
Unit Specification

UBT278 – Provide cosmetic skin needling treatments

Unit reference number: R/616/8609

Level: 4

Guided Learning (GL) hours: 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 Know safety considerations when providing cosmetic skin needling treatments

LO2 Understand how to provide cosmetic skin needling treatments

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

LO4 Be able to consult, plan and prepare for cosmetic skin needling treatment

LO5 Be able to provide cosmetic skin needling treatments

Unit content

LO1 Know safety considerations when providing cosmetic skin needling treatments

Safety of product and equipment sourcing

Taught content

- Ensure cosmetic skin needling equipment used is approved by EU Cosmetics Regulations for cosmetic use by practitioners and conforms to guidelines of the Cosmetic Practice Standards Authority (CPSA)
- Understand how to gain verification of legality
- Ensure products used are those approved by EU Cosmetics Regulations for cosmetic use by practitioner
- Current professional insurance policy requirements for working at this level
- Check with supplier/manufacturer for guidelines

Insurance guidelines

Taught content

- Insurance policy requirements to be met to ensure insurance is valid
- Requirements for skin testing prior to treatment
- Acquiring informed client consent and signature before every treatment
- Providing written post-care information
- Ensuring the practitioner is working within scope of practice with regards to size of needles used on face and body

Hygiene considerations

Taught content

- Set up and work within a sterile field. Use of suitable sterilisation and sanitisation for equipment and surfaces. Use of single use items as appropriate such as sterile disposable gloves (latex free), disposable hair protectors, applicators, cotton wool, couch roll, clean laundered towels and practitioner's protective face mask
- General hygiene – i.e. washing of hands before and after treatment, hand gel, clean towels, use of disposables where possible
- Disinfectant or sterilisation – use of heat or chemical methods, bactericides, fungicides, UV cabinet for storage, use of sterile dressing packs
- Equipment – only used for intended purpose, safe usage/safe handling/storage/visual checks, correct disposal of contaminated equipment and waste products
- Disposable single use covers/barrier film for hand-piece, e.g. needle pieces renewed for each client, wires on automated devices covered with sterile protective covers renewed for each client

Hygiene and infection control

Taught content

- 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)

Features, benefits and use of treatment products

Taught content

- Know the ethical methods of sourcing, purchasing and storing regulated treatment products including expiration dates
- The need to have knowledge and understanding about treatment products including the features and benefits
- The safety and legal reasons for using products that are licensed and meet EU standards and the outcome of using products which are not properly tested or contain banned substances
- The use of Material Safety Data Sheet (MSDS) in relation to skin needling treatments

Hazards and risks

Taught content

- Identification of hazards and risks through risk assessment
- Putting procedures in place to ensure they are minimised:
 - Proper training for all staff
 - Protocols to follow during consultation
 - Written post-care for client
 - Adherence to manufacturers' guidelines
- Avoidance of needle stick injuries, implications of blood borne diseases, redness, swelling, weeping skin, milia, hyperpigmentation, cold sores, acne outbreak, bacterial infection and scarring

Suppliers' and manufacturers' instructions for safe use

Taught content

- Understand and know reasons for supplier and manufacturer products and protocols for cosmetic skin needling treatments including test patch recommendations. Products appropriate for use during cosmetic skin needling treatment preparation, performance, post care and aftercare application according to manufacturers' instructions, e.g. 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 diameter and depth (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 pressure and techniques, adapting treatment 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 to treat

Treatment of minors

Taught content

- The age at which an individual is classed as a minor and how this may differ internationally
- Why treatment should only be provided for clients over the age of 18

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

Contra-indications that would prevent or restrict treatment

Taught content

- Prevent – 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, isotretinoin, open wounds, recent scar tissue, rosacea, severe active acne, skin cancer and undiagnosed lumps
- Restrict – abrasions, active inflammatory dermatoses (i.e. psoriasis), anxiety, bruises, current medications, cuts, diabetes, epilation, epilepsy, 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 botulinum toxin 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

Taught content

- Contra-indications requiring medical referral – acne scarring, stretch marks

Referring contra-indicated clients

Taught content

- 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

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

LO2 Understand how to provide cosmetic skin needling treatments

Treatment planning

Taught content

- Identify client needs, expectations, anticipated costs, and treatment objectives. Agree realistic outcomes against client expectations, discuss pain and pain management and potential risks relevant to cosmetic skin needling device to be used
- Contra-indications that prevent or restrict treatment or require medical referral
- Identification and discussion of skin type including Fitzpatrick skin type and skin conditions present and individual lesions or concerns to assist in choice of the appropriate treatment and to identify realistic treatment outcomes
- Frequency, duration and potential cost of treatments recommended to achieve treatment outcomes
- Pre and post treatment advice including possible contra-actions, healing process, recommended skin care/post care and lifestyle advice or restrictions to ensure client is suitable for treatment
- Treatment plan should be clearly agreed between the client and practitioner and recorded on the consultation documentation with signed consent

Factors to consider when treatment planning

Taught content

- Previous skin treatment in salon – details of type of treatment, how frequent, dates the treatments were received, to ensure enough time has passed for internal trauma to have healed
- Satisfaction and results. Dissatisfaction could indicate body dysmorphia or client with unrealistic expectations
- Legal aspects of responsibility of the practitioner
- Site, age and reasons for scarring – burns, surgery, accidents, insect bites, acne, chicken pox. Type of scarring – hypertrophic/keloid, atrophic, ice pick, boxcar and rolling scars. Assess depth, suitability for treatment, realistic proposed improvement of scar tissue
- Diet and lifestyle factors that could reduce the effects of treatment
- Photo damage - sun exposure history and use of SPF will indicate level of photo damage present – use of skin diagnostic equipment
- Medical history to ensure client is safe for treatment or if medical referral is required

Assessing skin characteristics

Taught content

- Assessed through questioning at consultation and observation of skin, importance of using skin diagnostic equipment, e.g. Woods Lamp, light magnifier, skin scanner/diagnosis technology
- How to assess and recognise skin health characteristics – Fitzpatrick scale 1-4, level of sensitivity, thickness 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, the Fitzpatrick classification scale and treatment objectives
- Reasons for choosing different cosmetic skin needling device, needle diameter and techniques to suit the variations in sensitivity, thickness of epidermis and dermis, area being treated, Fitzpatrick classification of the skin and treatment objectives

Treatment advice to provide to the client

Taught content

- Provide consultation at least 48 hours prior to actual treatment to discuss outcomes and pre-treatment preparation. 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 pin point 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 do depend on size of device used, technique and individual skin characteristics
- Possible contra-actions – what they are, why they appear and how long they may last – bruising, histamine reaction, irritation, localised allergic reaction, signs of infection, urticaria

Pain threshold and sensitivity variations

Taught content

- Understanding inflammatory response of the skin
- 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

Skin sensitivity testing prior to treatment

Taught content

- Skin test performed during initial consultation after client has agreed and signed informed consent. Client must sign patch test form if separate from main consultation form
- Testing for potential allergic reaction or adverse response (inflammatory response) to cosmetic skin needling products. Clients with history of allergies or sensitivities have an increased risk of allergic reaction. Skin test site is located discreetly near the treatment area – behind the ear or inner side of forearm. Skin is prepared as usual for cosmetic skin needling treatment. Desired cosmetic skin needling to be applied as appropriate (following supplier instructions). Evaluation of the skin test is made following timing recommended by supplier instructions. Recording of results to include whether the client can tell the difference in sensations. Record date, location of test, and products used, description of results, if the client is unable to identify the correct sensations a full description of response and product used. Cosmetic skin needling to be performed when the client is able to correctly identify different thermal and tactile sensations
- Any change of cosmetic skin needling product or strength to be tested prior to use
- Follow supplier/manufacture instructions for recommended time between skin test and cosmetic skin needling application for each skin type and condition as they may vary

Pre-treatment preparatory skin care programmes

Taught content

- Pre-treatment advice and preparatory topical skin care programmes that should be given to clients to optimize results and why this needs to be relevant to their skin type and Fitzpatrick skin type
- Benefits - improved cell health and function, increased desquamation, skin will heal at a faster rate, skin will be more tolerant of injury
- Topical skin care products, e.g. vitamins, anti-oxidants, UV protection, AHA and BHA skin care programmes prior to treatment
- Topical ingredients/products for all skin conditions and Fitzpatrick skin types to improve skin health and condition and minimise side effects after cosmetic skin needling treatments –post inflammatory pigmentation common in Fitzpatrick 4 (and above) -types - use tyrosinase inhibitors
- Positive effects of cosmetic skin needling healthy skin in comparison to a compromised skin condition
- All products must be relevant to skin health/type/condition and Fitzpatrick skin type

Cleansing the skin prior to treatment

Taught content

- Reasons
 - To remove all make-up, oils and debris ensuring a clean surface is worked upon – to reduce the risk of infection
- Typical products used
 - Cleansers, toners and preparatory skin products

Types and purpose of cosmetic skin needling products

Taught content

- Roller – sterile, single use – sizes of needle, depth and penetration, skin trauma caused and effects of varying lengths, where to use on the face/body
- Manual stamp, roller and automated pen with single use disposable cartridges – sizes of needle, depth and penetration, skin trauma caused and effects of varying lengths, where to use on the face/body
- Differentiate between 3 devices, advantages, disadvantages
- 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

Preparation of equipment and products for treatment

Taught content

- Understanding 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, e.g. safety, time management, hygiene, organisation and professionalism
- Why it is necessary to select appropriate products and equipment before start of each treatment and place on trolley, checking appropriate products and equipment are being used for treatment
- Understanding why appropriate Personal Protective Equipment (PPE) is prepared and used

Selection of cosmetic skin needling products and equipment

Taught content

- Selection and use of device, needle depth, 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

Method of application

Taught content

- How to work systematically and methodically, avoiding excess treatment overlap across the areas be treated
 - Plan application start and end point
 - Reason for multi-directional application sequence protocol
 - Reasons for systematic and methodical application
 - Reasons for adequate skin support in treatment area to avoid skin distension, tearing, bruising, and over treatment
 - Problems associated with uneven treatments, overlapping and post procedural marking to the skin (tracking)

Adaptations to treatment

Taught content

- How to adapt the treatment to take into account pre-existing conditions
 - Adapt application by omitting treatment to pre-existing lesions i.e. skin tags, moles
- Why it is necessary to adapt pressure, duration and the number of passes for different areas of the body and client sensitivity
 - Different skin (epidermal and dermal) depths and sensitivity, different treatment objectives, treating different skin characteristics of varying structure and depth, different healing capacity, different Fitzpatrick skin types
 - Treatment progression and additional/complementary treatments

Areas to avoid

Taught content

- Avoid 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

Use and limitations of cosmetic skin needling products and equipment

Taught content

- Used to reduce fine lines, improve skin condition, improve skin texture, improve skin laxity, improve the appearance of stretch
- Cannot remove deep wrinkles or scars
- Limitations of products and equipment used for cosmetic skin needling treatments
- Products used in conjunction with pre, during, after and post-treatment
 - Single use formulations for trans epidermal penetration during treatment and post-treatment, e.g. peptides, enzymes, vitamins, anti-oxidants, minerals, hyaluronic acid, hydroxy acids, anti-inflammatory sebostatic agents, tyrosinase inhibitors
- Availability of rollers/automated devices not produced to EU regulations and compliance (not CE marked), poor quality steel, ineffective sterilisation and blunt needles
- Treatment
 - PPE (non-latex gloves) must be sterile, single use only
 - Single use sealed items have expiry date that they must be used by
 - Rollers
 - Opened for each treatment so they are sterile and single use only
 - Need to use more than one roller to vary size of needles used on one area, this adds to costs, automated devices can vary needle depth using same disposable unit
 - Large item to dispose of for every treatment, automated pen has a disposable unit/cartridge which is smaller to dispose of
 - All devices require clinical biohazard waste sharps box for disposable
 - Swabs and disposables from treatments require clinical biohazard waste disposal
 - Use of disposable film/sleeve where recommended to cover hand-piece and wires of automated device, hand piece is not single use, working within a sterile field

Benefits and effects of cosmetic skin needling equipment

Taught content

- Benefits/effects – Physical
 - Stimulate neocollagenesis (new collagen production) and neovascularisation (formation of functional microvascular networks) due to the result of growth factors being released following needling through the stratum corneum into the lower layers of the skin
 - Understand release of growth factors as part of the wound healing mechanism due to cosmetic skin needling
 - Understand stages of wound healing
 - Wound, haemostasis
 - Inflammation
 - Proliferation
 - Remodelling – maturation
- Visible effects
 - Improvement in fine wrinkles
 - Reduce acne scarring – becomes less obvious and skin smoother
 - Diminish stretch marks
 - Tighten skin as skin laxity is corrected
 - Improvement in appearance of scars
 - Refinement of skin pores
 - Evening out of skin tone and colour
 - Reduction in some pigmentation

Effects and risks associated with the treatment

Taught content

- Effects and risks of using excess pressure, uneven application or non-compliance to safety and hygiene practices
 - Post procedural marking – tracking
 - Bruising, infection, excessive bleeding, erythema and oedema, slow healing, scarring

Contra-actions which may occur

Taught content

- How to deal with them, what advice to give clients and when to refer to a medical practitioner
 - Bruising, irritation, localised allergic reaction, histamine reaction, urticaria, signs of infection

Pre and post-treatment products

Taught content

- Understand the types of pre and post-treatment products available and why they are necessary
 - Vitamin A, vitamin C, vitamin E, anti-oxidants, growth factors, peptides, copper peptides, bioflavonoids, iron, zinc and amino acids and their effects and importance in the role on collagen synthesis

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, e.g. azelaic acid, bearberry, licorice 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 promote 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 promote healing – calming products post treatment – anti-inflammatory effects

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 and techniques as treatment progress, homecare
- Complementary products to be used 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
- Fitzpatrick skin classification and knowledge of how the skin benefits and responds to cosmetic skin needling. 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 Know the relevant anatomy, physiology and pathologies for cosmetic skin needling

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 lipidity and hydration, epidermal tissue differentiation, keratinisation, natural desquamation and melanogenesis
- 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 pigmentated lesions, recognition and causes i.e. vitiligo, solar/seborrheic keratosis, actinic keratoses, lentigines, 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
- Hair – cuticle, medulla, cortex, hair bulb, hair shaft, dermal papilla, sebaceous glands and sebum, arrector pili muscle, sweat glands (eccrine and apocrine), sensory nerve endings (Meissener's corpuscles, Pacinian corpuscles, Merkel's discs, Ruffini corpuscles). Hair growth cycles, anagen, catagen, telogen
- Hypodermis – subcutaneous layer, adipose tissue, adipocytes
- Functions of the skin – secretion, heat regulation, absorption, protection, elimination, sensation, vitamin D production, melanin production, the process of keratinisation
- Effects of the acid mantle, amino acids, natural water factor of the skin
- Basic skin types
 - Normal – fine texture, no visible pores, smooth, supple, flexible
 - Oily – shiny, slight thickening, sallow, coarse texture, enlarged pores, congestion, comedones
 - Dry – lacks moisture, dry to touch, flakiness, fine texture, thin, tight, small pores, broken capillaries, ageing
 - Combination – combination of two or more skin types, usually oily T-zone, normal or dry on cheeks
- The inflammation process including PIH
- 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 – Hemostasis, inflammation, proliferation, remodelling; actions of arachidonic acid cascade, Merkel and Langerhan 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 – Hemostasis 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

Structure and function of circulatory and lymphatic systems in relation to cosmetic skin needling treatments

Taught content

- Circulatory system
 - Functions of blood – transport, regulation, protection, clotting
 - The structure of veins, venules and capillaries
 - The structure of arteries, arterioles and capillaries
 - Main arteries of the face and head
 - Common carotid, external carotid, occipital, facial, maxillary, lingual, superficial temporal, thyroid
 - Main veins of the face and head
 - External jugular, internal jugular, common facial, anterior facial, maxillary, superficial temporal
 - Arteries – internal and external carotid, occipital, temporal, facial
 - Veins – internal and external jugular, occipital, temporal, subclavian
 - Blood composition – erythrocytes, leucocytes, thrombocytes, plasma
 - Circulation – heart, pulmonary circulation, capillaries, systemic circulation
 - The process of blood clotting – platelets, thromboplastin, prothrombin, thrombin, fibrinogen, fibrin, calcium
- Lymphatic system
 - Functions of the lymphatic system – fluid distribution, fighting infection, transport of fat and nutrition
 - Functions of lymph nodes – filter toxins, clean lymphatic fluid, produce antibodies and antitoxins, produce lymphocytes
 - Position of lymph nodes – occipital, mastoid, superficial cervical, deep cervical, parotid, buccal, submental, submandibular
 - The relevance of the lymphatic and circulatory systems to skin needling treatments

The principles and functions of the endocrine system in relation to cosmetic skin needling

Taught content

- The endocrine system and its effect on the skin/body conditions which may affect the client receiving cosmetic skin needling treatment
- Pituitary – Oxytocin, Antidiuretic hormone (ADH) (Vasopressin), Prolactin, Human Growth Hormone (HGH), Thyroid Stimulating Hormone (TSH), Adrenocorticotrophic Hormone (ACTH), Luteinising Hormone (LH), Follicle Stimulating Hormone (FSH), Melanin Stimulating Hormone (MSH)
- Thyroid gland – Thyroxin, Triiodothyronine, Calcitonin, Parathyroid glands, Parathormone, Thymus, T lymphocytes
- Pineal - Regulates the pituitary and releases serotonin
- Islets of Langerhans - Insulin
- Adrenal glands
- Adrenal medulla - Adrenalin, Noradrenalin
- Adrenal cortex – Corticosteroids, Mineralcorticoids – Aldosterone, Glucocorticoids
- Ovaries – Oestrogen, Progesterone
- Testes – Testosterone
- Cortisol - Stress , puberty, pregnancy, menopause
- Effects of hormones on the skin – Melanin Stimulating Hormone (MSH), Testosterone, Oestrogen, Thyroxin
- The relevance of the endocrine system to cosmetic skin needling treatments

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 papulosanigra, 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)

Common diseases and disorders of the circulatory system

Taught content

- Anaemia, aneurism, arteriosclerosis, AIDS/HIV, coronary thrombosis, haemophilia, hypertension, hypotension, high cholesterol, hepatitis A, B and C, leukaemia, phlebitis, septicaemia, stress, thrombosis, varicose veins, cardiac failure, epistaxis (nosebleeds), heart disease, hole in the heart, myocardial infarction, palpitations, pulmonary embolism, Raynaud's disease, sickle cell anaemia, thalassaemia and varicose ulcers

Common diseases and disorders of the lymphatic system

Taught content

- Hodgkin's disease, non-Hodgkin's lymphoma, Hashimoto's thyroiditis and lymphoma

Common diseases and disorders of the endocrine system

Taught content

- Thyrotoxicosis, myxoedema, goitre, Addison's syndrome, Cushing's syndrome, diabetes mellitus and diabetes insipidus

LO4 Be able to consult, plan and prepare for cosmetic skin needling treatment

Use consultation techniques to determine the client's treatment plan

Taught content

- Demonstrate a variety of consultation techniques whilst performing consultation, complete all documentation and agree with the client the treatment plan
- Have a friendly, enthusiastic, polite, confident, supportive and sensitive manner, respect client confidentiality
- Use open questioning with client given time to ask questions
- Achievable outcomes must be advised where client has unrealistic expectations of treatment
- Use appropriate communication for cosmetic skin needling treatment
 - Verbal (professional voice and terminology, be respectful)
 - Non-verbal (visual) – open body language, good eye contact, listening, facial expressions, positive body posture and gestures, space (do not invade personal space)
- Give clear and appropriate advice and recommendations to the client to determine final treatment plan that is agreed
- All information to be written on consultation documents in front of the client to obtain informed client consent
- Demonstrate punctuality and respect throughout

Identify the client's medical history, indications for and aims of treatment

Taught content

- Medical history – discuss all areas on consultation documentation including any recent herpes simplex, certain medications including anti-coagulants
- Skin classification – assess Fitzpatrick scale 1-4
- Skin conditions – open and closed comedones, milia, papules, pustules, acne, nodules, cysts, melasma, hyper and hypopigmentation, post inflammatory hyperpigmentation(PIH), sensitivity, wrinkle depth, skin laxity and texture Poikiloderma of Civatte, vascular lesions and irregularities, primary and secondary skin lesions
- Skin sensitivity (vascular) – facial erythema, acne rosacea, telangiectasia, spider naevi
- Skin healing history – keloid formation, scars

Recognise any contra-indications/restrictions and take necessary action

Taught content

- Identify contra-indications that may restrict, prevent or require medical referral. Make note of the contra-indications on the client's record card

Establish the condition of the skin

Taught content

- Use Woods lamp, magnifying lamp or skin diagnostic equipment and perform a visual assessment of the condition and health of the skin, documenting all findings
- Skin characteristics – Fitzpatrick scale 1-4, level of sensitivity, thickness of skin, epidermal thickness, healing capacity
- Skin types, skin conditions, surface hydration, pigmentation, photo/sun damage, vascular lesions, primary and secondary lesions, irregularities, skin texture (pore size), skin laxity, static and dynamic wrinkles, congestion/excessive oil

Ensure client comfort

Taught content

- Position client and self in a comfortable manner
- Explain the physical sensation of the treatment and the appearance of the skin post-treatment to the client
- Explain in line with supplier/manufacture recommendations

Explain the treatment procedures

Taught content

- Treatment procedure to include:
 - Explain the positioning required for treatment
 - Cosmetic skin needling devices are selected to match treatment objectives
 - For utmost hygiene they will be single use products, opened in front of the client after the skin is cleansed, needle condition is checked plus expiry date and put ready for use
 - Automated devices that require electrical power are connected to the power socket and where possible, the cartridge can be loaded but not opened
 - Use of sterile dressing packs, saline and chlorhexidine solution and prepare a sterile field
 - The practitioner will wear PPE – clean, disposable, non-latex sterile gloves
 - The area will be cleansed thoroughly with appropriate cleanser until all make-up, debris, oils are removed and cotton pads appear clean
 - The skin is allowed to air dry
 - Pre-treatment photograph to be taken
 - Product/serum as appropriate is applied to the skin to help movement of the device and helps with hydration of the skin during treatment
 - The appropriate cosmetic skin needling device is then taken from its sealed packet/cartridge – the needle condition checked
 - For automated devices, the sealed pouch/plastic cover is open at this point and the needle condition checked, test movement to ensure needle barrel moves freely

- Roller devices will have been selected according to their needle size, automated devices will require setting to select the needle size to be used, motor speed may also be selected depending on the device being used
- Once set up inform the client where the treatment begin (depends on area being treated)
- The area will be treated in small zones in a multi directional application
- The area may be treated a number of times (depends on area and techniques), product may be applied at certain stages in the treatment. Clients will be required to give verbal feedback throughout the treatment using the 1-10 pain threshold scale, there are areas it may feel a little more sensitive
- Visual monitoring of the skin is carried out at all times by the practitioner
- After treatment, calming and nourishing products will be applied to the skin
- Post treatment photograph to be taken
- Broad band sun protection UVB and UVA is finally applied to protect the skin, explain the use of physical sun protection
- The skin will feel warm to hot similar to mild sunburn. It will appear slightly red (variations depend on area treated, techniques and needle depth used)
- Post-treatment physical sensation
 - Day 1 – erythema and redness like moderate sunburn with minor swelling, some pin point 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
- Potential risks/side effects/adverse effects
 - Bruising, irritation, localised allergic reaction, histamine reaction, urticaria, signs of infection
- Disposal of waste
 - Inform client of waste disposal methods for contaminated equipment

Treatment to be applied following manufacturer protocols

Select a preparatory skin care programme

Taught content

- Identify products to use 2-4 weeks prior to cosmetic skin needling treatments as part of a skin priming programme at home, appropriate to skin health to improve healing capacity and tolerance of cosmetic skin needling treatment
- Additional benefits could include:
 - Improve hydration, skin cell health and general texture/condition of the skin
- As part of this skin programme the client should also be asked to wear SPF minimum 30 and UVA broad spectrum protection daily

Finalise and agree the treatment plan

Taught content

- 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, decline treatment where applicable

Obtain signed, informed consent

Taught content

- Ensure all documents are signed after treatment plan agreed. The practitioner and client must understand the implications of informed client consent and what is being agreed
- All information from consultation to be written on consultation documents in front of the client at the beginning of every treatment
- Informed client consent to be obtained before every practical treatment, from the client prior to carrying out any subsequent treatments

Take pre-treatment photographs

Taught content

- Following organisation procedures, industry guidelines and current data protection legislation, ensuring protocols are followed for taking clinical photographs to ensure clarity and consistency. Take photographs in same position as post-treatment photographs 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, e.g. pigmentations. Personal devices should not be used to take images of clients
- Gain written/signed client consent for photography and storage of clinical photographs and specific use of photographs for marketing and teaching purposes

Carry out skin sensitivity tests

Taught content

- Carry out sensitivity tests in accordance with manufacturers' guidelines

Select suitable equipment and products

Taught content

- Select suitable equipment and products according to treatment objectives. Choose the correct equipment and products suitable to treat conditions/skin type identified in the agreed treatment plan

Explain the cooling off period

Taught content

- Provide information to the client regarding the 'cooling off' period of at least 48 hours between initial consultation and first treatment. Book first treatment in line with given directives on cooling off periods. Give client written information regarding the after effects, homecare/additional routines required, proposed outcomes and agreed treatment plans

LO5 Be able 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. Sterile field to be prepared and PPE to be worn

Prepare and protect the client and self

Taught content

- Ensure preparation complies with legal and organisational requirements. Prepare and protect client to avoid cross-infection. Protect client's eyes, hair when appropriate, clothing and surrounding areas depending on area of treatment

Maintain client's modesty and privacy at all times

Taught content

- Ensure the working environment is private and secure. 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

Position the client

Taught content

- 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

Maintain own posture and working methods

Taught content

- Ensure effective, ergonomic positioning of couch, trolley, stool, equipment and products to avoid injury to self, client and others.
- Ensure own posture and working methods minimise fatigue and the risk of injury to self, the client and others

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 are available and in safe working order
- Ensure risks and hazards have been checked, e.g. 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, trolley is tidy and equipment and products set out ergonomically, all expiry dates checked and in date.
- Ensure that PPE is available and fit for purpose
- Ensure the use of sterilisation, sterile dressing pack to prepare a sterile field and disinfectants for surfaces and equipment as required for treatment

Promote environmental and sustainable working practices

Taught content

- Demonstrate environmental working practices, to be effective and energy efficient heating and ventilation to meet the workplace (Health, Safety and Welfare) Regulations 1992 for client and employees
- Demonstrate sustainable working practices – products with ingredients from sustainable sources and using sustainable packaging, efficient storage and waste disposal, record product usage

Safe use of equipment, materials and products

Taught content

- Follow protocols for safe use including correct use of cosmetic skin needling systems, selection of needle depth and application techniques for different treatment objectives. Keep tops on bottles, make sure all products are labelled clearly in line with COSHH, decant products into sterile pots to ensure correct amount is used prior to treatment where indicated

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
- Follow manufacturer protocols/recommendations

Select appropriate PPE

Taught content

- Use of PPE (sterile, disposable gloves non-latex) that fit the individual correctly so not to interfere with work, worn correctly each time, used and disposed after each use. A facial mask for practitioner. Stored correctly, checked and maintained so fit for purpose

Selection of equipment

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

Needling size selection

Taught content

- Select the needle size for the skin condition and treatment objectives:
 - Up to 0.5mm for face
 - Up to 1mm for body
- Match to treatment objectives and skin health characteristics and Fitzpatrick skin type
- Check condition of needles and for automated devices, check barrel moves freely

Apply the cosmetic skin needling treatment

Taught content

- Using adequate skin support and following techniques to avoid skin distension, tearing, bruising, excessive pressure or over treatment
- Apply product prior to needling application as appropriate
- Divide area into small areas (zones), select starting point
- Follow recommended protocol, ensure application demonstrates adequate skin support in all areas
- Application should not show skin distension, tearing or bruising
- Pressure should be adapted for all areas

Work systematically

Taught content

- Cover the areas to be treated using the required movements in the direction recommended
- Multi-directional sequence protocol to be followed (NB: only if required and according to treatment plan)
- Avoid uneven treatment, overlap and post procedure marking (tracking)

Calculate the duration and intensity of the application

Taught content

- Adjust the intensity, duration and depth of penetration to suit the client's skin characteristics, treatment objectives, including adaptation for Fitzpatrick skin type
- Demonstrate variation of intensity, depth and adaptation for Fitzpatrick skin types

Monitor the skin reaction and client response

Taught content

- Check on the skin's reaction and client response (using 1-10 pain threshold scale) – degree of erythema, bleeding, bruising and discontinue treatment if any adverse reactions occur
- Observe skin reaction and know when to stop treatment due to excessive erythema, bleeding or bruising

Verbally communicate with the client

Taught content

- Continually discuss sensation and level of discomfort with client throughout treatment. Know when to stop treatment if appropriate

Apply complementary single use formulations

Taught content

- 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, tyrosinase inhibitors
- Apply following manufacturer's protocols

Apply cooling skin procedures

Taught content

- Follow supplier/manufacturer instructions for techniques used when appropriate
 - Apply a sterile pad or swab to the skin after cosmetic skin needling
 - Apply appropriate product to cool and calm the skin

Apply post-treatment products

Taught content

- Moisturisers, topical anti-inflammatories, anti-oxidants, broad spectrum sunscreen – physical SPF 30 minimum with UVA protection

Take post-treatment photographs

Taught content

- Follow protocols for taking of clinical photographs to ensure clarity and consistency. Take photographs in same position as pre-treatment photographs 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, e.g. pigmentations
- Personal devices should not be used to take images of clients
- Gain clients' consent for storage of clinical photographs and specific use of photographs for marketing and teaching purposes

Provide post care advice and homecare

Taught content

- 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
 - 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

Provide advice for ongoing/further cosmetic skin needling treatments and treatments which may be used in conjunction

Follow manufacturer/supplier recommendations in respect of treatment frequency
- Occasional side effects
 - 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
- Hazardous waste – correct disposal of hazardous waste in line with local council regulations and disposed of following COSHH procedures

Complete the treatment in a commercially viable time

Taught content

- Ensure treatment is completed in a commercial time frame

Update client records

Taught content

- Accurate completion of treatment details, recording needling device used, needle size, depth and penetration, skin preparation, application techniques and duration of treatment, client skin sensation and skin response, observation of skin after treatment. 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

Comply with protocols to avoid cross infection

Taught content

- Ensure compliance with protocols to avoid cross-infection when handling post-treatment equipment and dispose of cosmetic skin needling device into sharps box
- 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 hand-piece of automated device following manufacturers' instructions
- Dispose of any swabs/cotton pads or waste from treatment application with PPE into clinical biohazard waste

Provide and manage post-treatment communications and outcomes

Taught content

- Communicate with the client regarding post-treatment care and concerns
- Inform the 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

Assessment requirements

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

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

1. Clinical case studies

Learners must produce a treatment portfolio 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 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 clinical case studies. Each case study needs to include a full medical history of the client, advanced skin assessment, before and after pictures 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 clinical case studies:

- Met the needs of a variety of clients
- New
 - Existing
 - Male or Female
- Carry out all consultation techniques
 - Questioning – verbal
 - Listening – non-verbal
 - Visual – non-verbal
 - Manual
 - Written
 - Pre-treatment photographs taken
- Carried out skin sensitivity 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
- Treat a minimum of 2 body areas
 - Back of hands
 - Legs
 - Abdomen
- Considered all factors of skin characteristics
 - Fitzpatrick scale (1-4)
 - 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
- Use both types of equipment
 - 0.5mm needle unit for the face
 - 1mm needle unit for the body
- Use 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
 - Timing 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

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 Know safety considerations when providing cosmetic skin needling treatments	1.1. State the safety considerations of product and equipment sourcing
	1.2. Define the insurance requirement guidelines
	1.3. Identify hygiene considerations
	1.4. State methods of hygiene and infection control
	1.5. Identify the features, benefits and uses of treatment products
	1.6. Identify the associated hazards and risks
	1.7. State the importance of following supplier's and manufacturer's instructions for safe use
	1.8. Identify the treatment age restrictions
	1.9. State the timings of treatment
	1.10. Identify the contra-indications that would prevent, restrict or require medical referral
	1.11. Identify the protocol for referring contra-indicated clients
	1.12. Identify when to consult with other aesthetic professionals

Learning Outcome	Assessment Criteria
LO2 Understand how to provide cosmetic skin needling treatments	2.1. Identify requirements for treatment planning
	2.2. Identify factors to consider when treatment planning
	2.3. Identify skin characteristics
	2.4. Identify the treatment advice and information to be provided to the client pre-treatment, during and post-treatment
	2.5. Identify pain threshold and sensitivity variations
	2.6. Identify the requirements for skin sensitivity testing prior to treatment
	2.7. Define pre-treatment preparatory skin care programmes
	2.8. State the importance of cleansing the skin prior to treatment
	2.9. Identify the types and purpose of needling products
	2.10. State the preparation techniques for products and equipment
	2.11. Identify the selection of needling products and equipment
	2.12. State the methods of application
	2.13. Identify adaptations to treatment
	2.14. State the areas to avoid
	2.15. Define the use and limitations of needling products and equipment
	2.16. Identify the benefits and effects of treatment

	2.17. State the effects and risks associated with the treatment
	2.18. Identify contra-actions which may occur as a result of treatment
	2.19. Identify the pre and post-treatment products available
	2.20. Define the benefits and use of inhibitors
	2.21. Identify the use of SPF and UVA in sun protection products
	2.22. Identify how to prevent infection and promote healing
	2.23. Identify treatment progression and additional/complementary treatment recommendations

Learning Outcome	Assessment Criteria
LO3 Know the relevant anatomy, physiology and pathologies for cosmetic skin needling	3.1. Define and identify the structure and functions of the skin and relevance to cosmetic skin needling treatments
	3.2. Describe the principles of controlled wound healing
	3.3. Define and identify the structure and functions of the circulatory and lymphatic systems and relevance to cosmetic skin needling treatments
	3.4. Define the principles and functions of the endocrine system and relevance to cosmetic skin needling treatments
	3.5. Identify associated pathologies and relevant terminology of the skin
	3.6. Identify associated pathologies of the circulatory system
	3.7. Identify associated pathologies of the lymphatic system
	3.8. Identify associated pathologies of the endocrine system

3. Practical exam

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
V2	01/05/18	First published	Qualifications Manager