
Unit Specification

UBT466 – Provide cosmetic skin needling treatments

Unit reference number: L/651/0172

Level: 4

Credits: 7

Guided Learning Hours (GLH): 52

Overview

The aim of this unit is to develop learners' knowledge, understanding and practical skills when using cosmetic skin needling techniques, with needles up to 0.5mm for the face and up to 1mm for the body. It covers the skills involved in providing a thorough consultation to establish client suitability for treatment and also the knowledge on how to formulate a specific treatment plan tailored to suit individual client needs. Learners will also develop the knowledge required to provide pre and post-treatment advice and post care to ensure the client receives the full benefit of the treatment.

Learning outcomes

On completion of this unit, learners will:

LO1 Interpret safety considerations when providing cosmetic skin needling treatments

LO2 Comprehend how to provide cosmetic skin needling treatments

LO3 Comprehend the relevant anatomy, physiology and pathologies for cosmetic skin needling treatments

LO4 Demonstrate how to consult, plan and prepare for cosmetic skin needling treatments

LO5 Demonstrate how to provide cosmetic skin needling treatments

Unit content

LO1 Interpret safety considerations when providing cosmetic skin needling treatments

Safety of product and equipment sourcing

Taught content

- Ensure cosmetic skin needling equipment, accessories and associated products meet the regulatory requirements of the country they are being provided in and are purchased from a reliable and authentic supplier
- Ensure equipment conforms to up-to-date legislation such as Electrical Equipment Safety Regulations or current British standards, as applicable
- Understand how to gain verification of legality of products and equipment sourcing
- The safety and legal reasons for using equipment, accessories and products that are licenced and meet British standards or the relevant legislation for the country therein and the outcomes of using equipment, accessories and products which are not properly tested or contain banned substances
- Know the legal requirements and restrictions for sourcing, storing and using topical anaesthetic/numbing agents licenced in the UK or relevant to the country therein
- The use of Manufacturer/Material Safety Data Sheet (SDS) in relation to skin needling treatments

Insurance guidelines

Taught content

- Insurance policy requirements to be met to ensure professional indemnity/insurance cover is appropriate to this treatment and valid for working at this level
- Requirements for skin testing prior to treatment
- Legislative and indemnity requirements for gaining informed client consent and signature before every treatment
- Legislative and insurance requirements for obtaining medical or informed consent where required
- Providing verbal and written post-care information
- Ensuring the practitioner is working within scope of practice with regard to sizes and depth of needles used on face and body

Hygiene considerations

Taught content

- Setting up a sterile field and working within a clinically clean field. Use of suitable sterilisation and sanitisation for equipment, accessories and surfaces
 - Appropriate Personal Protective Equipment (PPE)
 - Single use items as appropriate, such as disposable hair protectors, cotton wool, gauze, cotton buds, couch roll
 - Disposable single use covers/towels/barrier sheets, sterile/non-sterile roller/single use needle cartridge for each client
- Hygienic preparation and storage of multi-use items, such as clean laundered towels, pillowcases or use wipeable pillows/supports, mirror
 - Standard Infection Control Precautions (SICPs), general hygiene – such as washing of hands before and after treatment, alcohol-free sanitising hand gel
 - Disinfectant or sterilisation – use of heat or chemical methods, bactericides, fungicides, UV cabinet for storage, use of sterile dressing packs, medical grade sanitising wipes
 - Equipment – only used for intended purpose, safe usage/safe handling/storage/visual checks, correct disposal of used rollers/needle cartridges/sharps, contaminated equipment and waste products
 - Use spatulas to remove products, replace lids on containers or use pump dispensers
 - Waste disposal – general and contaminated treatment waste and used electrode probes/sharps in accordance with current legislation and local authority requirements of the country therein
- Knowledge of infection control, bacteria, virus, fungi, parasites, prevention of cross-contamination and disease transmission procedures, levels of infection control, personal immunisation (Hepatitis B), single use barrier consumables for protection against blood borne viruses (BBV) and Methicillin-resistant Staphylococcus aureus (MRSA)

Hazards and risks

Taught content

- The principles of risk assessment and management
- Hazard and risks identification through risk management
- Putting procedures in place to ensure hazards and risks are minimised:
 - Proper training for all staff
 - Protocols to follow during consultation
 - Written post-care for client
 - Adherence to manufacturers' guidelines
- Avoidance of and protocols for dealing with needle stick injuries including reporting of incidents, implications of blood borne diseases, redness, swelling, weeping skin, milia, hyperpigmentation, cold sores, acne outbreak, bacterial infection and scarring
- Contra-actions and adverse reactions
- Potential associated risks with the options for pain management using topical anaesthetic/numbing agents as appropriate
- Risks associated with compromised tactile response in the treatment area post-surgery/trauma, for example C-section
- Risks associated with performing skin needling procedures over atrophy, hypertrophic and keloid scarring

Suppliers' and manufacturers' instructions for safe use

Taught content

- Understand and know reasons for supplier and manufacturer equipment and product protocols for cosmetic skin needling treatments
- Follow manufacturers protocols for skin sensitivity and test patch recommendations
- Types of products appropriate for use during cosmetic skin needling treatment preparation and application, performance, post care and aftercare application according to manufacturers' instructions, for example cleanser, serums, SPF
- Follow guidelines to check expiry dates and select new unused needling roller or automated device with disposable, single use needle cartridge considering needle configuration, diameter and depth (as appropriate)
- Follow guidelines on the storage, handling, preparation, loading, use, sanitising and disposal of roller/cartridge/needles (as appropriate)
- Prepare, open, load and dispose of equipment following supplier and manufacturer protocols and adhering with compliance
- Follow supplier/manufacturer protocols for hygiene, sterilisation and treatment application - working over the small zones of the face/body in specified order, using the correct support, pressure and techniques, adapting needle depth, speed of automated device and treatment appropriately to all areas. Observation of desirable and undesirable clinical end points, cooling and skin recovery products used in the salon. Frequency of treatment, course of treatments, conditions/areas suitable and unsuitable for treatment

Treatment of minors

Taught content

- The age at which an individual is classed as a minor and how this may differ nationally and internationally
- Why treatment should only be provided for clients over the age of 18 unless referred by a medical practitioner and with parental consent.

Timing of treatments

Taught content

- Identify and understand commercial timings for treatments. Recognise variations in timings depending on type of and size of needles used, skin health/type and condition to be treated plus other contributory factors
 - For example:
 - Face: 30-60 minutes
 - Body: 30-60 minutes

Contra-indications that would prevent or restrict treatment

Taught content

- Prevent – active herpetic infection, allergy to surgical grade stainless steel, anti-coagulant medications, blood borne diseases, contagious skin diseases, extremely sensitive skin, haemophilia, history of drugs with photosensitising potential, inflammations and swellings, skin thinning medications such as vitamin A/isotretinoin, open wounds, recent scar tissue, rosacea, severe active acne, skin cancer and undiagnosed lumps or bumps
- Restrict – abrasions, active inflammatory dermatoses (such as psoriasis), anxiety, bruises, current medications, cuts, diabetes, epilation, epilepsy, history of herpes simplex, history of scarring, Intense Pulsed Light (IPL) or Laser in the treatment area, large moles, long term anti-inflammatory use, piercings, poor mental and emotional state, prior cosmetic surgery, recent neuromodulation injections or dermal fillers, recent dermabrasion or cosmetic skin peels, sensitive or excessively reactive skin types, supplements and herbal remedies, recent UV exposure and varicose veins

Contra-indications requiring medical referral and referral process

Taught content

- Contra-indications to cosmetic skin needling treatments requiring medical referral such as active acne, inflammatory conditions such as acute rheumatism, arthritis, any condition already being treated by General Practitioner (GP)/dermatologist, asthma, Bell's palsy, inflamed/trapped/pinched nerve, medical oedema, nervous/psychotic conditions, osteoporosis, recent operations, epilepsy
- 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 clients 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 without causing undue alarm. Refer in a discreet and empathetic manner
- 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 from that previously noted, need to be identified and the client encouraged to go to their GP as a precaution. Knowledge of the ABCDE guide – Asymmetry, Border, Colour, Diameter, Evolving size

When to consult with other aesthetic professionals

Taught content

- Recognise when additional information is needed from other clinicians involved with the client and how this can be obtained in compliance with confidentiality and consent guidance and in line with current data protection legislation
- Demonstrate an understanding of when to and how to request additional advice from other clinicians treating the client when applicable in line with current data protection legislation
- Recognise when and what other aesthetic treatments may be of benefit to be used in preparation or in conjunction with skin needling, for example, radio frequency, microdermabrasion, skin peeling, LED, mesotherapy
- Alternative treatment options when skin needling is not appropriate or contra-indicated

LO2 Comprehend how to provide cosmetic skin needling treatments

Factors to consider when treatment planning

Taught content

- Identify client's 'wants', needs, concerns, expectations, anticipated costs, aims and treatment objectives to agree realistic outcomes against client expectations, discuss pain and pain management, expected treatment sensations, pain tolerance, and potential risks relevant to skin needling treatments to be performed, expected outcome, healing process, and likely number and frequency of treatments required with associated time frames and the importance of considering the physical and psychological wellbeing of the client to receive skin needling treatments
 - Results from skin tests and skin analysis classification and characteristics, identification and discussion of skin type and skin density including Fitzpatrick skin type, Glogau photo damage, Lancer scale, phenotype and genotype, skin conditions and/or lesions present, specific areas of concern to assist in choice of the appropriate treatment protocol and equipment settings and to identify realistic and achievable treatment outcomes
- Legal aspects of the responsibilities of the practitioner in providing skin needling treatments and the importance of working within the remit of qualification boundaries and competence
 - Pre and post treatment advice, healing process including likely or expected reaction, contra-actions or adverse reactions, 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
 - 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
 - Recognise when and what other aesthetic products/skin rejuvenation treatments can be used in conjunction with skin needling treatments to maximise results, for example, treatment masks, serums, microdermabrasion, PRP, Mesotherapy, radio frequency, chemical skin peeling, neuromodulation injections and LED
 - The number of treatments required for optimal results are dependent on the size and extent of the area and condition to be treated, aftercare, home care and client compliance
- 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
- Treatment plan should be clearly agreed between the client and 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, for example Woods Lamp, light magnifier, skin scanner/diagnosis technology
- How to assess and recognise skin health characteristics – Fitzpatrick scale 1-4, Glogau photo-damage, Lancer scale, phenotype and genotype, level of sensitivity, thickness/density of skin, epidermal thickness, healing capacity
- Recognition and understanding of skin analysis – surface hydration levels, pigmentation, photo/sun damage, vascular lesions, primary and secondary lesions, irregularities, skin texture (pore size), skin laxity, static and dynamic wrinkles, congestion/excessive oil, sensitivity
- How to match the treatment to suit skin health characteristics, skin classifications, individual's treatment area(s), treatment aims and objectives
- Recognition and understanding of the ageing process of the skin including the effects of genetics, intrinsic and extrinsic aging and the process of collagen and elastin synthesis including fibroblastic stimulation
- Reasons for choosing different cosmetic skin needling devices, needle diameter, depth, speed of automated device and techniques to suit the variations in skin density, sensitivity, area(s) being treated, all skin classifications and treatment objectives

Pre and post advice to provide to the client

Taught content

- Provide consultation to discuss outcomes and pre-treatment preparation
- Pre and post-treatment products available and the benefit/limitations to treatments such as vitamin A, vitamin C, vitamin E, anti-oxidants, growth factors, peptides, copper peptides, bioflavonoids, iron, zinc and amino acids and effects on collagen synthesis
- Active skin care of a high/professional strength concentration needs to be avoided for 3-5 days such as retinoids and AHA's pre and post skin needling treatments. Low strength should be avoided for 48 hours post treatment. Post treatment skincare products must be used for 3 days post treatment
- Use 2-4 week skin preparation programme at home to improve hydration, skin cell health and general texture/condition of the skin. To improve healing capacity and tolerance of cosmetic skin needling treatment
- Pre-treatment, clients should also be advised to avoid UV exposure and heat immediately prior to treatment, wear SPF minimum 30 and UVA broad spectrum protection daily
- Physical sensation
 - The client may feel sensitivity particularly around the eyes - feels like skin is being rubbed with fine sand paper
- Post-treatment physical sensation
 - Day 1 – erythema and redness like moderate sunburn with minor swelling, some pinpoint bleeding
 - Day 2 – erythema and mild swelling often starts to subside
 - Day 3 – as day 2 and skin appears pink
 - Day 1-3 – skin will feel dry and tight, moderate flaking can take place
 - All physical sensations and effects post-treatment depend on size of device used, technique and individual skin characteristics

- Possible and expected contra-actions – what they are, why they appear and how long they may last – erythema, tightness, feeling of wind/sun burn, flaking, pinpoint bleeding, scabbing, weeping, bruising, histamine reaction, irritation, localised allergic reaction, signs of infection, urticaria
- Activities to avoid that might cause contra-actions or adverse reactions, importance of personal hygiene, extremes of temperature and heat, contact with water, activities which cause sweating, exposure to UV
- Potential associated risks with the options for pain management using topical anaesthetic/numbing agents
- Advice offered on alternative treatments if skin needling is found unsuitable; for example, skin peels, microdermabrasion, laser skin rejuvenation, intense pulsed light (IPL), laser ultrasound, cavitation, radio frequency, light emitting diode (LED)

Pain threshold, sensitivity variations and testing

Taught content

- Understanding inflammatory response of the skin and the effects and associated risks of using over the counter (OTC) pain relief and topical anaesthetic/numbing agents 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 +) plus a more intense physical sensation when the treatment is applied
- Understanding that treatments for some clients may be more uncomfortable during menstruation or ovulation
- Understand why the majority of fine tactile sensation is lost after surgery or over scarring and how this affects the ability to perform skin needling treatments and where adaptations may be appropriate
- Sensitivity Testing:
 - Testing to ensure the client has unimpaired sensitivity to stimuli – heat and pressure. Clients with history of lack of sensitivity have an increased risk of overtreatment. Perform tactile test and thermal test on treatment area. Evaluation of the skin test to be confirmed verbally with the client. A full description of responses should be recorded
- Skin needling treatment to be performed when the client is able to correctly identify different thermal and tactile sensations
- Any change of skin needling treatment products/protocol or settings and changes in speed and depth to be tested prior to further application. Follow supplier/manufacturer protocols for skin needling treatment application for each skin type, classification and condition as they may vary

Types and purpose of cosmetic skin needling equipment and products

Taught content

- Cosmetic skin needling equipment/devices use sterile needles 0.5mm to 1.0mm long to cause microtrauma punctures to the skin initiating an inflammatory response which encourages the formation of new collagen and skin tissue to improve body/facial skin condition, may reduce the appearance of acne scarring, dark spots, wrinkles, slackened skin and enlarged pores
- Roller – sterile, single use – sizes of needles, depth and penetration, skin trauma caused and effects of varying lengths, where and how to use on the face/body
- Manual stamp – types (with/without bottle/chamber), sizes of needle, depth and penetration, skin trauma caused and effects of varying lengths, where and how to use on the face/body
- Automated pen with single use disposable cartridges – sizes of needle, speed of automated device, depth and penetration, skin trauma caused and effects of varying lengths, where and how to use on the face/body
- Comparison, advantages and disadvantages between 3 devices, treatment protocols for each, indications, contraindications and associated risks of each
- Cleansers, toners and preparatory skin products to remove all make-up, oils and debris ensuring a clean surface is worked upon, skin antiseptic to reduce the risk of infection Single use formulations for trans epidermal penetration during treatment and post-treatment – peptides, enzymes, vitamins, anti-oxidants, minerals, hyaluronic acid, hydroxy acids, anti-inflammatory sebostatic agents and tyrosinase inhibitors
- Different types of skin classifications, scales and influences and the effect on skin needling treatment response, conditions that can and cannot be treated and why
- Suitable after care products to calm, cool and soothe the area, in line with supplier/manufacture protocols, healing serum/mask, antioxidants, broad spectrum sunscreen SPF30+

Preparation and selection of equipment, accessories and products for treatment

Taught content

- Reasons for, appropriate selection, preparation and use of PPE – disposable non-latex gloves, apron/gown, hair covering, practitioner to wear suitable protective mask to prevent exhalation of airborne pathogens onto the client
- How to set up and work within a sterile field, how to prepare equipment on clean trolley in an ergonomic manner to prevent strain to the practitioner and to assist in the smooth application of treatment, for example safety, time management, hygiene, organisation and professionalism
- Why and how it is necessary to select and prepare all appropriate products, equipment and accessories before start of each treatment checking appropriate products and equipment are being used for treatment including skin needling device and all accessories, treatment preparation products, cleansers, skin antiseptic, mirror, swabs and disposables and appropriate waste bag, biohazard waste sharps box for disposal
- How to select, handle, prepare, load and sanitise appropriate skin needling device and accessories
- Selection and use of device, needle configuration, needle depth, speed of automated device duration and intensity and technique of application according to;
 - For Level 4 – up to 0.5mm for face, up to 1mm for body
 - Treatment objectives – reduction of fine lines, improvement of skin conditions, skin texture, skin laxity and stretch marks
 - Skin characteristics – adaptations for Fitzpatrick scale, level of sensitivity, thickness of skin, epidermal thickness
 - Areas to be treated – face, neck, chest, back of hands, legs, abdomen
- Additional equipment as agreed with the client and treatment aims and objectives and additional products to calm and protect the skin post treatment and minimise contra-actions

Method of application

Taught content

- Reasons for working systematically and methodically, ensuring full coverage avoiding excess treatment overlap across the areas be treated and avoiding areas of caution
- Plan application start and end point
- Reason for multi-directional application sequence protocol in line with manufacturers instructions
- Following supplier/manufacturer protocols, use the skin needling device at the correct angle, pressure, direction and speed with the correct needle depth
- Maintain adequate skin support in all treatment areas, adapting as appropriate avoiding excessive discomfort or injury, skin distension, tearing, bruising, and over treatment
- On completion of treatment turn off automated handpiece and dispose of single use roller/stamp/needle/cartridges into sharps bin or in accordance with local requirements
- Apply products/aftercare 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 over contra-indicated areas, overlapping, post procedural marking to the skin (tracking), and possible adverse reaction or injury

Adaptations to treatment

Taught content

- Adapt the treatment to take into account pre-existing conditions
- Omitting treatment to pre-existing lesions such as skin tags, moles, papules, pustules
 - Why it may be necessary to adapt pressure, speed, duration and the number of passes for different areas of the body and client sensitivity
- Different skin types and classifications, thickness, density and sensitivity, different treatment objectives, treating skin characteristics of varying structure and depth, variations in healing capacity
 - Give clear instruction and guide the client to change expression/position to ensure all treatment areas are fully accessible
- Areas to avoid or needing special consideration: no treatment over the eyelids, inside the orbital bone area, also on the palms of hands and soles of feet, over keloid scarring, pustular lesions, moles and skin tags, lower depth over sensitive or bony areas
- Treatment progression and additional/complementary treatments such as enzyme/chemical peel, microdermabrasion, LED, micro current, iontophoresis, electroporation, IPL and laser including associated time frames

Uses, limitations, benefits and effects of cosmetic skin needling products and equipment

Taught content

- The outcomes expected from using skin needling devices
- The types of skin which are unsuitable or less likely to respond well to treatment, darker Fitzpatrick skin types in accordance with supplier/manufacturer guidelines
- Where topical applications of products or treatments require a certain time lapse prior to skin needling techniques in the same area
- Benefits – stimulates new collagen production and neovascularisation due to the release of growth factors through the stratum corneum into the lower layers of the skin
 - Effects – improved appearance, improvement of photo aged skin, improved appearance of scars and stretchmarks, improved skin texture, refined pores, more even skin tone, reduction in wrinkles, can help reduce some types of pigmentation
 - Limitations – cannot remove deep wrinkles or scars, limitations of products and equipment used for cosmetic skin needling treatments and single use formulations for trans epidermal penetration during treatment and post-treatment
 - Availability of rollers/automated devices not produced to UK regulations and compliance, poor quality steel, ineffective sterilisation and blunt needles, rollers are not adjustable so increase the need for more than one item per treatment and are also large and costly to dispose of, cartridges are single use items with expiry dates
 - Need of biohazardous and sharps waste disposal
- Need for single use sterile PPE and disposable film/sleeve where recommended to cover hand-piece and wires of automated device, working within a sterile field

Contra-actions and adverse reactions

Taught content

- Effects and risks of using insufficient support, excess pressure, uneven application or non-compliance to safety and hygiene practices
- Contra-actions and adverse reactions – pinpoint bleeding, scabbing, erythema, hyperaemia, bruising, infection, excessive bleeding, erythema and oedema, slow healing, scarring, herpetic infection, pigmentary changes, localised allergic reaction, histamine reaction, urticaria, signs of infection, procedural marking (tracking)
- How to avoid and manage contra-actions/adverse reactions/complications at home, if concerned contact therapist in the first instance; when to refer to a medical practitioner

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, hydroquinone

SPF and UVA specific sun protector

Taught content

- Why it is necessary to use a minimum of a UVB SPF 30 and UVA specific sun protector post treatment
- Knowledge of SPF rating system and why high % of block is required to protect the skin after cosmetic skin needling
 - SPF 15 = 93% UVB block
 - SPF 30 = 97% UVB block
 - SPF 50 = 98% UVB block
- Knowledge of UVA specific sun protector rating – star rating and the difference between physical and chemical sun cream

Preventing infection and promoting healing

Taught content

- Understand the products necessary to prevent infection and promote healing, how they should be used before and after cosmetic skin needling treatments. Saline solution or chlorhexidine solution applied on sterile cotton pad or gauze and the use of sterile dressing packs to provide a sterile field
- To prevent infection – use of PPE and single use sterile items, preparation, ensure skin is clinically clean, use of antiviral suppressant to reduce the incident of post procedural herpes simplex outbreak. Knowledge of all appropriate products and use in line with supplier/manufacture protocols
- To promote healing – calming products post treatment, lifestyle factors and changes that may be required to promote healing and activities which might inhibit or compromise healing, correct aftercare, skin hygiene and behaviour of client – anti-inflammatory effects LED, serum, mask, compress

Treatment progression and additional/complementary treatments recommendations

Taught content

- Recommendations for frequency of treatment depending on condition treated and treatment objectives, changes to needle depth, speed of automated device and techniques as treatment progress, homecare
- Complementary products to be used/avoided in conjunction – topical trans-epidermal products
- Knowledge of progressive remedial treatments and products as appropriate for the skin health/condition/type to promote healing and give protection
- Knowledge of how the skin benefits and responds to cosmetic skin needling procedures and how they vary for different Fitzpatrick skin classifications.
- Knowledge of maintenance treatment timings and use of skin care programmes at home to reinforce treatment effects
- Lifestyle factors and changes that may be required to improve effectiveness of treatment – skin care routine, healthy eating, exercise and sun protection

LO3 Comprehend the relevant anatomy, physiology and pathologies for cosmetic skin needling treatments

Structure and functions of the skin in relation to cosmetic skin needling treatments

Taught content

- Epidermis – stratified epithelial tissue, stratum germinativum, stratum spinosum, stratum granulosum, stratum lucidum, stratum corneum
- Cell structure and types in the skin, mitosis, epidermal lipids and hydration, epidermal tissue differentiation, keratinisation, natural desquamation and melanin synthesis
- The defensive role of the epidermis and the importance of the natural barrier function (NBF) and implications of compromised NBF
- The role of melanocytes, keratinocytes and fibroblasts in promoting and rejuvenating healthy skin
- Melanogenesis to include Post Inflammatory Hyperpigmentation (PIH) plus causes and recognition of hypo and hyperpigmentation pigmented lesions, recognition and causes i.e. vitiligo, solar/seborrheic keratosis, actinic keratoses, lentiginos, ephelides, chloasma, melasma, poikiloderma of Civatte, skin cancers
- Dermis – blood/lymph supply, papillary layer, reticular layer, extra cellular matrix-collagen, elastin, hyaluronic acid, dermal cells mast cells, fibroblasts macrophages and neutrophils, proteoglycans, glycosaminoglycans (GAGS)
- Extra cellular matrix development, function, degeneration and regeneration including importance of collagenase and elastase in the wound healing process
- The impact of compromised healing process and how to recognise and respond to it
- Types of collagen 1, 3 and 7
- The process of and the requirements for collagen synthesis including vitamin A, vitamin C, vitamin E, anti-oxidants, growth factors, copper peptides, bioflavonoids, iron, zinc and amino acids
- Vascular lesions and common skin disorders i.e. acne rosacea, telangiectasia, cherry angioma, Campbell de Morgan spots, spider naevus, sebaceous hyperplasia and keratosis pilaris

Principles of controlled wound healing in relation to cosmetic skin needling treatment

Taught content

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

Common diseases and disorders and relevant terminology of the skin

Taught content

- Allergic reaction bruise, benign, bulla, crust, erythema, excoriation, fissures, haemangioma, hyperaemia, inflammation, keloid, macule, malignant, papule, pustule, nodule or cyst, oedema, scales, scar, tumour, ulcer, vesicle, weal, weeping, chilblains, couperose, telangiectasia, comedones, crow's feet, hyper-keratosis, milia, pseudo folliculitis, urticaria, hyperpigmentation, hypopigmentation, atopic eczema, atopic dermatitis, psoriasis, acne vulgaris, acne rosacea, boils, carbuncles, folliculitis, impetigo, herpes simplex, herpes zoster, warts, verrucae, candida, tinea corporis, albinism, chloasma, dermatosis papulosa nigra, ephelides, lentigo, leucoderma, naevae, papilloma, port wine stain (capillary naevus), vitiligo, sebaceous cysts (steatoma), skin tags (fibroma, verrucae filiformis), spider naevi, styes, xanthomas and prickly heat (miliaria rubra)

LO4 Demonstrate how to consult, plan and prepare for cosmetic skin needling treatments

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 using skin needling techniques 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 and any subsequent 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

Consult with the client

Taught content

- General information
- Relevant medical history – discuss all areas on consultation documentation including any recent herpes simplex, certain medications including anti-coagulants
- Lifestyle information – smoking, diet, water intake, current skin care routine that may need to be considered, sun exposure
- Skin classification – assess Fitzpatrick scale, Lancer Scale, phenotype and genotype and Glogau photo damage, hereditary and ethnic influences
- Explain the skin needling treatment process in line with supplier/manufacture recommendations, the physical sensation of the treatment and the appearance of the skin posttreatment. Discuss associated time frames and changes associated with healing and explain any downtime requirements and activities to avoid post treatment
- Explain potential risks/side effects/adverse reactions and contra-actions – hyperaemia, histamine reaction, anaphylaxis, bruising, burns, irritation, infections, papules, pustules, pain, inflammation, swelling, excessive oedema, prophylaxis herpetic infection, wounds, atrophic scarring, keloid scarring, pigmentary changes, trans-dermal water loss, compromised healing process, nausea, dizziness, fainting
- 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

- Use magnifying lamp/glasses or skin diagnostic equipment (Woods Lamp) and perform a visual assessment of the condition and health of the skin, documenting all findings
- Skin characteristics – Skin types, Fitzpatrick scale 1-6, skin conditions, density/thickness of skin, epidermal thickness, surface hydration, hyperpigmentation (PIH), melasma, chloasma, lentigo, skin texture (pore size), skin laxity, static and dynamic wrinkles, wrinkle depth, congestion/excessive oil
- Skin conditions – open and closed comedones, milia, papules, pustules, acne, nodules, cysts, Glogau photo damage, pigmentation irregularities including post inflammatory (PIH), melasma, chloasma, lentigo, Lancer Scale, phenotype and genotype, sensitivity, Poikiloderma of Civatte, vascular lesions and irregularities, primary and secondary skin lesions, moles, birthmarks
- Level of skin sensitivity (vascular) – facial erythema, acne rosacea, telangiectasia, spider naevi
- Skin healing history – keloid formation, scars
- Identify limitations and contra-indications that may restrict, prevent or require medical referral

Explain the cooling off period

Taught content

- Provide information to the client regarding the 'cooling off' period and offer this facility between initial consultation and first treatment. Book first treatment in line with given directives on cooling off periods. Give client verbal and written information regarding the associated risks, after effects, possible contra or adverse reactions including any downtime, home care/additional routines or modifications to current routines required, proposed outcomes and agreed treatment plans with appropriate timescales needed to achieve proposed desired outcome

Explain the treatment procedures to the client

Taught content

- Selection of skin needling treatment protocol and preparation to match treatment objectives and agreed treatment plan in line with findings from detailed advanced skin analysis
- Positioning required for treatment, ensuring client comfort and full access to treatment area(s)
- Products and equipment including skin needling system selection to match treatment objectives, desired effects and agreed treatment plan
- The area will be cleansed thoroughly with appropriate cleansing products until all make-up, lotions, debris and surface oils are removed and cotton pads appear clean
- Skin antiseptic applied with clean gauze or cotton wool, ensure area is dried thoroughly
- Pre-treatment photographs (visual media) to be taken from all appropriate angles
- Practitioner to set up a sterile field and put on sterile single use gloves
- Once set up, inform the client where the treatment will begin (depends on area being treated)

- The area(s) will be treated following supplier/manufacturer protocols in a methodical and systematic manner within the agreed treatment area using products as appropriate to the system and treatment plan
- Explain the method of skin needling treatment and adaptations as required, such as duration of contact, direction, pressure, sensation, sound, as appropriate to all areas
- After treatment, cooling and nourishing products to be applied to the skin
- Post treatment photographs (visual media) to be taken from all appropriate angles
- Broad spectrum sun protection UVB and UVA is finally applied to protect the skin, explain the use of physical sun protection
- Explain potential risks/side effects/adverse effects – erythema, mild oedema, tenderness, possible pinpoint bleeding, likely level of discomfort during treatment, possible contra-actions and adverse reactions including likely duration
- Aftercare and home care advice including the revision of skincare regime for the area between appointments if applicable and advice regarding lifestyle changes needed to support and promote healing
- The importance of client compliance with adhering to advice given

Take pre-treatment visual media records

Taught content

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

Carry out skin sensitivity tests

Taught content

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

LO5 Demonstrate how to provide cosmetic skin needling treatments

Maintain own responsibilities for health and safety through the treatment

Taught content

- Ensure working area is set up and a safe working environment created in line with health and safety protocols and legislation
- Ensure all surfaces are clean and hygienic, trolley is tidy, equipment and accessories are sanitised and products set out ergonomically
- Ensure use of sanitisation and sterilisation for equipment and accessories are in accordance with supplier/manufacturer guidelines
- Sterile field to be prepared, appropriate PPE to be worn and single use sterile gloves to be worn during treatment application
- Working in an environmentally sustainable manner
- Ensure all equipment and accessories are in sealed sterile packs where appropriate and in safe working order and products are available, in date and ergonomically placed
- Ensure risks and hazards have been checked, for example slip and trip hazards in the working area
- Ensure treatment area is magnified and well lit

Prepare, position and protect the client and self

Taught content

- Ensure preparation complies with legal and organisational requirements
- Prepare and protect client to avoid cross-infection and preserve modesty. Protect client's eyes, hair when appropriate, clothing and surrounding areas depending on area of treatment
- Ensure skin is cleansed, free of make-up, oils, lotions, deodorants and debris using appropriate cleansers and antiseptic skin sanitiser
- Ensure effective, ergonomic positioning of couch, trolley, stool, equipment, accessories, and products to avoid injury to self, client and others
- Position the client to meet the needs of the treatment without causing them discomfort
- Clearly instruct the client and if needed use supports or pillows to ensure the position fits the needs of the treatment, does not compromise the treatment application and does not cause the client any discomfort
- Ensure own posture and working methods minimise fatigue and the risk of injury to self, the client and others
- Ensure the working environment is private. Depending on area to be treated, provide modesty towels/disposable tissue to protect clothing and provide modesty so the client does not feel exposed and vulnerable

Ensure environmental conditions are suitable for treatment

Taught content

- Ensure ventilation, temperature, ambience, lighting, wall and floor coverings are fit for purpose
- Ensure all tools and equipment and accessories are available and in safe working order
- Ensure appropriate PPE for both client and self in line with treatment protocols
- Ensure risks and hazards have been checked, for example slip and trip hazards in the working area

Ensure the use of clean equipment and materials

Taught content

- Ensure all surfaces are clean and hygienic, equipment, accessories and products set out ergonomically, all expiry dates checked and in date
- Ensure that PPE is available and fit for purpose – clean, disposable, disposable gloves and non-latex sterile gloves and mask for working in close proximity (as appropriate)
- Ensure the use of sterilisation, sterile dressing pack to prepare a sterile field and disinfectants for surfaces and equipment as required for treatment

Safe use of equipment, materials and products

Taught content

- Follow protocols for safe use including correct use of cosmetic skin needling systems, selection, handling, loading, unloading/changing and sanitising of roller/needles/cartridge and selection of needle depth, speed of automated device and application techniques for different treatment objectives
- Keep tops on bottles, make sure all products are labelled clearly in line with Control of Substances Hazardous to Health (COSHH)

Prepare the skin

Taught content

- Ensure the client's skin is clean and prepared for cosmetic skin needling treatment. Cleanse professionally with an appropriate cleanser to ensure all make-up, oils and debris are removed thoroughly. Protect vulnerable areas of face as indicated
- Apply topical anaesthetic if appropriate and allow to take effect
- Use clean cotton wool or gauze to apply skin antiseptic, ensure area is dried thoroughly
- Follow supplier/manufacturer protocols/recommendations

Select, load and prepare the appropriate skin needling system, accessories and products

Taught content

- Ensure selection of a single use needle unit/device is new and prepared in line with health and safety guidelines for each client
- Note the expiry date on all sealed needle packaging, discard any that are past their expiry date
- Roller/derma pen/stamp – single use opened from new sealed and sterile packaging
- Automated pen – hand-piece is cleaned and protected with disposable sleeve/film. Needle cartridge is opened from a new sealed, sterile packet and loaded in accordance with manufacturers' instructions
- Select the needle size and configuration for the skin condition, area and treatment objectives:
 - Up to 0.5mm for face
 - Up to 1mm for body
- Match to treatment objectives and skin health characteristics, all skin classifications and skin types
- Check condition of needles and for automated devices, check barrel moves freely
- Select and adjust the appropriate depth and speed of automated devices adapting to all areas as required throughout treatment

Provide cosmetic skin needling treatment

Taught content

- Provide skin needling treatments using the 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 skin needle device, needle configuration, depth, settings, speed and products used at last treatment (if applicable)
- Check preparation of treatment area; clean, sanitised and dry prior to treatment
- Apply single use formulations for trans-epidermal penetration during treatment prior to needling application as appropriate in line with supplier/manufacturer protocols, reapplying throughout treatment as appropriate
- Perform visual check of the automated pen to ensure it is in full working order and ensure the sterile needle cartridge is loaded and inserted correctly
- Select the appropriate equipment settings – adjust needle depth, pressure, speed and angle as for treatment objectives and all characteristics
- Position the client comfortably preserving client modesty where appropriate
- Work systematically and methodically to cover the areas to be treated following manufacturers recommendations
- Use adequate skin support and techniques to fully support the treatment area avoiding skin distension, tearing, bruising, excessive pressure or over treatment
- Multi-directional sequence protocol to be followed if required according to treatment plan in line with manufacturers recommendations avoiding uneven treatment, overlap and post procedure marking (tracking)
- Adjust the intensity, duration and depth of penetration and speed of automated device to suit the client's skin characteristics, treatment objectives, including adaptations for all skin types, classifications and areas treated
- 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, taking breaks as appropriate
- Adjust needle depth, pressure, speed and angle as to each area to ensure client comfort and effective treatment
- Visually monitor the area throughout treatment to observe and evaluate end points including degree of erythema and observation of desirable (mild erythema, mild oedema, pinpoint bleeding) and undesirable end points (excessive erythema or oedema/welting, blanching or bruising)
- Observe skin reaction and implement the correct course of action in the event of an adverse reaction including knowing when to adjust or stop treatment due to excessive pain/discomfort, erythema or adverse reaction
- Conclude treatment and turn off device and dispose of cartridge or needling device as appropriate
- Apply appropriate aftercare products in line with supplier/manufacturer protocols – calming serum/mask, cool compress, cooling agent, serum with high hyaluronic acid content, broad spectrum sunscreen physical SPF 30 minimum with UVA and UVB protection
- Ensure treatment is completed in a commercially acceptable time frame
- Record treatment products used, device settings needle depth, pressure, speed and all treatment details on consultation form
- Collate, analyse, summarise and record evaluation feedback in a clear and concise way

Take post-treatment multi-media images

Taught content

- Follow protocols for taking clinical photographs (visual media) to ensure clarity and consistency. Take photographs (visual media) in same position as pre-treatment photographs (visual media) and where possible in the same light. Position area to be treated so photographs (visual media) are taken straight on and from both sides where applicable, zoom in on areas of concern, for example fine lines or pigmentation
- Personal devices should not be used to take images of clients
- Confirm clients' consent for storage of clinical photographs (visual media) and specific use of photographs (visual media) for treatment evaluation, marketing and teaching purposes

Provide post care advice and additional homecare

Taught content

- Communicate with the client regarding post-treatment care, normal/expected and adverse treatment reactions
- Assess and record immediate skin response. Give client advice on post treatment sensations and expectations – Erythema, soreness, mild oedema, sensitivity
- Immediate skin response
 - Erythema, swelling, hot, burning sensation. Give client advice on post-treatment and post-treatment products
- Post-treatment physical sensation and visual changes
 - Day 1 – erythema and redness like moderate sunburn with minor swelling, some pinpoint bleeding
 - Day 2 – erythema and mild swelling often starts to subside
 - Day 3 – as Day 2 and skin appears pink
 - Day 1-3 – skin will feel dry and tight, moderate flaking can take place
 - All physical sensations and effects post-treatment depend on size of device used, technique and individual skin characteristics
 - Advise client how to cope with skin changes and provide a point of contact
- Post-treatment advice
 - Avoid AHAs, BHAs and Retinoids for 48 hours
 - Avoid make-up for 24 hours
 - Wash hands before touching treated area and general personal hygiene
 - Avoid pets and unclean surfaces to reduce risk of infection
 - Avoid immediate vigorous exercise and other spa/beauty treatments
 - Avoid sun exposure, heat treatments, polluted atmospheres and topical preparations
- Provide advice on suitable post-treatment products, hyaluronic acid, tyrosinase inhibitors and SPF
- Provide advice for ongoing/further cosmetic skin needling treatments and treatments which may or may not be used in conjunction
- Follow manufacturer/supplier recommendations in respect of treatment frequency
- Occasional side effects and adverse reactions
 - Pinpoint bleeding, scabbing, flaking, skin infection with bacteria or herpes simplex virus, milia and mild acne flares

Dispose of waste materials to meet legal requirements

Taught content

- Waste – disposed of in an enclosed foot pedal-controlled waste bin fitted with disposable, durable bin liner
- Place rollers immediately into sharps box handling safely and correctly
- For automated devices, turn off and unplug where applicable, remove protective film/covers and dispose of in clinical biohazard waste. Remove the cartridge and place in a sharps box
- Clean handpiece of automated device following manufacturers' instructions
- Dispose of any swabs/cotton pads or hazardous waste from treatment application with PPE into clinical biohazard waste in line with local regulations and procedures of the country therein
- Remove gloves in an aseptic manner and dispose with clinical waste

Update client records

Taught content

- Accurate completion of treatment details, recording needling device used, needle size, speed of automated device, depth and penetration, skin preparation, application techniques and duration of treatment, client skin sensation and skin response, observation of skin during and after treatment
- Reflective practice used to evaluate the skin needling treatment and inform future treatments
- Signature from client to be obtained accepting treatment results and skin response and agreeing to follow all 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
- Follow manufacturers protocols for treatment intervals

Provide and manage post-treatment communications and outcomes

Taught content

- Advise client of expected reactions; mild erythema, mild oedema, micro-scabbing, healing process and associated time frames
- Communicate with client regarding post-treatment care and concerns
- Inform client how to manage complications/adverse reactions at home and when to refer to a medical practitioner
- Provide and inform the client of protocol for formal complaints
- Document post-treatment complications and adverse reactions in line with organisation guidelines
- Protocol for escalating a formal complaint to management prior to a medical practitioner
- Every client must be given the opportunity to feedback outcomes at the end of every treatment

Assessment requirements

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

1. Case studies
2. Theory examination
3. Practical examination

1. 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 learner's training, to ensure that they meet the given criteria. All case studies must be completed and marked prior to the learner completing the practical and theory 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 photographs (visual media) and a full description of the conditions/characteristics to be treated. A detailed description of the application technique, equipment used and the duration of the treatment must also be provided. Each case study must also include an evaluation of the treatment and its outcomes, pre and post treatment skincare product recommendations and post treatment advice.

Range to be included in case studies:

- Met the needs of a variety of clients
 - Existing
 - New
- Carried out all consultation techniques
 - Questioning – verbal
 - Listening – non-verbal
 - Visual – non-verbal
 - Manual
 - Written
 - Pre-treatment photographs (visual media) taken
- Carried out skin sensitivity test
 - Patch test
 - Thermal test
 - Tactile test
- Carried out advanced skin assessment
- Met all treatment objectives
 - Reduction of fine lines
 - Improved skin condition
 - Improved skin texture
 - Skin laxity improvement
 - Stretch mark improvement
- Treated a minimum of 2 areas
 - Face
 - Neck
 - Chest

- Treated a minimum of 2 body areas
 - Back of hands
 - Legs
 - Abdomen
- Considered all factors of skin characteristics
 - Fitzpatrick scale
 - Level of sensitivity
 - Thickness of skin
 - Epidermal thickness
 - Healing capacity
- Taken all courses of necessary action
 - Explaining why treatment cannot be carried out
 - Encouraging the client to seek medical advice if applicable
 - Modification of treatment
- Used both types of equipment
 - 0.5mm needle unit for the face
 - 1mm needle unit for the body
- Used all types of equipment
 - Manual needling devices – stamp, pen, roller
 - Automated needling device
- Given all advice and recommendations
 - Suitable post care products and their uses
 - Pre-treatment skincare products and lifestyle recommendations
 - Avoidance of activities which may cause contra-actions
 - Modifications to lifestyle patterns
 - Recovery and skin healing process
 - Post-treatment contra-actions and how to deal with them
 - Frequency and benefits of courses of treatments
 - Time intervals and benefits of future maintenance treatments
 - Treatments which could be given in conjunction with/after cosmetic skin needling treatment
 - Present and future products and treatments recommended
 - Use of SPF products
 - Issuing of written post-care advice
 - Recording before and after photographs (visual media)

2. Theory examination

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

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

Learning Outcome	Assessment Criteria
LO1 Interpret safety considerations when providing cosmetic skin needling treatments	1.1 Safety considerations of product and equipment sourcing
	1.2 Insurance requirement guidelines
	1.3 Hygiene considerations
	1.4 Hazards and risks
	1.5 Suppliers' and manufacturers' instructions for safe use
	1.6 Treatment of minors
	1.7 Timing of treatments
	1.8 Contra-indications that would restrict or prevent treatment
	1.9 Contra-indications requiring medical referral and referral process
	1.10 When to consult with other aesthetic professionals

Learning Outcome	Assessment Criteria
LO2 Comprehend how to provide cosmetic skin needling treatments	2.1 Factors to consider when treatment planning
	2.2 Assessing skin characteristics
	2.3 Pre and post advice to provide the client
	2.4 Pain threshold, sensitivity variations and testing
	2.5 Types and purpose of cosmetic skin needling equipment and products
	2.6 Preparation and selection of equipment, accessories and products for treatment
	2.7 Method of application
	2.8 Adaptations to treatment
	2.9 Uses, limitations, benefits and effects of cosmetic skin needling products and equipment
	2.10 Contra-actions and adverse reactions
	2.11 Benefits and use of inhibitors
	2.12 SPF and UVA specific sun protector
	2.13 Preventing infection and promoting healing
	2.14 Treatment progression and additional/complementary treatments recommendations

Learning Outcome	Assessment Criteria
LO3 Comprehend the relevant anatomy, physiology and pathologies for cosmetic skin needling treatments	3.1 Structure and functions of the skin in relation to cosmetic skin needling treatment
	3.2 Principles of controlled wound healing in relation to cosmetic skin needling treatment
	3.3 Common diseases and disorders and relevant terminology of the skin

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
v1	12/02/2024	First published	Product and Regulation Manager