

Unit 10: Laser and Light Treatments for Skin Rejuvenation

Unit code: T/601/5656

QCF level: 4

Credit value: 10

● Aim

This is a preparation for work unit, which is based on capability and knowledge. The unit is about providing laser and intense pulsed light treatment. The knowledge and skills gained in this unit include preparing for and providing laser and intense pulsed light treatment to treat the following skin imperfections to include the following - telangiectasia, spider naevi-blood spots, fine lines, photo ageing, uneven pigmentation, colour and texture on the following areas – face, neck, chest, hands, other body areas with lesions suitable for treatment.

To carry out this unit the learner will need to maintain effective health, safety and hygiene procedures throughout their work.

● Unit abstract

Laser and light therapy is the development of electrotherapy skills beyond Level 3 to an advanced level. This unit investigates the safe, practical application of laser and light therapy in the treatment of telangiectasia, spider naevi, blood spots, fine lines, photo ageing, uneven pigmentation, colour and texture on the face, neck, chest, hands and other body areas with lesions suitable for treatment.

The unit develops the learner's awareness of professional ethics, communication skills and skin analysis. It will also teach them how to record data and formulate treatment plans to treat the skin conditions presented safely and effectively.

This unit will help learners develop the practical and theoretical skills to prepare for and provide laser and light treatments. It also covers the skin and body systems to enable learners to evaluate the effectiveness of treatment.

To take this unit, the learner will have to study either the health and safety unit first or have prior industry experience. To take this unit, the learner will need to have achieved the facial electrotherapy unit at Level 3.

● Learning outcomes

On successful completion of this unit a learner will:

- 1 Be able to prepare for skin rejuvenation treatment
- 2 Be able to provide laser and light treatment for skin rejuvenation.

Unit content

1 Be able to prepare for skin rejuvenation treatment

Preparation: of therapist (personal protective equipment); of client (protective equipment); of work area (environmental conditions suitable for treatments, tools and equipment ready for use and close to hand); salon requirements

Client consultation: consultation techniques to identify treatment objectives (questioning, visual, manual, reference to client records); skin analysis eg Fitzpatrick scale, skin colour; relevant tests to ensure suitability of laser and light treatment and equipment eg sensitivity, patch test; importance of detailed skin analysis and relevant tests; identify contraindications eg pregnancy, tendency to hyper-pigment, previous reaction to laser or IPL treatment, malignancy, recent chemical/glycolic peel/micro-dermabrasion treatment, broken skin or open cuts; providing clear recommendations to client; management of client expectations; completing client records; client confidentiality

Products, tools and equipment: products; tools and equipment (laser, single and multi application systems, intense pulsed light therapy, flashlamp); how to select laser or IPL equipment to suit clients (applications limitations of equipment, treatment objectives, skin types and conditions)

Legislation: current and relevant legislation eg Care Standards Act 2000; Care Quality Standards Commission Briefing 2010; registration with Care Quality Standards Commission; Health and Safety at Work Act 1974, Control of Substances Hazardous to Health (COSHH) Regulations 2002; Reporting of Injuries Diseases and Dangerous Occurrences Act 1995; health and safety policy; risk assessment; insurance; importance of compliance with legislation

2 Be able to provide laser and light treatment for skin rejuvenation

Communication and behaviour: professional manner; communication (speaking, listening, body language, written); behaviour eg polite, tactful, client rapport; awareness of limits of own authority/responsibility eg follow instructions

Health and safety practices: sterilisation and sanitation methods; safe use of tools and equipment; Health and Safety at Work Act (HASAWA); personal protective equipment (PPE); Control of Substances Hazardous to Health (COSHH); waste disposal

Providing treatment: positioning of therapist and client and importance; use of products, tools and equipment to suit client needs and importance; adapting treatment to suit client needs and skin conditions (telangiectasia, spider naevi-blood spots, fine lines, photo ageing, uneven pigmentation, colour and texture on the following areas – face, neck, chest, hands, other body areas with lesions suitable for treatment); contra-actions and response eg stages of redness, inflammation, swelling, infection, irritation, blistering, stinging; completing treatment to client's satisfaction; recording and evaluating results of treatment eg asking for client feedback, checking with supervisor, comparing results with treatment objectives

Aftercare advice: homecare; normal reactions; contra-actions and response eg medical referral; methods of dealing with reappearance of condition between treatments; retail opportunities (products, future treatments and frequency)

Anatomy and physiology: structure and function of skin; skin types (dry, normal, combination, oily, dehydrated, young, mature); skin conditions and disorders eg acne vulgaris, acne rosacea, scarring, sun damage, age spots, lines and wrinkles, thread veins, stretch marks, skin tags and moles, cellulite, loose skin; diseases (bacterial, fungal, viral); effects and benefits of laser or IPL on skin and underlying tissues; consequences of inaccurate identification of client skin type/labouring according to Fitzpatrick scale eg burning, carrying; principles of skin healing; how natural ageing, lifestyle and environmental factors affect skin condition and underlying structures eg lines, wrinkles, loss of collagen and elastin, loss of muscle tone; structure and function of endocrine system and its effect of skin conditions; structure and function of circulatory and lymphatic systems

Learning outcomes and assessment criteria

Learning outcomes On successful completion of this unit a learner will:	Assessment criteria for pass The learner can:
<p>LO1 Be able to prepare for skin rejuvenation treatment</p>	<p>1.1 prepare themselves, client and work area for laser or light treatment for skin rejuvenation</p> <p>1.2 use suitable consultation techniques to identify treatment objectives</p> <p>1.3 carry out skin analysis and any relevant tests to identify any influencing factors</p> <p>1.4 provide clear recommendations to the client based on outcomes of skin analysis</p> <p>1.5 select products, tools and equipment to suit client treatment needs, skin types and conditions</p> <p>1.6 select personal protective equipment that should be worn by client and therapist during laser and intense pulsed light treatments</p> <p>1.7 explain salon requirements for preparing themselves, the client and work area</p> <p>1.8 explain the environmental conditions suitable for laser and light treatments for skin rejuvenation</p> <p>1.9 explain the different consultation techniques used to identify treatment objectives</p> <p>1.10 explain the importance of carrying out a detailed skin analysis and relevant tests</p> <p>1.11 explain how to select laser or intense pulsed light equipment to suit client skin types and conditions</p> <p>1.12 identify the range of equipment used for laser and intense pulsed light treatment for skin rejuvenation</p> <p>1.13 explain the contraindications that prevent or restrict advanced laser or intense pulsed light treatment for skin rejuvenation</p> <p>1.14 explain the required legislation for laser and intense pulsed light treatments and the importance of compliance with regulations</p>

<p>Learning outcomes</p> <p>On successful completion of this unit a learner will:</p>	<p>Assessment criteria for pass</p> <p>The learner can:</p>
<p>LO2 Be able to provide laser and light treatment for skin rejuvenation</p>	<p>2.1 communicate and behave in a professional manner</p> <p>2.2 position themselves and client correctly throughout the treatment</p> <p>2.3 use products, tools, equipment and techniques to suit client treatment needs</p> <p>2.4 follow health and safety working practices</p> <p>2.5 adapt treatment to suit client needs and skin conditions</p> <p>2.6 complete the treatment to the satisfaction of the client</p> <p>2.7 record and evaluate the results of the treatment</p> <p>2.8 provide suitable aftercare advice</p> <p>2.9 explain how to communicate and behave in a professional manner</p> <p>2.10 explain health and safety working practices</p> <p>2.11 explain the importance of positioning themselves and the client correctly throughout treatment</p> <p>2.12 explain the importance of using products, tools, equipment and techniques to suit client's treatment needs, skin types and conditions</p> <p>2.13 explain how to work on different treatment areas</p> <p>2.14 explain the consequences of inaccurate identification of client skin type/colouring according to Fitzpatrick scale</p> <p>2.15 describe how treatments can be adapted to suit client treatment needs and skin conditions</p> <p>2.16 explain the contra-actions that may occur during and following treatments</p> <p>2.17 explain the methods of evaluating the effectiveness of the treatment</p> <p>2.18 summarise the aftercare advice that should be provided to prevent post-treatment damage</p> <p>2.19 explain the suitable methods of dealing with reappearance of skin condition between treatments</p> <p>2.20 explain the effects and benefits of laser or intense pulsed light on the skin and underlying tissues</p>

Learning outcomes On successful completion of this unit a learner will:	Assessment criteria for pass The learner can:
	2.21 explain different skin types, conditions, diseases and disorders 2.22 explain the structure and functions of the skin 2.23 explain the principles of skin healing 2.24 explain how natural ageing, lifestyle and environmental factors affect the condition of the skin and underlying structures 2.25 explain the structure and function of the endocrine system and its effect on skin conditions 2.26 explain the structure and function of circulatory and lymphatic systems

Guidance

Links

Learners should undertake *Unit 1: Management of Health, Safety and Security in the Salon* prior to undertaking this unit. This unit links to the following units:

- Unit 9: Advanced Epilation Techniques

This unit has links to the following NOS in Beauty Therapy:

B32: Carry out photo rejuvenation of the skin using intense light or laser systems.

Essential requirements

To take this unit, the learner will need to have achieved facial electrotherapy at Level 3.

Delivery

This unit should be delivered in a Realistic Learning Environment, see *Annexe F*. The word 'client' can relate to friends and peers and does not mean that treatments have to be carried out on paying clients or within commercial timescales.

It is advised that tutors deliver the theoretical aspects of the unit before any practical application takes place to ensure a sound and thorough background understanding of the skills, health and safety involved in laser and light treatments.

After this learners should watch a series of demonstrations and then participate actively in various workshop techniques involved in laser and light treatments by assisting the specialist. This should also include the techniques involved with specific health and safety considerations. Small group sizes are also advised so that attention to detail and accurate and safe application of laser and light is maintained whilst under the close, constant supervision of the educator.

Learners must be taught how to safely perform laser and IPL skin rejuvenation treatments, including for: telangiectasia, spider naevi-blood spots, fine lines, photo ageing, uneven pigmentation, colour and texture on the following areas – face, neck, chest, hands and other body areas with lesions suitable for treatment.

Assessment

Criteria 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6 and 2.8 require learners to prepare for and perform laser and IPL treatments. This must be assessed through practical observation, evidenced by a signed witness testimony.

Learners must demonstrate techniques to treat the following conditions: telangiectasia, spider naevi blood spots, fine lines, photo ageing, uneven pigmentation, colour and texture on the following areas – face, neck, chest, hands and other body areas with lesions suitable for treatment.

Resources

Learners must have access to a Realistic Learning Environment, as outlined in *Annexe F*. Learners must also have access to products, tools and equipment suitable for performing laser and IPL treatments.

Employer engagement and vocational contexts

Delivery of this unit would be enhanced by employer engagement with local salons and clinics, with local practitioners acting as guest speakers. Learners could develop their skills with clients in the workplace, as part of a work experience placement.