
Overview

This unit is about improving face and skin condition using direct high frequency, galvanic, 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 facial electrical treatments
2. consult, plan and prepare for treatments with clients
3. carry out facial 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 facial 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 **tools and 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 and practitioner
 - P1.17 leaving the treatment area, **tools and equipment** in a 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 parent or guardian consent is obtained for minors prior to any treatment
 - P2.3 ensuring that a parent or guardian is present throughout the facial electrical treatments for minors under the age of 16

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- 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, **skin type, skin condition** and lifestyle pattern
- P2.8 asking your client appropriate questions to identify if they have any contra-indications to facial 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 accurately carrying out a test patch to accurately determine the client's skin response to heat and pressure stimuli
- P2.12 recommending alternative treatments which are suitable for the client's condition and needs if contra-indicated for facial electrical treatments
- P2.13 ensuring client advice is given without reference to a specific medical condition and without causing undue alarm and concern
- P2.14 clearly explaining and agreeing the projected cost, likely duration, frequency and types of treatment needed
- P2.15 agreeing in writing the client's needs, expectations and **treatment objectives** ensuring they are realistic and achievable
- P2.16 ensuring that the client's skin is clean and prepared to suit the type of equipment to be used
- P2.17 selecting suitable **tools and equipment** and related products for the facial treatment and client's skin type and condition
- P3 **carry out facial 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 face throughout the treatment in accordance with manufacturers' instructions
 - P3.4 adjusting the intensity and duration of the treatment to suit the client's facial **skin type and condition**
 - P3.5 carrying out necessary comedone and milia extraction, when required, minimising discomfort to the client and minimal damage to the skin
 - P3.6 taking prompt remedial action if the client experiences discomfort or contra-actions
 - P3.7 applying a suitable post-treatment product to the treated area

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- P3.8 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

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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 how this differs nationally
- K4 why minors should not be given treatments without informed and signed parental or guardian consent
- K5 why it is important, when treating minors under 16 years of age, to have a parent or guardian present
- K6 the legal significance of gaining signed, informed client consent to treatment
- K7 local authority and organisational requirements for sharps and hazardous 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 facial 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 facial electrical treatments

- K14 how to set up the work area for facial electrical treatments
- K15 the necessary environmental conditions for facial 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 facial electrical treatments

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- 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 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 facial 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 visually assess facial muscle tone
- K29 how to assess facial skin type and condition
- K30 the reasons why it is important to encourage clients with suspected contra- indications to seek medical advice
- K31 the importance of and reasons for not naming specific contra-indications when encouraging clients to seek medical advice
- K32 the characteristics of different skin types and conditions
- K33 the importance of using electrical treatments in conjunction with other treatments to maximise results
- K34 the types of treatments that could be given in conjunction with, or after, facial electrical treatments
- K35 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

- K36 the position of the primary bones of the skull and shoulder girdle and the functions of the skull
- K37 the positions and actions of the facial muscles (eg frontalis, sterno mastoid, platysma, orbicularis oris, masseter, orbicularis oculi, buccinator, zygomatic, digastric, corrugator, risorius)
- K38 the definition of 'origin' and 'insertion' of a muscle
- K39 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)
- K40 the skin characteristics and skin types of different ethnic client groups
- K41 how ageing affects the skin and limits the effectiveness of treatment
- K42 how the endocrine system affects the skin
- K43 the function of blood and the principles of circulation, blood pressure and

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pulse

- K44 the structure and function of the arteries, veins and capillaries in the face
- K45 the structure and function of the lymphatic system, including lymphatic vessels, nodes and lymph in the face and neck
- K46 how to identify erythema and its causes
- K47 the principles of lymph circulation and the interaction of lymph and blood within the circulatory system
- K48 the basic principles of the central nervous system, motor points and autonomic system
- K49 the effect of electrical treatment on the facial muscles, skin, circulatory, lymphatic and nervous systems

You need to know and understand:

Contra-indications and contra-actions

- K50 those contra-indications which prevent facial electrical treatment and why (eg contagious skin diseases, dysfunction of the nervous system, heart disease/disorder, undergoing medical treatment, pacemaker, recent scar tissue, undiagnosed lumps and swellings, medication causing a thinning or inflammation of the skin (eg steroids, accutane, retinols), recent dermabrasion)
- K51 those contra-indications restricting treatment and why (eg diabetes, epilepsy, high/low blood pressure, micro-pigmentation, history of thrombosis or embolism, botox, dermal fillers, metal pins or plates, medication, pregnancy, piercings, anxiety, cuts, abrasions, bruises, chemical peels, IPL or laser and epilation)
- K52 possible contra-actions which may occur during the treatment and how to deal with them (eg galvanic burn, bruising, irritation, allergic reaction, excessive erythema, muscle fatigue, hyper/hypo-pigmentation)

You need to know and understand:

Tools, equipment and products

- K53 how to prepare and use tools, equipment and products for facial electrical treatments, including a micro-lance
- K54 use and limitations of products used for facial electrical treatments
- K55 methods of disinfecting, sterilising and maintaining equipment
- K56 the benefits and effects of electro-therapy machines which combine different currents and their effects
- K57 the benefits of products available for facial electrical treatments and their effects
- K58 the type of currents produced by direct high frequency units, galvanic units, EMS units, micro-current units and lymphatic drainage equipment

You need to know and understand:

Treatment specific knowledge

- K59 how to select, use and adapt the use of facial electrical equipment to suit different skin types, skin conditions and treatment objectives and why
- K60 how to use a micro-lance to safely remove milia
- K61 the importance of cleansing and preparing the skin prior to treatment

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- K62 how to carry out and interpret thermal, tactile and skin sensitivity tests
- K63 the dangers associated with the facial electrical treatments in the range
- K64 the physical effects created by the use of the equipment in the range
- K65 why some facial treatments should be conducted in a certain direction
- K66 the types of post-treatment products available and why they are necessary
- K67 how to evaluate the effectiveness of facial treatments
- K68 the benefits of a course of treatment
- K69 why it is important to give aftercare advice

You need to know and understand:

Aftercare advice for clients

- K70 the lifestyle factors and changes that may be required to improve the effectiveness of the treatment
- K71 post-treatment restrictions and future treatment needs
- K72 products for home use that will benefit and protect the client and those to avoid and why
- K73 how current skin care routines can affect the effectiveness of treatment
- K74 how changes in skin care routines can improve the effectiveness of the treatment

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Additional Information

Scope/range related to performance criteria

1. **Tools and equipment** are
 - 1.1. direct high frequency unit
 - 1.2. galvanic unit
 - 1.3. electro muscle stimulator
 - 1.4. micro-current unit
 - 1.5. lymphatic drainage equipment
 - 1.6. micro-dermabrasion unit
 - 1.7. micro-lance

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

3. **Skin types** are
 - 3.1. oily
 - 3.2. dry
 - 3.3. combination

4. **Skin conditions** are
 - 4.1. sensitive
 - 4.2. mature
 - 4.3. dehydrated
 - 4.4. congested

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 condition
 - 6.2. improved contour and muscle condition
 - 6.3. improved skin texture

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. suitable home care products and their use

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