to consider and treatment planning
<p data-bbox="204 367 392 398">Taught content</p> <ul style="list-style-type: none"> <li data-bbox="204 423 1305 528">• Identify client's 'wants', needs, concerns, expectations, anticipated costs and treatment objectives to agree realistic outcomes against client expectations, discuss pain and pain management, expected treatment sensation and relevant potential risks <li data-bbox="204 533 1347 600">• Results from skin tests and skin analysis classification and characteristics, identification and discussion of client's skin to assist in choice of the appropriate treatment <li data-bbox="204 604 1305 672">• Identify any absolute or relative contra-indications that prevent or restrict treatment to ensure client is safe for treatment or if medical/other professional referral is required <li data-bbox="204 676 1362 784">• The importance of acknowledging and understanding when underlying factors will affect the success of the treatment and of selecting treatment specifications and variables to suit different skin classifications and skin types <li data-bbox="204 788 1362 927">• Previous skin/body salon treatments – details of type of treatment, frequency and dates the treatments were received to ensure enough time has passed for radiofrequency treatments using microneedling techniques to be appropriate and to gain an insight into the client's approach to aesthetic treatments <li data-bbox="204 931 1273 999">• Satisfaction and results. Dissatisfaction could indicate body dysmorphia or client with unrealistic expectations. Protocols for how this should be managed <li data-bbox="204 1003 1382 1178">• Pre and post treatment advice including likely or expected reaction, possible contra-actions or adverse reactions, healing process, recommended skin care/post care, diet and lifestyle advice/choices or restrictions that could positively or negatively impact on the effects of treatment including current skin/body care regime and any revisions required and to ensure client is suitable for treatment <li data-bbox="204 1182 1362 1357">• Factors that may positively or negatively influence treatment results, for example general health, previous skin rejuvenation methods, age, rate of cell regeneration, and consideration of other factors that may inhibit response to treatment and wound healing such as diet, lifestyle, stress, smoking, alcohol, medications, illness, environmental stress, hormonal influences, photo damage <li data-bbox="204 1361 1378 1500">• Recognise when and what other aesthetic products/skin rejuvenation treatments can be used in conjunction with treatments using radiofrequency microneedling techniques to maximise results, for example, treatment masks, serums, microdermabrasion, PRP, mesotherapy, neuromodulation injections, LED <li data-bbox="204 1505 1378 1572">• The number of treatments required for optimal results is dependent on the size and extent of the area and condition to be treated, aftercare, home care and client compliance <li data-bbox="204 1576 1337 1684">• Potential cost of treatments including fee structures and treatment options, frequency, duration and potential number of treatments recommended to achieve desired treatment outcomes including likely associated time frames <li data-bbox="204 1688 1353 1796">• Treatment plan should be clearly agreed between the client and advanced aesthetic practitioner and recorded on the consultation documentation with client signing to indicate informed client consent

Assessing skin characteristics

Taught content

- Assessed through questioning at consultation and observation of skin, importance of using skin diagnostic equipment
- How to assess and recognise skin characteristics – Fitzpatrick scale 1-6, Glogau photo-damage, Lancer scale, hereditary and ethnic influences, level of sensitivity/damage, thickness of skin, epidermal thickness, quality of dermal tissues, surface hydration levels, pigmentation, photo/sun damage, vascular lesions, primary and secondary lesions, irregularities, chronological skin ageing, congestion/excessive oil, skin texture/pore size and static and dynamic wrinkles, stretchmarks, scars and healing capacity
- Understand the consequences of inaccurate identification of client's skin type, classifications and the different side effect profiles for each skin type, skin density, and appropriate radiofrequency microneedling techniques to use
- Recognition and understanding of the aging process of the skin including the effects of genetics, intrinsic and extrinsic aging and the process of collagen and elastin synthesis including fibroblastic stimulation
- Importance of and how to match treatment using radiofrequency microneedling techniques appropriately to various skin characteristics, skin classifications, treatment areas, treatment aims and objectives
- Treatment area and size including adjacent/surrounding skin tissue, skin integrity, skin type, skin condition, specific skin conditions present, individual/localised lesions, vascular lesions, primary and secondary lesions, irregularities
- Scars and scar tissue – characteristics, age and reasons for scarring, type of scar, mature scar, immature scar. Type of scar, for example superficial scars, box scars, ice-pick scars – burns, surgery, trauma, rolling, insect bites, acne, chicken pox, stretchmarks
- How to adapt follow-on treatments taking into consideration results from previous treatments – healing, client behaviour and adherence to aftercare

Pre and Post treatment advice to provide to the client

Taught content

- Provide consultation, and sensitivity tests, where required, following manufacturer instructions at least 48 hours prior to actual treatment to discuss outcomes and pre-treatment preparation
- Pre-treatment advice should include a 2-4 weeks' skin care preparation, the benefits of implementing a skin care routine to prepare the skin for treatment and maximise results. 30 days prior to treatment – importance of not sunbathing/using sunbeds, 2 weeks prior to treatment avoid the use of self-tanning products and wear a minimum SPF30+ broad spectrum UVA/UVB protection daily. The use of a tyrosinase inhibitor 30 days before treatment may reduce the risk of post-inflammatory hyperpigmentation (PIH). The positive effects of performing treatments using radiofrequency microneedling techniques on healthy skin in comparison to compromised skin conditions
- Discuss and agree achievable outcomes based on the assessment of the skin type, condition and area to be treated and underlying factors affecting skin health, effects of radiofrequency microneedling on the skin, how this works to improve the condition treated and the physical structure of the skin
- Active skin care of a high/professional strength concentration needs to be avoided – such as Retinoids and high levels of AHA/BHA for 3-5 days pre and post microneedling treatments using radiofrequency microneedling techniques. Low strength actives should be avoided for 48 hours pre and post treatment, the use of calming, soothing and hydrating products should be advised
- Pre-treatment – clients should also be advised to avoid UV exposure, sweating activities and heat immediately prior to treatment, wear SPF minimum 30 and UVA broad spectrum protection daily
- Physical sensation – the client may feel a slight pressure from the treatment cartridge and a mild scratch on needle insertion, some may feel heat or momentary discomfort as energy is discharged into the skin, sensations may vary with depth and intensity of radiofrequency and areas being treated
- Typical skin reaction immediately during or after treatment: slight redness and erythema, warmth, some blood spotting resulting in micro-scabs may occur, minor swelling. Day 3 skin can feel dry and tight, recommend for face: gentle cleansers, hydrating products, antioxidants and SPF. For body: gentle cleansers/body wash, moisturisers and SPF products for the client to use at home twice daily
- Possible contra-actions – what they are, why they appear and how long they may last – histamine/allergic reaction, blistering, bruising, burns, excessive erythema, excessive oedema, excessive pain, hyperpigmentation, papules/pustules irritation, infection, blood spotting and scarring
- Post treatment hypo/hyper-pigmentation. Sun avoidance is essential, prevent exposure with minimum SPF 30+ and UVA/UVB protection used daily. Pigmentation changes generally resolve within 12 months but can be permanent. Darker skin types are more vulnerable to pigmentation changes within the skin a few days after treatment
- Provide verbal and written post treatment aftercare advice, to include using cool packs/cool compress (not ice packs) post treatment to minimise redness, swelling and to reduce client discomfort. Avoid make-up, perfume, deodorants and face or body creams on the area. Hot baths/showers/heat treatment/perfumed products must be avoided for 24-48 hours post treatment – treatment area should be patted dry. Avoid tight clothes in the area. If micro-scabs occur they must be left in place and not picked off

- Darker skins are more prone to post-inflammatory hyperpigmentation (PIH) alternative treatments, the use of a tyrosinase inhibitor daily after treatment may reduce the risk of hyperpigmentation
- Activities to avoid that might cause contra-actions or adverse reactions: extremes of temperature and heat, contact with water, activities which cause sweating, exposure to UV light
- Advise how to care for the area post treatment, including any restrictions which may positively or negatively impact the effects of treatment, including current skin/body care regime and any revisions required
- Advice offered on alternative treatments if radiofrequency microneedling techniques are found unsuitable, for example prescription products, tyrosinase inhibitors, dermaplaning, microdermabrasion, skin peels, mesotherapy, LED, IPL, microneedling, HIFU, radiofrequency, ultrasound, electroporation, depending on the condition being treated

Timing and intervals of treatments

Taught content

- Identify and understand commercial timings for and intervals between treatments using radiofrequency microneedling, treatments to the same area should be spaced 4-6 weeks apart, or as recommended in manufacturer guidance understanding why this may vary to allow for full natural cell regeneration to occur
- Recognise variations in timings depending on type and size of area to be treated, treatment to be performed, techniques used and depending on client sensitivity/tolerance including health/type and condition of area to be treated, plus other contributory factors including client compliance and adherence to aftercare. Identify and understand post treatment expectations and associated time frames including desired final outcome and longevity of results, usually within 2-4 treatments spaced 4-6 or 8 weeks apart depending on manufacturer guidance and results achieved
- Identify and understand the possible need for further treatments to ensure results are maximised and associated expected intervals and time frames
- Approximate skin rejuvenation treatment times (follow manufacturer guidelines):
 - Face: 30-60 minutes
 - Neck: 30 minutes
 - Décolleté: 30-45 minutes
 - Back of the hands: 10-20 minutes

Pain threshold and sensitivity variations

Taught content

- Understanding inflammatory response of the skin and the effects and associated risks of using over the counter (OTC) pain relief, such as non-steroidal anti-inflammatory drugs (NSAIDs), and topical anaesthetic/numbing agents (if appropriate) and the possible effect they may have on treatment and the healing process
- Recognising skin health/types and areas of the face that are more sensitive, fragile and reactive to topical applications. Those that have more prominent and dilated dermal blood vessels which may contribute to an exaggerated inflammatory response or hyperpigmentation (Fitzpatrick 4-6) plus a more intense physical sensation when treatment using radiofrequency microneedling techniques is applied and may be dependent on hereditary influences
- Understanding that treatments for clients may be more uncomfortable during menstruation or ovulation and how this may compromise healing
- Understand why the majority of fine tactile sensation is lost after surgery or over scarring and how this affects the ability to perform treatments using radiofrequency microneedling techniques and where adaptations may be appropriate

Skin sensitivity and patch testing prior to treatment if applicable

Taught content

- Basic testing for potential allergic reactions should be performed on all clients regardless of a history of product sensitivity or allergies
- Patch test performed during initial face-to-face 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/agents as advised by the supplier/manufacturer; recording of results to include whether positive or negative. Record date, time, practitioner name, anatomical site, skin quality, product/agent used, expiry date, batch number if applicable, percentage strength, duration of contact, post-test instructions, description of results; if positive full description of response, product used and advice given
- Testing of radiofrequency microneedling equipment and needle depth – apply radiofrequency microneedling to the face or body near the treatment area to observe skin response and clinical endpoint (erythema and possible blood-spotting where needles have probed the skin, noticeable 1-3 mins after application) radiofrequency and/or needle depth may be adjusted to achieve clinical endpoints in accordance with and adhering to manufacturers' guidance and protocols, professional competence and insurance held for working at this level
- Any change of radiofrequency settings and changes in intensity/power, frequency and needle depth to be tested prior to further application. Follow supplier/manufacturer protocols for treatment using radiofrequency microneedling techniques application for each skin type, classification and condition as they may vary
- Follow supplier/manufacturer instructions and organisational protocols for recommended time lapse between testing and treatment
- Skin sensitivity test performed prior to treatment after client has agreed and signed informed consent. Client must sign thermal/tactile test form if separate to main consultation form

Preparation and selection of equipment and accessories for treatment

Taught content

- How to set up in a sterile/clinically clean field in line with organisational protocols and manufacturers' guidelines, prepare equipment and accessories on clean trolley in an ergonomic manner to prevent strain to the practitioner and to assist in the smooth application of treatment, such as safety, time management, hygiene, organisation and professionalism
- Necessity of selecting, checking and preparing appropriate products, equipment and accessories before start of each treatment including treatment preparation products, topical anaesthetic/numbing (if appropriate), mirror, swabs and disposables and appropriate waste bag, biohazard waste sharps box for needle cartridge disposal, radiofrequency device and microneedle cartridge, checking batch numbers if appropriate and sterile packaging is intact and all are in good working order
- Appropriate selection and preparation for Personal Protective Equipment (PPE)
- How to select, handle, prepare, load and unload appropriate needle cartridge in a clinically clean/aseptic manner in line with manufacturer protocols
- Differentiate between various radiofrequency devices and needle cartridges
- Understand how to select, change and adapt appropriate radiofrequency settings and needle depth in accordance with skin classifications, characteristics, individual objectives and treatment area
- Additional equipment/products as agreed with the client and treatment aims and objectives additional products to calm and protect the skin post procedure and minimise contra-actions

Preparing the area prior to treatment

Taught content

- Cleanse the skin prior to treatment – to remove all make-up, creams/lotions, surface oils and debris
- Typical products used – Cleansers, toners, alcohol-free cleanser/wipes/skin antiseptic, ensure area is dried thoroughly
- Application of topical aesthetic, if appropriate, in line with local authority guidelines and legislation of the country therein
- Use of medical grade alcohol-free skin sanitiser to ensure skin is clinically clean and dry prior to treatment

Adaptations to treatment

Taught content

- Adapt the treatment to taking into consideration pre-existing conditions and treatments where applicable, omitting treatment to pre-existing lesions, such as skin tags, moles, papules, pustules, inflamed skin, couperose or broken capillaries, areas of inflammation or compromised skin conditions.
- Why it may be necessary to adapt pressure, direction, duration and the number of passes for different areas of the face and body in line with manufacturer protocols and why this may vary
- Give instruction and guide the client to change expression/position to ensure all treatment areas are fully accessible
- Areas to avoid or needing special consideration: eyelids, inside the orbital bone area, thyroid cartilage area, around the heart band, palms of hands, soles of feet

Contra-actions associated with the treatment

Taught content

- Effects and risks of using incorrect setting of radiofrequency and incorrect needle depth, excess pressure, incorrect duration of contact, incorrect angle, distance, spacing, uneven application or non-compliance with safety and hygiene practices
- Contra-actions and adverse reactions – erythema, hyperaemia, histamine reaction, bruising, blood-spotting, micro-scabs, scabs, burns, blisters, irritation, infections, papules, pustules, pain, inflammation, swelling, excessive oedema, herpetic infection, wounds, atrophic scarring, keloid scarring, pigmentary changes, trans-dermal water loss, compromised healing process, nausea, dizziness, fainting
- How to avoid and manage contra-actions/adverse reactions/complications at home, if concerned contact the advanced aesthetic practitioner in the first instance, when to refer to a medical practitioner
- Access to a 24/7 emergency contact number
- The need to have a first aider available who holds an up-to date First Aid at Work qualification or equivalent and is able to carry out basic life support, and have access to life support equipment

Benefits and use of inhibitors

Taught content

- Understand melanogenesis and the enzyme tyrosinase, where it is located and its function
- Understand how tyrosinase inhibitors can reduce the production of melanin and how this can protect against post-inflammatory hyperpigmentation
- Knowledge of tyrosinase inhibitors and melanin suppressors, for example azelaic acid, bearberry, liquorice root extract, ascorbic acid, kojic acid, niacinamide, L-arbutin and hydroquinone

SPF and UVA specific sun protector

Taught content

- Why it is necessary to use a minimum of UVB SPF30 and UVA specific physical sun protection only post treatment
- Knowledge of SPF rating system and why high percentage of block is required to protect the skin after microneedling treatments using radiofrequency microneedling techniques
 - SPF 15 = 93% UVB block
 - SPF 30 = 97% UVB block
 - SPF 50 = 98% UVB block
- Knowledge of UVA specific sun protector rating – star rating, the difference between a chemical and physical sunscreen and why only physical sun protection is appropriate following treatments using radiofrequency microneedling techniques

Prevent infection and promote healing

Taught content

- Channels made in the skin can remain open for up to 24 hours post-treatment using radiofrequency microneedling techniques therefore client compliance and adherence to aftercare is essential to prevent infection and promote healing
- Understand the products necessary to prevent infection and promote healing, how they should be used before and after treatments using radiofrequency microneedling techniques, soothing products to be applied post treatment to nourish, soothe, calm, hydrate and encourage skin recovery
- To prevent infection – use of PPE and single use items, preparation, ensure skin is sterile/clinically clean, alcohol-free skin antiseptic, skin recovery products. Knowledge of all appropriate products and use in line with supplier/manufacture protocols
- To promote healing – calming products/post treatment serums/mask to promote healing, lifestyle factors and changes that may be required to promote healing and activities which might inhibit or compromise healing, correct aftercare, skin hygiene, personal hygiene and behaviour of client, calming products/treatments post treatment, anti-inflammatory effects, cooling products, cool compress, skin antiseptics

Treatment progression and additional/complementary treatment recommendations

Taught content

- Advice regarding post treatment expectations and associated timeframes with regard to healing and how the healing process affects treatment products used
- Recommendations for appropriate intervals and frequency of treatment depending on area treated and treatment objectives
- Complementary products to be used in conjunction – topical trans-epidermal products
- Knowledge of progressive remedial maintenance treatment timings and products as appropriate for the skin health/type condition to use at home to reinforce treatment effects, promote healing and provide protection
- Benefits of homecare products and advice on benefits of additional technologies such as, (LED), HIFU, ultrasound, radiofrequency (no needle), mesotherapy, electroporation, skin-needling – enzyme/chemical peel, microdermabrasion, micro current, iontophoresis, IPL and laser, including associated time frames

LO3 Analyse the uses, limitations, benefits and effects of radiofrequency microneedling techniques

Radiofrequency microneedling technology, accessories and products

Taught content

- Radiofrequency microneedling techniques are an advanced method of skin rejuvenation that stimulate natural healing processes to encourage collagen production in the dermis resulting in rejuvenated and tightened skin
- The technology uses high energy discharge to create heat and fine microneedles to make small wounds in the skin, initiating an inflammatory response which encourages fibroblasts to repair the skin and help maintain or regain firmness
- How radiofrequency is produced and delivery techniques used in aesthetic practice
- Microneedle cartridge – sterile single use for each client, benefits of high-alloy steel over cheaper alloys containing copper/iron/lead
- Insulated/non-insulated needles
 - Insulated needles are protected by an insulated sheath and have an exposed tip for energy delivery. Radiofrequency energy is delivered at the exposed tip which becomes hot, insulation sheath prevents the heat travelling up the needle reducing the risk of damage to the skin above and may reduce the risk of PIH in a darker Fitzpatrick skin type. Dimensions of the exposed area can differ from 0.5 to 1.5mm. Treatment protocols are dependent on the length of exposure and skin safety. The exposure of each needle will affect the amount of radiofrequency to be delivered safely, differing options will have set parameters of radiofrequency guidelines managing exposure and manufacturer guidelines must be adhered to
 - Non-insulated needles are not protected by a sheath, radiofrequency heats the whole length of the needle and causes increased skin response as it exposes more surface area to heat, causing more cell damage which is more difficult to manage; manufacturer guidelines must be adhered to
- Radiofrequency and its relationship to the electromagnetic spectrum, relevant terminology – intensity, power and frequency. Specifications, variables of radiofrequency microneedling technology in relation to treatment practice, intensity, power and frequency, how radiofrequency is measured
- Safe working temperatures and how to monitor these accurately
- Understand the difference between mono/unipolar, bipolar, tripolar
- Understand exposure versus delivery and why it is critical for safety and skin response
- Different types of skin classifications, scales and influences and the effect on treatment response, conditions that can and cannot be treated and why
- Understand the types of pre and post-treatment products available and why they are necessary, for example; hyaluronic acid, anti-oxidants, growth factors, peptides, copper peptides, bioflavonoids, iron and amino acids and their effects and importance in the role on collagen synthesis and why all products must be relevant to skin type/condition
- Treatment products – cleansers, alcohol-free skin antiseptic
- Topical numbing/anaesthetic, if appropriate, in line with organisational protocols, manufacturers' guidance and local laws and legislation
- Suitable aftercare products to calm, cool and soothe the area, in line with supplier/manufacturer protocols, healing serum/mask, topical anti-inflammatories, antioxidants, broad spectrum sunscreen SPF30+

Method of application

Taught content

- Follow specific supplier/manufacturer protocols for radiofrequency microneedling treatment
- Plan treatment start and end point
- Magnify and illuminate the treatment area
- Ensure settings of the radiofrequency microneedling device are of the correct intensity/power and frequency levels
- Ensure needle depth is adjusted correctly
- Work systematically and methodically ensuring correct positioning of the needle cartridge is maintained at the correct angle (90°) and distance, ensuring contact and delivery points are evenly and correctly spaced in line with treatment objectives
- Adapt equipment settings, intensity/power and frequency and needle depths as appropriate throughout treatment to all areas treated
- Maintain communication with the client throughout treatment using the 1-10 pain threshold scale
- Observe the skin response and clinical endpoints throughout, adjusting treatment settings and delivery as appropriate
- Know how to respond to undesirable client/skin response/clinical end points, when and how to modify/adapt/adjust treatment, take breaks or stop treatment
- Reasons for working within the agreed treatment area and avoiding contra-indicated areas
- Maintain adequate skin support in all treatment areas, manipulating the skin and adapting as appropriate to ensure needle cartridge remains at correct distance and angle, avoiding discomfort or causing injury
- On completion of treatment return machine to standby/safe mode, discharge needle cartridge into sharps bin or appropriate receptacle in line with organisational protocols and local authority guidelines
- Apply calming/products/aftercare lotion where appropriate to soothe treatment areas in line with supplier/manufacturer protocols such as serum/mask, apply SPF factor 30+ to exposed areas
- Problems associated with uneven treatments, working outside the treatment area or over contra-indicated areas, overlapping and possible adverse reaction or injury

Uses, limitations, benefits and effects of radiofrequency microneedling equipment and accessories

Taught content

- The epidermis is affected by combining heat and controlled micro-trauma. Heat is generated by radiofrequency and delivered via microneedles which create micro-trauma in the epidermal layers triggering a natural inflammatory response which encourages cell re-organisation
- Treatments using radiofrequency microneedling techniques are suitable for both the face and the body. Results are cumulative, generally a course of 2-4 treatments is recommended every 4-6 weeks; maintenance treatments will depend on individual response on further assessment of the client
- Physical benefits/effects – Radiofrequency microneedling penetrates the deeper skin layers to where the collagen fibres are embedded. It delivers a low frequency (RF) electrical current via poles/electrodes. Skin cells are unable to interpret the electrical current as electricity and it is treated as an energy source. The layers of the skin behave like resistors to the current by heating up to varying degrees, which causes thermal trauma resulting in immediate contraction of the collagen fibres and creating an initial plumping of the skin; simultaneously an increase in fibroblast action causes collagen synthesis, stimulation of production of new collagen fibres, creating a smoother, healthier and younger looking skin. Thermal trauma occurs to 5-30% of the collagen fibres. The diameter of the collagen fibres in the treated area is increased and the spaces between the fibres are visibly reduced thus plumping the dermal tissue producing a skin-tightening effect and reducing the appearance of lines and wrinkles
- Visible benefits/effects
 - Improvement in fine lines and wrinkles
 - Improvement of lax/crêpey skin
 - Skin tightening effect
 - Remodels scar tissue
 - Improves uneven skin tone
 - Minimises hyperpigmentation
 - Stimulates glycosaminoglycans (GAGs)
 - Increases dermal volume
 - Stimulates mitosis
 - Improves skin texture
 - Improves the appearance of stretchmarks
 - Increases elastin fibres
 - Minimising congestion
 - Reduces sebum and P. (Propionibacterium) acnes
- Skin tightening targets a process of thermal collagen contraction within the dermal tissue for denaturation of the existing collagen. This will encourage fibroblast stimulation for the reorganisation of new collagen
- Optimal improvements in collagen stimulation are found 2 months after the last application. Regular reviews of the client's progress are recommended
- Must not be used in conjunction with other treatments for 24-48 hours within the treated area
- Cannot be combined with any other technologies that create a controlled wound healing response in the dermis, until the treated collagen has fully regenerated
- Epidermal wounds can be open for up to 24 hours, the skin remains vulnerable during this time therefore strict client compliance and adherence to all aftercare advice and regimes is crucial to avoid contra-actions, adverse reactions or post treatment complications

LO4 Formulate consultation, planning and preparation protocols for treatments using radiofrequency microneedling techniques

Use consultation techniques to determine the client's treatment plan

Taught content

- Consult with client face-to-face, implementing a range of appropriate communication skills to identify client's treatment objectives, expectations and desired outcomes with associated timescales to ensure a realistic and achievable treatment plan is agreed
- Use illustrative diagrams and images (where necessary) to assist client understanding of the outcomes expected from treatments and give clear and appropriate advice and recommendations to the client to determine and agree the final treatment plan, including associated time frames and possible number of treatments to see best possible results
- All information from the consultation to be documented in the presence of the client – electronically/digitally/paper-based, at the beginning of every treatment
- Obtain the client's agreement and signed informed consent to treatment and all required visual media records prior to all treatments
- The practitioner and client must understand the implications of informed client consent, what is being agreed and the responsibility of each in terms of liability
- Explain the cooling off period

Consult with the client

Taught content

- General information
- Relevant medical history and lifestyle information – discuss all areas on consultation documentation and clearly document all findings
- Explain the treatment procedure to the client including the products to be used, positioning, order of treatment application, how to communicate nonverbally regarding sensation and comfort levels, the expected duration of treatment, home care and aftercare
- Finalise and agree the treatment plan, addressing client needs, expectations (both realistic and unrealistic) and treatment objectives using information from the initial consultation and visual skin assessment and equipment/delivery method and confirm agreement to aftercare adherence, decline treatment where applicable

Establish the condition of the skin

Taught content

- Perform advanced skin analysis and visual assessment of the condition and health of the skin, documenting all findings
- Skin characteristics – Fitzpatrick scale 1-6, Glogau photo damage, level of sensitivity, thickness of skin, epidermal thickness and healing capacity, genetic and ethnic influences
- Skin type, skin conditions as listed on the consultation form, overall skin health and suitability for treatment
- Identify contra-indications that may restrict or prevent treatment or require medical referral

Take pre-treatment visual media records

Taught content

- Following organisation procedures, industry guidelines and current data protection legislation, ensure protocols are followed for taking visual media records to ensure clarity and consistency
- Take photographs in the same position as post-treatment visual media records 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, such as pigmentations
- Personal devices should not be used to take or store images of clients
- Gain written/signed client consent for photography and for storage of visual media records for treatment evaluation, marketing and teaching purposes

Carry out skin sensitivity tests

Taught content

- Carry out sensitivity tests in accordance with supplier/manufacturers' guidelines and organisational requirements
- Client must sign skin sensitivity/thermal/tactile/test patch forms if separate to main consent form

Select suitable equipment, accessories and settings

Taught content

- Select suitable clean, sanitised equipment and sterile single use accessories according to treatment objectives and prepare in accordance with supplier/manufacture instructions
- Select sterile single use needle cartridge as appropriate to the device, check packaging, record date and batch number if applicable and load securely in an aseptic manner
- Adjust equipment settings ensuring intensity and mode/power and frequency levels are appropriate to the objectives and skin classification identified in the agreed treatment plan

LO5 Demonstrate proficiency in application of radiofrequency microneedling techniques

Prepare, position and protect the client and self

Taught content

- Maintain own responsibilities for health and safety throughout the treatment
- Ensure preparation complies with legal and organisational requirements and manufacturers' recommendations
- Ensure environmental conditions are suitable for treatment
- Apply appropriate Personal Protective Equipment (PPE)
- Prepare and protect client to preserve modesty and prevent cross-infection. Protect client's hair where appropriate, protect and/or cover clothing, request removal of clothing as appropriate
- Position the client to meet the needs of the treatment and prevent cross-infection.
- Ensure effective, ergonomic positioning of couch, trolley, stool, equipment, accessories, and products to avoid injury to self, client and others
- Ensure working posture and methods minimise fatigue and the risk of injury to self, client and others
- Ensure the use of clean equipment and materials

Safely use equipment, accessories, materials and products

Taught content

- Follow protocols for safe use, including correct use of radiofrequency microneedling equipment and accessories selection, handling, loading, unloading/changing needle cartridge, settings – intensity/power and frequency levels, angle, distance, placement, spacing and application techniques
- Ensure safe disposal of sharps/needle cartridges in line with manufacturer protocols, organisational treatments and local authority guidelines
- Ensure a waste receptacle is ergonomically placed for use throughout the treatment
- Products – skin cleansers, topical numbing agent if appropriate, alcohol-free skin antiseptic, calming products, aftercare products, sun protection SPF 30+
- Ensure equipment is turned off and unplugged after treatment

Prepare the area for treatment

Taught content

- Ensure the client's skin is clean, sanitised and dry in preparation for treatment
- Use preparatory skin products following manufacturer protocols/recommendations as appropriate

Provide treatment using radiofrequency microneedling techniques

Taught content

- Provide treatments using radiofrequency microneedling with correct techniques and in accordance with supplier/manufacturer procedures and protocols at all times
- Illuminate the area to be treated, if required, to ensure maximum visibility
- Refer to consultation form for previous settings used at last treatment (if applicable)
- Check preparation of treatment area; clean, sanitised and dry prior to treatment
- Perform visual check of the machine to ensure it is in full working order and ensure the needle cartridge is loaded and inserted correctly and set to appropriate depth
- Enable and set equipment variables; intensity/power and frequency and needle depth in line with supplier/manufacturer instructions and treatment aims and objectives
- Position the client comfortably, preserving client modesty where appropriate
- Carry out appropriate tests to establish response and suitability to treatment, observe and evaluate clinical end points required for effective treatment
- Work in a methodical and systematic manner to ensure correct and even coverage of the agreed treatment area, ensuring correct duration of contact does not exceed recommended time, keeping uniform distance and spacing in line with supplier/manufacturer guidelines and instructions (as they may vary) within the treatment area to avoid uneven treatment/excessive overlap or overworking the area. Avoid areas unsuitable for treatment and any areas/lesions as contra-indicated and/or agreed in the treatment plan
- Reassure the client and communicate positioning instructions clearly throughout treatment
- Continually discuss sensation and check client level of comfort and wellbeing throughout treatment using the 1-10 pain threshold scale, adjust equipment settings – intensity/power and frequency levels and needle depth as appropriate to each area to ensure client comfort and effective treatment
- Visually monitor the area throughout treatment to observe and evaluate clinical end points including degree of erythema and observation of desirable and undesirable end points required for effective treatment, adjust equipment settings – intensity/power and frequency levels and needle depth as appropriate to each area, to ensure appropriate and even coverage
- Working temperature may be checked using an infrared thermometer if appropriate and in accordance with manufacturer protocols
- Observe skin reaction and implement the correct course of action in the event of an adverse reaction including knowing when to adjust treatment parameters or stop treatment due to excessive pain/discomfort, excessive erythema, bleeding or adverse reaction or to suit client's physical and psychological needs
- Conclude treatment and turn off device, remove and dispose of needle cartridge in sharps bin or appropriate receptacle in line with organisational protocols or local legislation
- Apply appropriate aftercare products in line with supplier/manufacturer protocols – calming serum/mask, SPF 30+
- Ensure treatment is completed in a commercial time frame
- Record treatment settings – intensity/power and frequency levels, needle depth(s) to precise areas if altered and all treatment details on consultation form
- Collate, analyse, summarise and record evaluation feedback in a clear and concise way

Take post-treatment visual media records

Taught content

- Follow General Data Protection Regulation (GDPR) regulations and organisational protocols for taking of clinical visual media records to ensure clarity and consistency
- Confirm clients' consent for storage of clinical visual media records and specific use of visual media records for treatment evaluation, marketing and teaching purposes

Provide post care advice and additional homecare

Taught content

- Treatment area should be soothed post treatment to minimise redness and to reduce any client discomfort, calm and protect where necessary in line with manufacturer protocols
- Gain client signature accepting treatment results, receipt of aftercare advice and agreement to comply with aftercare
- Aftercare advice to be given:
 - Skin may feel tight, sensitive, dry, blood spotting and erythema may be present, degree of blood spotting and erythema will depend on skin type and individual characteristics
 - Calming products may be applied to reduce discomfort following supplier/manufacturer recommendations
 - Mild to moderate flaking may occur, any micro scabs/crusts that form on the skin should be allowed to fall off naturally, do not pick or scrub/exfoliate the skin as this could irritate and contribute to post inflammatory hyperpigmentation (PIH)
 - Skin may develop temporary lightening (hypo-pigmentation) or darkening (hyper-pigmentation) after radiofrequency treatments using microneedling techniques, both may be made worse by sun exposure. Pigment changes may be permanent, but will usually resolve within 12 months
 - Burn/blister apply cold running water if practical or cool compresses. Do not use iced water or ice, allow blister to heal naturally
 - Use post treatment skincare as recommended to soothe and hydrate the skin
 - Avoid irritating skincare ingredients such as AHAs, BHAs for retinoids 3-5 days
 - Avoid direct sun exposure and sun tanning; for at least 4-6 weeks post treatment
 - Apply a physical and broad band spectrum sunscreen (UVA and UVB) with SPF 30+ minimum daily
 - Make-up should be avoided for 24-48 hours – mineral make-up is preferable, applicators, sponges and brushes must be clean
 - Avoid heat treatments, hot tubs, swimming, saunas, vigorous exercise for 48 hours
 - Avoid epilation, waxing or use of depilatories on the treated area for up to 2 weeks
- Provide aftercare advice on application of any professional products to soothe the area for example soothing aftercare products, treatment serum/mask
- Advise client of how to manage any contra-actions or adverse reactions at home and when to seek medical advice
- Provide client with access to a 24/7 emergency contact number, ideally the practitioner, if practitioner is unavailable access should be given to a deputising practitioner
- Document post-treatment complications and adverse reactions with advice given in line with legislative, insurance and organisational guidelines
- Use reflective practice to evaluate the treatment and inform and provide advice for ongoing future treatments using radiofrequency needling techniques and other treatments which may be used in conjunction to optimise results
- Evaluation of the treatments using radiofrequency needling techniques to inform future procedures, collate, analyse, summarise and record information gained from client feedback, client records and own observations
- Follow manufacturers' guidelines in respect of treatment intervals, usually 4-6 weeks
- Agree any alterations for future treatment with the client and record the outcome for further evaluation

Dispose of waste materials to meet legal requirements

Taught content

- Dispose of ALL waste from the treatment into biohazard clinical waste bags in line with local authority regulations/legislation and dispose of following Control of Substances Hazardous to Health (COSHH) procedures
- Ensure compliance with protocols to avoid cross-infection when handling post-treatment equipment and dispose of electrode probes safely and correctly
- Turn off and unplug after use, remove protective film/covers if used and dispose of in clinical biohazard waste
- Clean radiofrequency equipment and reusable accessories following supplier/manufacture instructions and licensing requirements and store correctly
- Dispose of any swabs/cotton pads or waste from treatment application with all PPE into clinical biohazard waste bag and in line with local authority regulations and procedures of the country therein
- Dispose of electrode probes/sharps in a sharps box and in line with local authority regulations and procedures of the country therein

Update client records

Taught content

- Accurate completion of treatment details including equipment and sterile single use cartridge used, expiration date, batch number where applicable, date, time, practitioner name, anatomical site, condition treated, skin quality, skin preparation, details of pain relief if used, all settings – intensity and frequency levels application techniques and modifications of treatment, duration of treatment, client skin sensation and skin response, observation of skin during and after treatment, aftercare and home care advice given
- Reflective practice used to evaluate the treatments radiofrequency using microneedling techniques and inform future treatments
- Every client must be given the opportunity to feed back outcomes at the end of every treatment, collate, analyse summarise and record evaluation feedback in a clear and concise way. Signature from client to be obtained accepting treatment results and skin response and agreeing to follow post care/post treatment advice
- Practitioner signature to take responsibility for treatment and records completed
- Records filed and stored securely in line with current data protection legislation

Provide and manage post-treatment communications and outcomes

Taught content

- Advise client of expected reactions; mild erythema, possible mild irritation, healing process and associated time frames, possibility of flaking and micro-scabbing
- 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
- Update logbook
- Record client feedback on outcomes including compliments and complaints

COVID-19 infection prevention awareness

Please note this information will not be assessed for the achievement of this unit.

As the COVID-19 pandemic continues to evolve, public awareness and the importance of infection prevention has never been higher.

Professionals in the beauty and advanced aesthetics therapy industry work in close contact with clients; knowledge and understanding of how to prevent the spread of COVID-19 and work safely is essential.

Actions to take to help reduce the spread of COVID-19 and other respiratory infections and protect those at highest risk:

- Get vaccinated
- Maintain adequate ventilation
- Break the chain of infection:
 - Hand hygiene – hand washing and sanitising
 - Respiratory hygiene and cough etiquette
 - Decontamination of the working environment
- Use appropriate Personal Protective Equipment (PPE)
 - Use of face coverings or face masks

If you require any additional information, please refer to: <https://www.gov.uk/guidance/reducing-the-spread-of-respiratory-infections-including-covid-19-in-the-workplace>

<https://www.gov.uk/guidance/living-safely-with-respiratory-infections-including-covid-19>

If your learners are interested in learning more about COVID-19 infection prevention awareness alongside this qualification, VTCT offers the following qualifications: VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) for Beauty Therapy and Nail Services or the VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) for Clinical Aesthetics

These qualifications have been specifically designed for those working in the beauty and advanced aesthetic therapy sectors. Learners will be able to develop knowledge on the importance of social responsibility, the causes, transmission and effects of COVID-19, and the methods used to control transmission such as correct hand hygiene and the use of Personal Protective Equipment (PPE).

These qualifications will enable beauty professionals to gain an understanding of the safe working practices required in the beauty and advanced aesthetic therapy sectors to protect themselves and their clients from COVID-19 and other respiratory infections.

Assessment requirements

Learners must complete all assessment requirements related to this unit:

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

1. Clinical case studies

Learners must produce a portfolio of evidence which is required to be completed under the supervision of a lecturer who must monitor the quality of the treatments performed throughout the learners' 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 case studies**. Each case study needs to include a full medical history of the client, advanced skin assessment, before and after visual media and a full description of the area to be treated including skin health/type and characteristics. A detailed description of the treatment performed including equipment, accessories with expiration dates/batch number where applicable, date, time, anatomical site, condition treated and application techniques used, all settings – intensity and mode/power and frequency levels, needle depths, adaptations to treatment, duration of application, client skin sensation and skin response, observations of skin during and after treatment.

Each case study must also include pre and post treatment skincare, aftercare, home care and lifestyle advice and an evaluation of the treatment and its outcomes.

Range to be included in clinical case studies must show learners have:

- Met the needs of a variety of clients
 - New
 - Existing
- Carried out all consultation techniques
 - Questioning – verbal
 - Listening – non-verbal
 - Visual – non-verbal
 - Manual
 - Written
 - Illustrative images/diagrams
 - Pre-treatment visual media images taken
- Carried out skin sensitivity test
 - Thermal
 - Tactile
 - Patch test (where appropriate)

- Met all treatment objectives (which may be combined):
 - Skin tightening on the face
 - Skin tightening on the body
 - Improvement in skin laxity
 - Skin rejuvenation
 - Reduction of fine lines
 - Improvement in skin condition
 - Improvement in skin texture
 - Improvement in stretchmarks
 - Improvement in the appearance of scars
 - Reduced hyperpigmentation
- Treated 6 case studies to include a minimum of 3 facial conditions and 2 body conditions
- Carried out advanced skin assessment
- Considered all factors of skin characteristics/body conditions
 - Skin characteristics
 - Level of sensitivity
 - Condition and health of skin
 - Thickness of skin
 - Epidermal thickness
 - Healing capacity
 - Hydration levels
 - Existing collagen levels
 - Sun damage
 - Dryness of the skin
 - Skin laxity
 - Hyperpigmentation
 - Scarring history and type
 - Stretchmarks
- Taken all courses of necessary action if required
 - Explaining why treatment cannot be carried out
 - Encouraging the client to seek medical advice if applicable
 - Modification of treatment
 - Managing expectations
- Used all types of equipment
 - Suitable radiofrequency needling equipment and needle cartridges

- Recorded all types of information
 - Treatment settings
 - Radiofrequency levels
 - Needle depth
 - Areas of modification/adaptation
 - Reaction levels
- Given all advice and recommendations
 - Suitable pre and post care 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 recommended
 - Frequency and benefits of future/maintenance treatments
 - Treatments which could be given in conjunction with/after microneedling treatments using radiofrequency microneedling techniques
 - Current and future product and treatment recommendations
 - Use of SPF products
 - Issuing of written post-care advice
 - Recording 'before' and 'after' multimedia images

2. Assignment

Learners must complete a Short Answer Response (SAR) assignment for this unit. The assignment is mapped to the relevant assessment criteria stated below. The SAR will test knowledge and understanding from learning outcomes 1 and 3.

Learning Outcome	Assessment Criteria
LO1 Appraise the safety considerations when providing treatments using radiofrequency microneedling techniques	1.1 Suppliers' and manufacturers' instructions for safe use
	1.2 Contra-indications that would prevent or restrict treatment
	1.3 Contra-indications requiring medical referral and referral processes
	1.4 When to consult with other aesthetic professionals
	1.5 Hazards and risks

Learning Outcome	Assessment Criteria
LO2 Appraise accepted protocols and guidelines for treatments using radiofrequency microneedling techniques	2.1 Factors to consider and treatment planning
	2.2 Assessing skin characteristics
	2.3 Pre and Post treatment advice to provide to the client
	2.4 Timing and intervals of treatments
	2.5 Pain threshold, sensitivity variations
	2.6 Skin sensitivity and patch testing prior to treatment if applicable
	2.7 Preparation and selection of equipment and accessories for treatment
	2.8 Preparing the area prior to treatment
	2.9 Adaptations to treatment
	2.10 Contra-actions, associated with the treatment
	2.11 Benefits and use of inhibitors
	2.12 SPF and UVA specific sun protector
	2.13 Prevent infection and promote healing
	2.14 Treatment progression and additional/complementary treatment recommendations

Learning Outcome	Assessment Criteria
LO3 Analyse the uses, limitations, benefits and effects of radiofrequency microneedling techniques	3.1 Radiofrequency microneedling technology, accessories and products
	3.2 Method of application
	3.3 Uses, limitations, benefits and effects of radiofrequency microneedling equipment and accessories

3. Practical examination

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
1	20/7/23	First published	Development and Regulation Manager