Overview

This unit is about improving body and skin condition using galvanic, electro muscle stimulator (EMS), micro-current, lymphatic drainage and micro-dermabrasion equipment. It covers the skills involved in providing a thorough consultation with the client to formulate a specific course of treatment tailored to individual client needs. The ability to provide relevant aftercare advice is also required.

To carry out this unit you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and good communication with the client.

The main outcomes of the unit are:

1. maintain safe and effective methods of working when providing body electrical treatments
2. consult, plan and prepare for treatments with clients
3. carry out body electrical treatments
4. provide aftercare advice
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**Performance criteria**

*You must be able to:*

**P1** maintain safe and effective methods of working when providing body electrical treatments by

- P1.1 setting up and monitoring the treatment area to meet organisation procedures and manufacturers’ instructions
- P1.2 wearing suitable personal protective equipment, when necessary
- P1.3 making sure that environmental conditions are suitable for the client and the treatment
- P1.4 ensuring your personal hygiene, protection and appearance meets accepted industry and organisational requirements
- P1.5 effectively disinfecting your hands prior to treatment
- P1.6 ensuring your own posture and position minimises fatigue and risk of injury whilst working
- P1.7 ensuring all tools and equipment are cleaned using the correct methods
- P1.8 positioning equipment and products for ease and safety of use
- P1.9 ensuring the client is in a comfortable and relaxed position suitable for the treatment
- P1.10 maintaining accepted industry hygiene and safety practices throughout the treatment
- P1.11 adopting a positive, polite and reassuring manner towards the client throughout the treatment
- P1.12 maintaining the client’s modesty, privacy and comfort at all times
- P1.13 checking the client’s wellbeing at regular intervals according to organisational policy
- P1.14 disposing of waste materials safely and correctly
- P1.15 ensuring the treatment is cost effective and is carried out within a commercially viable time
- P1.16 ensuring client record cards are up-to-date, accurate, complete, legible and signed by the client practitioner
- P1.17 leaving the treatment area and equipment in condition suitable for future treatments

**P2** consult, plan and prepare for treatments with clients by

- P2.1 using consultation techniques in a polite and friendly manner to determine the client’s treatment needs
- P2.2 ensuring that informed and signed parental or guardian consent is obtained for minors prior to any treatment
- P2.3 ensuring that a parent or guardian is present throughout the body electrical treatment for minors under the age of 16
- P2.4 obtaining signed, written informed consent from the client prior
to carrying out the treatment

P2.5 clearly explaining to the client what the treatment entails in a way they can understand

P2.6 encouraging clients to ask questions to clarify any points

P2.7 asking your client appropriate questions to identify their medical history, body type, body condition and life style pattern

P2.8 asking your client appropriate questions to identify if they have any contra-indications to body electrical treatments

P2.9 accurately recording your client’s responses to questioning

P2.10 taking the necessary action in response to any identified contra-indications

P2.11 ensuring client advice is given without reference to a specific medical condition and without causing undue alarm and concern

P2.12 correctly carrying out thermal and tactile tests to accurately determine the client’s skin response to heat and pressure stimuli

P2.13 accurately carrying out a test patch, if necessary, to determine skin sensitivity and to avoid adverse reactions

P2.14 recommending alternative treatments which are suitable for the client’s condition and needs if contra-indicated for body electrical treatments

P2.15 clearly explaining and agreeing the projected cost, likely duration, frequency and types of treatment needed

P2.16 agreeing in writing the client’s needs, expectations and treatment objectives, ensuring they are realistic and achievable

P2.17 ensuring that the client’s skin is clean and prepared to suit the type of equipment to be used

P2.18 selecting suitable equipment and related products to suit the treatment objectives

P3 carry out body electrical treatments by

P3.1 clearly explaining the sensation created by the equipment being used

P3.2 explaining the treatment procedure to the client in a clear and simple way at each stage in the process

P3.3 safely using the correct treatment settings, applicator and accessories on the body throughout the treatment in accordance with manufacturers’ instructions

P3.4 adjusting the intensity and duration of the treatment to suit the client’s body type and condition and the areas of the body being treated

P3.5 taking prompt remedial action if the client experiences discomfort or contra-actions

P3.6 applying a suitable post-treatment product to the treated area, if
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required

P3.7 ensuring the finished result is to the client’s satisfaction and meets the agreed treatment objectives

P4 provide aftercare advice by

P4.1 giving advice and recommendations accurately and constructively

P4.2 giving your clients suitable advice specific to their individual needs
Knowledge and understanding

You need to know and understand:

Organisational and legal requirements
K1 your responsibilities under current health and safety legislation, standards and guidance, eg the Health & Safety at Work Act (and any other relevant legislation)
K2 the importance of not discriminating against clients with illnesses and disabilities and why (eg Disability Discrimination Act)
K3 the age at which an individual is classed as a minor and this differs nationally
K4 why it is important, when treating minors under 16 years of age, to have a parent or guardian present
K5 why minors should not be given treatments without informed and signed parental or guardian consent
K6 the legal significance of gaining signed, informed client consent to treatment
K7 manufacturers' and organisational requirements for waste disposal
K8 the importance of the correct storage of client records in relation to the Data Protection Act
K9 how to complete the client records used in your organisation and the importance of and reasons for keeping records of treatments and gaining client signatures
K10 your responsibilities and reasons for maintaining your own personal hygiene, protection and appearance according to accepted industry and organisation requirements
K11 the organisation's requirements for client preparation
K12 your organisation's service times for body electrical treatments
K13 your organisation's and manufacturers' requirements for treatment area, equipment maintenance and equipment cleaning regimes

How to work safely and effectively when providing body electrical treatments
K14 how to set up the work area for body electrical treatments
K15 the necessary environmental conditions for body electrical treatments (including lighting, heating, ventilation and general comfort) and why these are important
K16 the type of personal protective equipment that should be worn for microdermabrasion treatments and why (eg powder-free nitrile or powder-free vinyl gloves)
K17 the importance and reasons for disinfecting hands and how to do this effectively
K18 how to position yourself and the client for body electrical treatments
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**You need to know and understand:**

**Client consultation**
- K22 why it is important to encourage and allow time for clients to ask questions
- K23 how to use effective consultation techniques when communicating with clients from different cultural and religious backgrounds, age, disabilities and gender for this treatment
- K24 the importance of questioning clients to establish any contra-indications to body electrical treatments
- K25 why it is important to record client responses to questioning
- K26 the legal significance of client questioning and recording the client's responses.
- K27 how to give effective advice and recommendations to clients
- K28 how to work out body mass index (BMI)
- K29 how to visually assess muscle tone
- K30 how to assess body fat and fluid retention
- K31 how to assess posture
- K32 how to assess skin type
- K33 the reasons why it is important to encourage clients with suspected contra-indications to seek medical advice
- K34 the importance of and reasons for not naming specific contra-indications when encouraging clients to seek medical advice
- K35 why it is important to maintain clients' modesty and privacy.
- K36 the characteristics of different body types and body conditions (e.g., endomorph, ectomorph and mesomorph, cellulite, poor muscle tone, uneven skin tone and sluggish circulation)
- K37 the importance of using electrical treatments in conjunction with other treatments, healthy eating and exercise to maximise results
- K38 the types of treatments that could be given in conjunction with, or after, body electrical treatments
- K39 the types of alternative treatments which could be recommended in the event of contra-indications to electrical treatments

**Anatomy and physiology**
- K40 structure and function of the skeleton
- K41 the structure and function of muscles, including the types of muscles (i.e., voluntary and involuntary)
- K42 the effect of exercise on muscle tone and how it can vary
- K43 the positions and actions of the main muscle groups in the part of the body specified in the range (i.e., deltoid, biceps, triceps, brachialis, radialis)
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You need to know and understand:

Contraindications and contra-actions

K61 those contra-indications which prevent body electrical treatment and why (e.g., contagious skin diseases, dysfunction of the nervous system, heart disease/disorder, undergoing medical treatment, pacemaker, any cancer related treatments, recent scar tissue, undiagnosed lumps, inflammations and swellings, medication causing a thinning or inflammation of the skin, e.g., steroids, accutane, retinols, diagnosed sclerodema)

K62 those contra-indications which restrict treatment and why (e.g., diabetes, epilepsy, high/low blood pressure, history of thrombosis or embolism, metal pins or plates, medication, pregnancy, piercings, anxiety, varicose veins, cuts, abrasions, bruises, recent dermabrasion or chemical peels, IPL or laser and epilation)

K63 possible contra-actions which may occur during the treatment and how to deal with them (e.g., galvanic burn, bruising, irritation, allergic reaction,
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You need to know and understand:

**Equipment and products**
- K64 how to prepare and use the equipment and products for body electrical treatments
- K65 use and limitations of products used for body electrical treatments
- K66 methods of disinfecting, sterilising and maintaining equipment
- K67 the benefits and effects of electro-therapy machines which combine different currents and their effects
- K68 the benefits of products available for electrical treatments and their effects
- K69 the type of currents produced by galvanic units, EMS units, micro-current units and lymphatic drainage equipment

You need to know and understand:

**Treatment specific knowledge**
- K70 how to select, use and adapt the use of body electrical equipment to suit different body types, body conditions and treatment objectives and why
- K71 the importance of cleansing the skin prior to treatment
- K72 how to carry out and interpret thermal, tactile and skin sensitivity tests
- K73 the dangers associated with body electrical treatments in the range
- K74 the physical effects created by the use of the equipment in the range
- K75 why some body treatments should be conducted in a certain direction
- K76 the types of post-treatment products available and why they are necessary
- K77 how to evaluate the effectiveness of body treatments
- K78 the benefits of a course of treatment
- K79 why it is important to give aftercare advice

You need to know and understand:

**Aftercare advice for clients**
- K80 the lifestyle factors and changes that may be required to improve the effectiveness of the treatment
- K81 post-treatment restrictions and future treatment needs
- K82 products for home use that will benefit and protect the client and those to avoid and why
- K83 how current eating and exercise habits can affect the effectiveness of treatment
- K84 how healthy eating and exercise can improve the effectiveness of the treatment
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Additional Information

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<th>Scope/range related to performance criteria</th>
<th>1. Equipment is</th>
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<tr>
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<th>3. Body types are</th>
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<th>4. Body conditions are</th>
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<td>4.1. cellulite</td>
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<th>6. Treatment objectives are</th>
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<th>7. Advice covers</th>
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