

iUBT378 – Provide facial electrotherapy treatments

URN – J/617/4309

Guided Learning Hours: 104

Learning outcome	Assessment criteria	Taught content to include
LO1 Be able to prepare for facial treatments using electrotherapy	1.1. Prepare self, client and work area for facial electrotherapy treatments	• Preparation of working area • Equipment • Products • Work wear • Personal appearance and behaviour • Hygiene e.g. sterilising/sanitising tools and equipment • Client for treatment • Client care and modesty
	1.2. Use suitable consultation techniques to identify treatment objectives	• An example of a consultation form can be downloaded from: www.vtctskills.org.uk • Suitable area • Positive body language • Positioning of the client • Communication skills • Professionalism • Contra-indications and contra-actions • Treatment plan • Products used • Consent • Confidentiality • Client's signature • Compliance with current data protection regulations
	1.3. Carry out skin analysis and relevant tests	• Overall skin type • Skin condition • Pigmentation and colour • Skin texture

		• Skin imperfections • Skin tone • Skin temperature • Muscle tone • Skin elasticity • UV damage
	1.4. Provide clear recommendations to the client	• Taking into account the following: - The outcome of the skin analysis - Diet - Smoking - Alcohol - Central heating - Air conditioning - Stress - Sleep - Exercise - Fresh air - Occupation - Lifestyle - Current regime
	1.5. Select products, tools and equipment to suit client treatment needs, skin types and conditions	• Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Sponges • Gloves • Spatulas

		• Bowls • Mask brushes • Gauze • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Electrical equipment as follows: - Electro muscle stimulator (EMS) (Faradic) - Galvanic - Microcurrent - Vacuum suction (lymphatic drainage) - High frequency
	1.6. Describe salon requirements for preparing themselves, the client and work area	• Any particular rights, restrictions and acts applicable to facial electrotherapy treatment • Code of practice/ethics • Insurance and professional association membership • Record keeping • Professional appearance
	1.7. Describe the environmental conditions suitable for facial electrotherapy treatments	• Lighting • Heating • Ventilation • Noise levels • Available space • Music • General hygiene • Waste disposal • Décor • Equipment • Privacy • Reception areas • General use/treatment areas • Safety aspects
	1.8. Describe the different consultation techniques used to identify treatment objectives	• Positive body language

		• Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Verbal and non-verbal communication
	1.9. Explain the importance of carrying out a detailed skin analysis and relevant tests	• Identifying client's skin type and needs • Thermal test • Tactile test • Contra-indications • Scope of treatment(s) • Aftercare advice • Home care advice
	1.10. Describe how to select products, tools and equipment to suit client treatment needs, skin types and conditions	• Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Sponges • Gloves • Spatulas • Bowls • Mask brushes • Gauze • Mirror • Chemicals • UV cabinet • Autoclave • Waste disposal

		• Electrical equipment as follows: - Electro muscle stimulator (EMS) (Faradic) - Galvanism - Microcurrent - Vacuum suction (lymphatic drainage) - High frequency
	1.11. Describe the different skin types, conditions and characteristics	• Skin types - Dry - Oily - Combination • Skin conditions/characteristics - Mature skin - Young skin - Sensitive - Dehydrated - Lack of elasticity - Lack of muscle tone - Blemishes/congested - Age - Crow's feet - Broken capillaries - /vascular - Open pores - Milia - Comedones - Pustules - Papules - Hyperpigmentation - Hypopigmentation - Dermatitis papulosa nigra - Pseudo folliculitis - Keloids - Ingrowing hairs - Vitiligo - Albinism - Chloasma - Ephelides - Lentigo

		- Naevae - Port wine stain - Leucoderma - Scarring - Thin skin - Small moles - Papilloma • Skin tones - White - Black - Asian type skin - Fair - Medium - Dark - Olive
	1.12. Explain the contra-indications to facial electrotherapy treatments	• Differentiating between those contra-indications to facial electrotherapy treatments requiring referral or the client to sign an informed consent form prior to the treatment, and those contra-indications that restrict treatment • With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist - Pregnancy - Cardiovascular conditions ▪ Thrombosis ▪ Phlebitis ▪ Hypertension ▪ Hypotension ▪ Heart conditions - Haemophilia - Any condition already being treated by a GP or another practitioner - Medical oedema - Osteoporosis - Nervous/psychotic conditions - Epilepsy

		- Recent operations - Diabetes - Asthma - Any dysfunction of the nervous system (e.g. Multiple sclerosis, Parkinson's disease, Motor neurone disease) - Bell's palsy - Trapped/pinched nerve - Inflamed nerve - Conditions causing muscular spasticity (e.g. cerebral palsy) - Kidney infections - Urinary infections - Acute rheumatism - Undiagnosed facial pain - When taking prescribed medication - Medication causing a thinning or inflammation of the skin (e.g. steroids, Accutane, retinols) • Contra-indications that restrict treatment - Fever - Contagious or infectious - Under the influence of recreational drugs or alcohol - Cancer - Diarrhoea and vomiting - Hypersensitive skin - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Cuts - Bruises - Abrasions - Scar tissue (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Haematoma - Micropigmentation - Recent fractures (minimum 3 months) - Cervical spondylitis - Any metal pins or plates
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		- Loss of skin sensation (test with tactile test) - Sinusitis - Botox/dermal fillers - Anaphylaxis - Muscle fatigue - Pacemaker - Body/face piercing - Hypersensitive skin - Thin skin - Hirsutism - After any other heat treatment - Chemical peels - Recent dermabrasion - IPL or laser - Epilation
LO2 Be able to provide facial treatments using electrotherapy	2.1. Communicate and behave in a professional manner	• Checking consultations and contra-indications • Explaining the treatment to the client • Benefits, limitations and co-operation required • Helping the client onto the couch prior to and off the couch after the treatment • Positioning the client correctly • Sanitising client's hands as appropriate • Sanitising own hands as appropriate throughout treatment • Protecting the client's modesty at all times • Ensuring that all parts of the client are covered except the area being treated • Ensuring that the client is comfortable • Using appropriate covered supports • Adapt the facial electrotherapy treatments to suit the needs of the client • Ensure client does not stand on floor with bare feet • Client care • Communication • Correct posture, hygiene and a professional approach to the client throughout treatment • Compliance with current data protection regulations

	2.2. Follow health and safety working practices	• Fire Precautions Act • Health & Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act/General Data Protection (GDPR) • Adhere to all safety precautions and manufacturer's instructions
	2.3. Position self and client correctly throughout the treatment	• Positioning of the client • Client comfort • Application of the treatments • Beauty therapist self-care
	2.4. Use products, tools, equipment and techniques to suit client's treatment needs, skin type and conditions	• Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Sponges • Gloves • Spatulas

		• Bowls • Mask brushes • Gauze • Mirror • Chemicals • UV cabinet • Autoclave • Waste disposal • Electrical equipment as follows: - Electro muscle stimulator (EMS) (Faradic) - Galvanic - Microcurrent - Vacuum suction (lymphatic drainage) - High frequency
	2.5. Complete the treatment to the satisfaction of the client	• Conclusion of treatment in appropriate manner to meet client's needs
	2.6. Evaluate the results of the treatment	• Reviewing and recording treatment outcomes • Treatment recommendations • Home care advice
	2.7. Provide suitable aftercare advice	• Recommendations for immediate aftercare • Suitable skin care regime • Use of SPF • Lifestyle • Avoidance of activities that could cause contra-actions • Recommendation for further salon treatments and frequency
	2.8. Explain how to communicate and behave in a professional manner	• Consultation • Treatment explanation • Client care • Hygiene • Good communication skills
	2.9. Describe health and safety working practices	• Fire Precautions Act • Health & Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual Handling Operations Regulations

		• The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act/General Data Protections (GDPR) • Adhere to all safety precautions and manufacturer's instructions • Specific safety precautions for each machine as follows: - Electro muscle stimulator (EMS) (Faradic) - Galvanic - Microcurrent - Vacuum suction (lymphatic drainage) - High frequency
	2.10. Explain the importance of positioning self and the client correctly throughout the treatment	• Ensuring the client is comfortable and correctly supported • Applying the treatments as appropriate to the client's needs • Therapist maintaining correct posture/stance throughout treatment
	2.11. Explain the importance of using products, tools, equipment and techniques to suit the client's treatment needs, skin type and conditions	• Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Sponges • Gloves • Spatulas

		• Bowls • Mask brushes • Gauze • Mirror • Chemicals • UV cabinet • Autoclave • Waste disposal • Products and equipment applicable for the following: - Electro muscle stimulator (EMS) (Faradic) - Galvanic - Microcurrent - Vacuum suction (lymphatic drainage) - High frequency
	2.12. Describe the effects and benefits of electrotherapy equipment and products on the skin and underlying structures	• Microcurrent • Vacuum suction (lymphatic drainage) • Galvanic • High frequency • Electro muscle stimulator (EMS) (Faradic) • Effects of the above electrotherapy treatments on the following: - Circulation - Lymphatic drainage - Skin - Muscular system - Ageing - Moisture levels
	2.13. Explain the principles of electrical currents	• Protons • Neutrons • Electrons • Nucleus • Volts • Watts and amperes • Ohms and Ohm's law and their relevance • Insulator • Conductor • Transformer • Rectifier

		• Fuses • Direct • Alternating • Interferential • Modified direct current • Types of equipment and current: - Electro muscle stimulator (EMS) (Faradic) – direct interrupted/surged current - High frequency – alternating – indirect/direct - Galvanic – direct – iontophoresis/desincrustation - Microcurrent – modified direct current - Vacuum suction (lymphatic drainage) – alternating
	2.14. Describe how treatments can be adapted to suit client treatment needs, skin types and conditions	• Restrictions • Client preferences and commitment • Product availability • Time scales • Costs • Microcurrent • High frequency • Electro muscle stimulator (EMS) (Faradic) • Galvanic • Vacuum suction (lymphatic drainage)
	2.15. State the contra-actions that may occur during and following treatments and how to respond	• Galvanic - Caustic burn - Galvanic burn - Allergic reaction - Skin irritation - Excessive erythema • Electro muscle stimulator (EMS) (Faradism) - Muscle fatigue • Vacuum suction - Excessive erythema - Bruising • High frequency - Destruction of tissues when sparking - Excessive erythema

	2.16. Explain the importance of completing the treatment to the satisfaction of the client	• Concluding the treatment in appropriate manner to meet client's needs • Concluding the electrical treatment in an appropriate and safe manner to meet the client's needs • Ongoing treatments
	2.17. Explain the importance of completing treatment records	• Maintaining records • Aftercare • Home care • Product advice • Record and store in line with current data protection regulations and professional codes of conduct
	2.18. Describe the methods of evaluating the effectiveness of the treatment	• Maintaining records for accurate future treatment • Record and store in line with current data protection regulations and professional codes of conduct • Aftercare • Home care • Product advice • Concluding the treatment in the correct manner to meet client's requirements • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout •
	2.19. Describe the aftercare advice that should be provided	• Based upon consultation, skin analysis and relevant test recommendations for ongoing or further treatments and frequency, home care and aftercare advice • Healthy eating • Fluid/water intake • Smoking habits • Hobbies • Interests • Rest • Relaxation • Stress levels • Sleep • General care and lifestyle advice and the beneficial effects thereof

		Avoidance of activities that could cause contra-actions
	2.20. Describe the structure, growth and repair of the skin	- Skin - Epidermis - Stratum corneum - Stratum lucidum - Stratum granulosum - Stratum spinosum/Malphigian layer - Stratum germinativum/Basal layer - Melanocytes - Dermis - Blood supply - Lymphatic supply - Hair follicle - Hair - Sebaceous gland - Sweat glands: Eccrine and apocrine - Sensory nerve endings - Dermal papilla - Collagen - Elastin - Histiocytes - Mast cells - Fibroblasts - Erector pili muscle and subcutaneous layer - Secretion - Heat regulation - Absorption - Protection - Elimination - Sensation - Vitamin D formation (7-dehydro-cholesterol) - Keratinisation - Melanin formation - Mitosis
	2.21. Describe skin types, conditions, diseases and disorders	- Skin types - Dry - Oily - Combination

		• Skin conditions/characteristics - Mature skin - Young skin - Sensitive - Dehydrated - Lack of elasticity - Lack of muscle tone - Blemishes - Age - Crows' feet - Broken capillaries - Open pores - Milia - Comedones - Pustules - Papules - Hyperpigmentation - Hypopigmentation - Dermatitis papulosa nigra - Pseudo folliculitis - Keloids - Ingrowing hairs - Vitiligo - Albinism - Chloasma - Ephelides - Lentigo - Naevae - Port wine stain - Leucoderma - Scarring - Thin skin - Small moles • Infestations - Scabies - Pediculosis • Congenital - Atopic eczema - Atopic dermatitis
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		- Psoriasis • Bacteria: - Acne vulgaris - Impetigo - Acne rosacea - Boils - Folliculitis • Viral - Warts - Herpes simplex - Herpes zoster • Fungal - Tinea (ringworm) • Pigmentation disorders - Vitiligo - Albinism - Chloasma - Ephelides - Lentigo - Moles (papilloma) - Naevae - Port wine stain - Leucoderma • General disorders - UV damage - Urticaria - Allergic reaction - Hyperkeratosis
	2.22. Describe the structure, function, position and action of the muscles of the head, neck and shoulder	• Voluntary • Involuntary • Cardiac • Origin • Insertion • Action • Tone • Tension • Fatigue • Orbicularis oculi

		• Orbicularis oris • Masseter • Buccinator • Risorius • Levator anguli oris • Levator labii superioris • Depressor anguli oris (Triangularis) • Depressor labii inferioris • Mentalis • Zygomaticus • Temporalis • Nasalis • Procerus • Corrugator • Frontalis • Occipitalis • Pterygoids • Trapezius • Platysma • Sternocleidomastoid • Deltoid • Pectoralis major and minor
	2.23. Describe the location, function and structure of the bones of the head, neck and shoulder	• Cancellous • Compact • Long • Short • Flat • Irregular • Sesamoid • Cranium - Parietal - Frontal - Ethmoid - Sphenoid - Occipital - Temporal • Facial

		- Nasal - Zygomatic - Maxilla - Lacrimal - Turbinate - Palatine - Mandible - Vomer • Shoulder - Clavicle - Scapula - Humerus • Chest - Sternum • Neck - Cervical vertebrae
	2.24. Describe the structure and function of the nervous, circulatory and lymphatic systems for the head, neck and shoulders	• Motor • Sensory • Mixed nerves • Neurone • 5th, 7th and 11th cranial nerves • Blood plasma • Erythrocytes • Leucocytes • Platelets • Thrombocytes • Arteries • Arterioles • Veins • Venules • Capillaries • Main arteries of the head and neck - Thyroid - Facial - Temporal - Lingual - Occipital - Maxillary

		• Main veins of the head and neck - Middle temporal - Superficial temporal - Maxillary - Anterior facial - Common facia - Internal jugular - External jugular • Content of lymph • Transports waste • Purifies toxins • Adds antibodies, antitoxins and lymphocytes • Part of the immune system • Secondary circulation • Lymphocyte • Lymphatic capillary • Lymphatic vessel • Lymph node • Lymphatic duct • Superficial and deep cervical • Submandibular • Anterior and posterior auricular • Occipital • Buccal • Sub-mental
	2.25. Explain how the ageing process, lifestyle and environmental factors affect the condition of the skin and underlying structures	• Intrinsic ageing • Extrinsic ageing • The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social well-being • Computers • Mobile phones • Processed food • Stress • Lack of sleep • Financial problems • Poor ventilation

		• Lack of exercise • Chemicals • Pollution • Repetitive strain injuries • Jet lag • Lack of natural light
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Assessment

Portfolio of evidence containing: • 5 treatment evidence Practical examination MCQ	These treatment evidence are internally assessed by the college lecturer and verified by the external examiner to include: • Consultation including medical history Treatment details • Aftercare/home care advice • Learner and client signature • Treatment date
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Guide to taught content

The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.

Document History

Version	Issue Date	Changes	Role
v1	23/08/2019	First published	Qualifications and Regulation Co-ordinator
v2	18/06/2026	Rebranding	Development Administrator