
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

SKABT09B13 (SQA Unit Code - F9LA 04)

Provide body electrical treatments

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

SKABT09B13 (SQA Unit Code - F9LA 04)

Provide body electrical treatments

- P2.5 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

SKABT09B13 (SQA Unit Code - F9LA 04)

Provide body electrical treatments

- 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

SKABT09B13 (SQA Unit Code - F9LA 04)

Provide body electrical treatments

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

You need to know and understand:

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 micro-dermabrasion 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

SKABT09B13 (SQA Unit Code - F9LA 04)

Provide body electrical treatments

- K19 reasons for maintaining client modesty, privacy and comfort during the treatment
- K20 why it is important to maintain standards of hygiene and the principles of avoiding cross-infection
- K21 why it is important to check the client's wellbeing at regular intervals

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 (eg 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

You need to know and understand:

Anatomy and physiology

- K40 structure and function of the skeleton
- K41 the structure and function of muscles, including the types of muscles (ie 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 (ie deltoid, biceps, triceps, brachialis, radialis)

SKABT09B13 (SQA Unit Code - F9LA 04)

Provide body electrical treatments

- trapezius, latissimus dorsi, erector spinae, pectorals, intercostals, diaphragm, rectus abdominis, obliques, gluteals, hamstrings, quadriceps extensor, abductors, adductors of upper leg, gastrocnemius, soleus, tibialis anterior)
- K44 the definition of 'origin' and 'insertion' of a muscle
- K45 the causes of muscle fatigue and how to recognise it
- K46 the basic structure and function of skin (ie the layers of the epidermis, subcutaneous layer, the dermis, including connective tissues, nerve endings, sweat glands, sebaceous glands, capillaries and hairs)
- K47 the skin characteristics and skin types of different ethnic client groups
- K48 the structure, location and the body's utilisation of adipose tissue
- K49 the function of the endocrine system and its relationship to weight gain and loss
- K50 the function of the digestive system
- K51 the basic principles of healthy eating
- K52 how ageing affects the body and skin
- K53 how age limits the effectiveness of the treatment
- K54 the function of blood and the principles of circulation, blood pressure and pulse
- K55 the structure and function of the heart and arteries, veins and capillaries
- K56 how to identify erythema and its causes
- K57 the structure and function of the lymphatic system, including lymphatic vessels, nodes and lymph of the body
- K58 the principles of lymph circulation and the interaction of lymph and blood within the circulatory system
- K59 the basic principles of the central nervous system, motor points and autonomic system
- K60 the effect of electrical treatment on the muscles, skin, circulatory, skeletal, lymphatic, endocrine, digestive and nervous systems

You need to know and understand:

Contra-indications and contra-actions

- K61 those contra-indications which prevent body electrical treatment and why (eg 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, (eg steroids, accutane, retinols), diagnosed sclerodema)
- K62 those contra-indications which restrict treatment and why (eg 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 (eg galvanic burn, bruising, irritation, allergic reaction,

SKABT09B13 (SQA Unit Code - F9LA 04)

Provide body electrical treatments

excessive erythema, muscle fatigue, hyper-pigmentation etc)

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

SKABT09B13 (SQA Unit Code - F9LA 04)

Provide body electrical treatments

Additional Information

Scope/range related to performance criteria

1. **Equipment** is
 - 1.1. galvanic unit
 - 1.2. electro muscle stimulator (EMS)
 - 1.3. micro-current unit
 - 1.4. lymphatic drainage equipment
 - 1.5. micro-dermabrasion unit

2. **Consultation techniques** are
 - 2.1. questioning
 - 2.2. visual
 - 2.3. manual
 - 2.4. reference to client records

3. **Body types** are
 - 3.1. endomorph
 - 3.2. mesomorph
 - 3.3. ectomorph

4. **Body conditions** are
 - 4.1. cellulite
 - 4.2. poor muscle tone
 - 4.3. sluggish circulation
 - 4.4. uneven skin texture

5. **Necessary action** should be
 - 5.1. encouraging the client to seek medical advice
 - 5.2. explaining why the treatment cannot be carried out
 - 5.3. modification of treatment

6. **Treatment objectives** are
 - 6.1. improved skin and body condition
 - 6.2. improved contour and muscle condition

7. **Advice** covers
 - 7.1. avoidance of activities which may cause contra-actions
 - 7.2. future treatment needs
 - 7.3. modifications to lifestyle patterns
 - 7.4. health eating and exercise advice
 - 7.5. suitable home care products and their use

SKABT09B13 (SQA Unit Code - F9LA 04)

Provide body electrical treatments

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