

Higher National Unit Specification

General information for centres

Unit title: Beauty Therapy: Electrical Epilation: Advanced

Unit code: DN6J 35

Unit purpose: This unit is designed to enable the candidate to identify and treat minor, benign skin blemishes. It is also intended for the candidate who wishes to specialise in permanent hair removal using contemporary needle epilation methods by providing the facility to expand knowledge and understanding of removal techniques to enhance and refine epilation skills.

On completion of the Unit the candidate will be able to:

1. Describe the origins and causes of treatable benign skin lesions.
2. Identify and remove suitable minor skin blemishes using short wave diathermy methods.
3. Demonstrate safe and effective removal of hair from any appropriate area of the face and body.
4. Evaluate the benefits of other methods for treating hair growth and treatable skin lesions.

Credit points and level: 2 HN Credit(s) at SCQF level 8: (16 SCQF credit points at SCQF level 8*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: Access to this unit requires the candidate to have completed HN unit 'Electrical Epilation' or Vocational Qualification unit 'Epilate the hair follicle using diathermy, galvanic and blend techniques'. The candidate should also possess the underpinning knowledge of human body systems, (respiratory, circulatory (including lymphatic), digestive, nervous, excretory and endocrine). It is recommended that the unit 'Anatomy and Physiology' SCQF Level 7 is completed prior to this unit.

Core skills: There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

Context for delivery: This is an optional Unit in the framework for HND Beauty Therapy. It is recommended that it should be taught and assessed within the subject area of the group award to which it contributes.

General information for centres (cont)

Assessment: The unit will be assessed using integrated assessment where possible. Treatments of clients should be carried out in a simulated salon environment and each will be supported by completion of a short case study and more detailed treatment report that is intended to evidence reflective and critical thinking during practical sessions. The report(s) prepared to cover the treatment of skin blemishes in Outcome 2 can also be used to include the evidence requirements for this subject matter in Outcome 1. The evidence for Outcome 3 will also be assessed using 2 case studies and treatment reports that should incorporate the sampled evidence for Outcome 4. These modes of evidence can be authenticated as the candidates work by use of the same client for the case studies as for the practical performance assessments, which should be carried out in a simulated salon environment and may be assessed using observation checklists.

Outcome 1 will be assessed by means of a written assignment following a period of research into the topics of the Outcome other than those detailed above. This outcome could alternatively be assessed using restricted response questions completed under controlled assessment conditions.

Evidence requirements for Outcome 4 that are not covered by the sample should be generated by means of an open book assignment.

The candidate will also be required to compile a diary of practical treatment totalling no less than 20 hours of practical work covering hair removal and treatment of skin lesions to be undertaken during the course of study for this unit.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

(If you think holistic assessment is the best assessment strategy for the Unit and you wish to state *Knowledge and/or Skills* and *Evidence requirements* for the Unit as a whole, please add the following statement here: 'Please refer to *Knowledge and/or skills for the Unit* and *Evidence requirements for the Unit* after the Outcomes.')

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Describe the origins and causes of treatable benign skin lesions

Knowledge and/or skills

- ◆ Detailed structure and function of the skin
- ◆ Histology of treatable benign skin lesions
- ◆ Causes of benign skin lesions
- ◆ Insurance requirements for the removal of benign skin lesions and hair in moles

Evidence requirements

Candidates will need evidence to demonstrate their knowledge and/or skills by showing that, with reference to safe and effective treatment planning they can:

- ◆ describe the structure of the capillary bed in the superficial dermis
- ◆ identify the physiological origins of telangiectasia and spider naevi, blood spots, skin tags, milia, moles and pigmented naevi
- ◆ determine the primary and/or secondary causes, including lifestyle factors that contribute to the formation of the skin lesions listed above
- ◆ explain the mandatory insurance requirements for therapists carrying out treatment on the skin conditions listed above

Evidence for this outcome should be generated by the candidate through preparation of a written assignment following research of the topics itemised in the bullet points above.

The evidence provided must be sufficient to meet the requirements for each item by showing that the candidate is able to:

- ◆ describe the structure and function of the papillary layer in the superficial dermis
- ◆ explain the physiology of the dermal papillae
- ◆ explain how telangiectasia arise in physiological terms

Higher National Unit specification: statement of standards (cont)

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- ◆ describe in detail the structure of skin tags, milia, blood spots and pigmented naevi
- ◆ discuss the primary and secondary causes of telangiectasia and spider naevi, blood spots, skin tags and milia
- ◆ explain the importance of and procedure for obtaining the correct insurance cover and the implications of any restriction clauses contained in the policy

Due to the problems of proving authenticity of project work, it may be deemed more appropriate to offer assessment in the form of a restricted response, question assessment instrument to cover part or all of the subject matter. If this mode of assessment is used, it should take place under controlled assessment conditions.

More specific evidence of research into the causes of the skin lesions detailed in the evidence requirements section should also be generated as part of the case reports, details of which are given under outcome 2.

Assessment guidelines

Information to enable the candidate to prepare for assessment or complete this assignment should be sourced in lectures, lecture notes, trade magazine articles, specialist text books and from discussion with tutor and other candidates during practical sessions.

Outcome 2

Identify and remove suitable minor skin blemishes using short wave diathermy methods

Knowledge and/or skills

- ◆ Client consultation process
- ◆ Types of skin blemishes suitable for removal
- ◆ Removal techniques
- ◆ Aftercare procedures
- ◆ Effects of treatment on the skin
- ◆ Health and safety legislative requirements

Evidence requirements

Candidates will need evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ carry out a consultation to establish causes of the condition to be treated, client requirements and suitability of condition for treatment
- ◆ inform client of expected short and long term outcomes of the treatment and provide correct aftercare and homecare procedures advice including advice on possible avoidance of further telangiectases
- ◆ safely and effectively remove telangiectases or spider naevi, blood spots, skin tags and milia through demonstration of the correct procedure and amount of treatment given in each session
- ◆ maintain optimum levels of hygiene and safety during preparation, treatment and on completion

Higher National Unit specification: statement of standards (cont)

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The above items refer to the points listed under knowledge and/or skills. The candidate must demonstrate a minimum of two satisfactory treatments of telangiectases (one treatment using short wave diathermy and one treatment using blend technique) and one of each of the other skin abnormalities listed (a total of 5 treatments) by means of practical demonstration and written reports. The candidate will be required to meet all the criteria listed on an observational checklist prepared by the assessor that will ensure a safe and effective treatment. The practical assessment should take place in a simulated salon environment. The candidate will be required to write a report on each of the treatments carried out, and will be judged to be satisfactory where the evidence provided is sufficient to meet the requirements for each item by including:

- ◆ A detailed description and evaluation of the pre-treatment skin condition. This should include written evidence of a comprehensive understanding of the origins of the skin abnormality being treated including general causes and likely causes relating to the individual client being treated. The inclusion of a chart to indicate exactly the affected areas and extent of the treatment carried out would also be advantageous.
- ◆ evidence of medical approval (where appropriate) to undertake the treatment.
- ◆ An account of the information given to the client both before and after the treatment strategy. This should include the immediate post-treatment skin response relevant to each of the conditions treated and how the client should deal with this or any other unexpected response the client may experience.
- ◆ A detailed account of the treatment procedure, to include the stages of post treatment skin healing, health and safety procedures carried out and an evaluation of the treatment process.

Assessment guidelines

The practical assessment should be carried out in the presence of an assessor. A checklist should be used to ensure that the candidate has covered all the necessary criteria during the treatment. It may be possible to assess the treatment of more than one skin condition listed in the range during the course of a single treatment session if the client has a range of suitable skin lesions.

The candidate will submit a detailed written treatment report after successful completion of the practical assessment. Where more than one skin lesion has been treated on the same client, each of the bullet points above should be addressed separately for each of the skin lesions treated. The candidate may take notes during the consultation process with the client to support the preparation of the written report.

The written report may also be used to provide the evidence of knowledge requirements for origins and causes of treatable benign skin lesions as detailed in outcome 1.

Higher National Unit specification: statement of standards (cont)

Unit title: Beauty Therapy: Electrical Epilation: Advanced

Outcome 3

Demonstrate safe and effective removal of hair from any appropriate area of the face and body

Knowledge and/or skills

- ◆ Ability to analyse visual and verbal information from the client
- ◆ Applied treatment planning
- ◆ Health and Safety legislation
- ◆ Practical application of electrical needle epilation
- ◆ Evaluation

Evidence requirements

Candidates will need evidence to demonstrate that they have built on their skills and/or knowledge gained during their study of unit 'Electrical Epilation' by compiling a diary showing that they have completed an accumulated minimum of 20 hours of practical clinical experience (in excess of the hours accumulated during the above unit) over a range of differing hair growth types.

The candidate must prepare a written account of a consultation with two randomly selected clients with differing hair growth patterns.

The candidate is also required to provide needle epilation of a consistently high standard over a range of hair growths, face and body locations and epilation techniques.

The range of hair types to be formally assessed will include:

- ◆ fine and coarse hair
- ◆ ingrown hairs or distorted follicles

The range of face and body locations should include:

- ◆ upper lip
- ◆ neck
- ◆ bikini line
- ◆ one other selected from the following:
 - eyebrow
 - breast
 - male client

The range of epilation methods should include:

- ◆ short wave diathermy epilation
- ◆ blend epilation
- ◆ galvanic electrolysis

Higher National Unit specification: statement of standards (cont)

Unit title: Beauty Therapy: Electrical Epilation: Advanced

Assessment guidelines

The candidate is required to keep a diary detailing the 20 hours of treatment carried out on clients. The evidence must include the following information for each treatment undertaken:

- ◆ client name and age
- ◆ description of area treated
- ◆ needle epilation method used
- ◆ length of individual treatment time
- ◆ date
- ◆ signature of candidate and tutor/manager

It is not intended that the candidate be formally assessed during this period of clinical experience. However, towards the end of this period, the practical assessment could take place if deemed appropriate by the assessor.

The written case studies should be prepared by the candidate to include all the information detailed in the evidence requirements pertinent to the client. This should follow the primary consultation. This evidence will also provide the sample evidence for part of Outcome 4 and could also be presented in the form of a guided essay.

The criteria for assessing the candidate on the practical epilation techniques should be based on a consistency of technique, confidence of approach to the process and client handling over the range detailed in the evidence requirements. The range requirements could be assessed on as few as one occasion if the variables can be met on one client, however it is envisaged that assessment will be required on a minimum of two different clients. The practical assessments should be recorded by the assessor, by means of a short written report of the candidate's performance and an observation checklist.

When, due to lack of availability it is not possible to demonstrate the management of ingrown hair, this should be covered by a written statement by the candidate to provide a detailed description of how the problem should be managed to ensure a satisfactory outcome.

Outcome 4

Evaluate the benefits of contemporary methods for treating hair growth and treatable skin lesions

Knowledge and/or skills

- ◆ High frequency diathermy current
- ◆ Galvanic current
- ◆ Laser, intense pulsed light (IPL) and light heat energy (LHE)

Evidence requirements

Evidence of the knowledge and/or skills for this Outcome related to methods of treatment for hair growth will be provided on a sample basis. This evidence will be presented as an integral part of the case studies and treatment reports required as the evidence for Outcome 3.

Higher National Unit specification: statement of standards (cont)

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The candidate will need evidence to demonstrate their knowledge of the effects on the pilo sebaceous unit and surrounding skin of the various methods of electro-epilation in current use by showing they can compare and contrast the application of thermolysis, electrolysis, blend, flash diathermy, timed diathermy, diathermy and galvanic tweezer epilation in terms of:

- ◆ the direct effect of AC and DC current on the pilo sebaceous unit
- ◆ the effects of blending these two currents on the pilo sebaceous unit
- ◆ how time and current intensities affect the effects of the currents on the tissue
- ◆ how the effectiveness of hair removal may be affected by the use of flash diathermy, timed diathermy and galvanic and high frequency tweezer methods of application.

With reference to the data above, the candidate must identify key modality factors to make judgements about which method(s) would be the most suitable choice for the range of hair types and body locations listed under the evidence requirements for outcome 2. The client's physical and psychological condition and growth densities should also be considered in the decision making process. The candidate must make clear justifications for their choice(s) within the case study/treatment reports.

Candidates will need evidence to demonstrate their knowledge of Laser and IPL used for hair removal and the treatment of skin lesions to a level where they are able to explain the principles of the treatment and compare the application and effects to that of needle epilation methods.

Evidence is also required to demonstrate knowledge of the benefits of using a 'Blend' of AC and DC currents to treat telangiectases.

This evidence should take the form of a project and the assessor should allow time to monitor candidates working on this project. Text books, lecture notes, trade magazines and the candidates own notes will be allowed during this part of the assessment.

Assessment guidelines

The evidence for the methods of hair removal listed in the evidence requirements for this Outcome can be combined with Outcome 3 as part of a single assessment over 2 client case studies, details of which are given in Outcome 3.

The remaining evidence requirements are knowledge based and should demonstrate the candidate's knowledge and understanding of methods not practiced by the candidate.

Administrative Information

Unit code:	DN6J 35
Unit title:	Beauty Therapy: Electrical Epilation: Advanced
Superclass category:	HL
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Higher National Unit specification: support notes

Unit title: Beauty Therapy: Electrical Epilation: Advanced

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 80 hours.

Guidance on the content and context for this Unit

The purpose of this unit is to enable the candidate to demonstrate competence in the assessment and removal of minor benign skin blemishes using diathermy techniques. Also to afford the opportunity for the candidate to enhance their practical electrical epilation skills under supervision, together with an in depth understanding of the physiological factors that initiate and/or stimulate hair growth. It is intended for those candidates who wish to gain practical expertise, enhanced client management skills and who can apply knowledge and skills gained to analyse and problem solve all aspects of practical epilation techniques including benign skin lesion removal. The underpinning knowledge should always relate directly to the practical application of electrical epilation treatment and should, wherever possible be taught in that context; new information being related to working practices. To that end, candidates are likely to work predominantly with case study material and use this to gain experience and generate appropriate evidence. It is also applicable to those who have relevant work experience affording them the opportunity to gain recognition for knowledge and ability.

This unit, in conjunction with HNU 'Electrical Epilation' and 'Anatomy and Physiology' should prepare the candidate for entry examination to The British Institute and Association of Electrolysis.

Outcome 1 provides an in-depth study of skin especially the vascular plexus in the dermis to ensure a thorough knowledge and understanding of the capillary network to enable an assessment of suitability for this type of treatment and the expected outcome of the treatment. The Outcome also deals with the cellular changes in the skin that give rise to skin tags. An understanding of the problems associated with sebaceous secretions in the hair canal that result in the genesis of milia should be explored.

Through visual inspection of the skin lesion(s) and in consultation with the client, candidates should be able to identify possible underlying causes, assess suitability for treatment and provide future preventative advice to the client. This outcome provides much of the underpinning knowledge to ensure competency for the consultation and treatment planning skills required in Outcome 2.

Outcome 2 looks at the assessment and treatment of skin blemishes using needle thermo-coagulation and AC/DC Blend (for the treatment of telangiectasis), including the associated Health and Safety Legislation requirements for these procedures in the salon environment. These include a detailed study of the Local Government Miscellaneous Provisions Act 2003 Section 120, that deals with the hygiene requirements for salon procedures that involve Skin Piercing operations. Candidates should be made aware of the legal and ethical implications of practicing without the extended Insurance Cover required in order to carry out these procedures and the importance of receiving written medical approval prior to the treatment of all skin blemishes both from the ethical and legal standpoint. It is envisaged that the case study/treatment reports could extend to 1,000 words (each report) and should be prepared following the practical session and submitted for assessment not later than one week following the relevant practical session.

Higher National Unit specification: support notes (cont)

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Outcome 3 is intended to afford the candidate the opportunity to gain enhanced practical epilation skills working in more difficult areas of the face and body and to gain experience and confidence assessing the client requirements, matching the requirements to the most appropriate method of epilation and communicating this information to the client to ensure success. It is about applying the ‘theory’ work to the ‘practical’, clinical situation. The practical should attempt to focus on:

- ◆ lamp usage during the treatment
- ◆ correct selection of needle size and type
- ◆ positioning of the client and the therapist to facilitate probing of the follicle at the correct angle and in the correct direction
- ◆ hand and finger positioning to maintain the correct direction of stretch to facilitate entry to the follicle and minimise the sensation of the current when released in the follicle

The candidate must be able to perform the epilation process employing all health and safety legislation requirements, and must be able to:

- ◆ probe follicles smoothly and consistently on a first insertion attempt without skin resistance to the insertion of the probe
- ◆ epilate hairs without any traction

Particular attention should be paid to the candidate’s ability to:

- ◆ work progressively across the treatment area
- ◆ assess each hair structure prior to insertion, for angle, direction, depth, current intensity and timing of current release
- ◆ maintain stretch and position of fingers on the skin
- ◆ position and adjust lighting, client and self to maximise technique throughout the treatment strategy.

The case studies/reports should be concise but should provide evidence that the candidate can:

- ◆ carry out a thorough visual analysis of hair growth on a client who has not had epilation before and establish a likely cause for the growth in consultation with the client
- ◆ prepare a treatment schedule for the client taking into account the extent of the treatment area, density of hair growth, types of hair structures, probable cause, previous interference to the growth, any contra-indications that may restrict treatment either temporarily or permanently and the client’s physical and psychological state. The treatment schedule should address the above criteria and also include:
 - Most suitable type(s) of epilation
 - Most suitable type and size of epilation probe
 - Frequency and duration required for individual treatments to optimise results
 - An estimate of the timescale required for regular treatment sessions
 - Report on the actual treatment detailing extent of clearance, skin reaction and client’s tolerance for treatment.
 - Evaluation of performance and plan, stating any changes to the original plan as a result of completing the first treatment on the client.

Higher National Unit specification: support notes (cont)

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It is also important that the candidate appreciates that this treatment is one that works towards a 'cure' and that this must be conveyed to the client in the context of regular and frequent treatments at the outset. The correct communication techniques must be employed by the candidate to ensure the information is correctly conveyed to the client. Candidates should be encouraged to practice consultation techniques with both new and existing clients.

Outcome 4 requires close examination of all the currently used methods of electrical epilation in terms of the effects of the types of currents employed. A comprehensive study of the heating patterns and the effects of diathermy current at various depths within the skin should be undertaken to enable the candidate to understand the need to balance the application time and the current intensity with the variety of follicle lengths.

It is suggested that the candidate is familiar with the chemistry of electrolysis prior to applying the principle to usage for electrical epilation. Consideration of the effects of sodium hydroxide on skin tissue and therefore the implications of the treatment on differing densities of hair growths and skin types, should be studied.

Candidates should be made aware of the importance of balancing Blended current to ensure understanding of the role each current plays and the correct intensities for each current are used to ensure safe and effective treatment. The variety of methods for applying the Blend should be investigated but the candidate need only demonstrate the correct use of the particular equipment available in the teaching environment.

Investigation of the advantages and disadvantages of :

- ◆ Flash diathermy
- ◆ Timed diathermy
- ◆ Diathermy and galvanic tweezer epilation

should be considered in terms of their effectiveness especially in relation to the heating patterns they adopt.

With the increased use in salons of Laser, IPL & LHE for hair removal, it is important that the candidate is familiar with the principles these techniques and their effectiveness in order to conduct an informed discussion with the client.

Much of the work of this outcome will be through research by the candidate to build on the basic understanding gained in the HNU 'Electrical Epilation'.

Problem solving skills form a large component of the unit and should be designed to prepare candidates to a level at which they are able to tackle queries and complaints from clients with regard to:

- the possible lack of success treatment
- problem skin reactions

enabling them to respond to the client correctly and constructively and satisfactorily.

Higher National Unit specification: support notes (cont)

Unit title: Beauty Therapy: Electrical Epilation: Advanced

Guidance on the delivery and assessment of this Unit

Opportunities for developing Core Skills

This unit is likely to form part of a group award that is primarily designed to provide candidates with technical and professional knowledge and skills related to beauty therapy. It would be expected, however, that those who successfully complete the award would progress to first line manager or team leader posts. In these circumstances, the Unit is likely to be delivered towards the end of the award by which time candidates should have a good appreciation of the importance of high quality client handling skills, which will enable them in the achievement of this Unit.

Where possible, assessment for this unit has been integrated to encourage continuity, validity and relevance for the candidate. The type of assessment instruments would also suit open learning candidates.

Outcome 1 will be assessed by:

- ◆ Written assignment or restricted response question paper to cover the range of topics indicated in the Outcome

Outcome 2 will be assessed by:

- ◆ Case studies/report(s)

Outcome 3 will be assessed by:

- ◆ practical performance assessor report
- ◆ presentation of a diary of evidence of practical clinical experience over a diverse range of client types, treatment areas and epilation methods
- ◆ 2 Case study/treatment reports

Outcome 4 will be assessed by:

- ◆ 2 Case study/treatment reports as Outcome 3
- ◆ Open book assignment, progress monitored by assessor

Open learning

This Unit could be delivered using open, distance or e-learning provided that the candidate has the opportunity for practical experience in the commercial environment to achieve the required number of clinical practical hours. However, the treatment of skin lesions, the practical assessments and the assessment of Outcome 4 would require tutor supervision.

Candidates with additional support needs

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs*, which is available on the SQA website www.sqa.org.uk

General information for candidates

Unit title: Beauty Therapy: Electrical Epilation: Advanced

This Unit has been designed to enable you to learn the techniques required to treat minor, benign skin lesions safely and effectively using short wave diathermy techniques. It affords you the opportunity to develop your practical skills thus gaining confidence when treating any type of hair growth in all body locations normally deemed suitable for treatment. From research into the various methods of epilation available you will be prepared to make the correct choice of treatment type to match the requirements of the client.

Overall, you will be expected to use the knowledge and skills from the Unit to enable you to become competent and confident in the entire area of hair and minor skin lesion removal techniques and prepare you to specialise in electrical epilation as a career option if desired.

In order to complete the Unit successfully, you will be required to complete a minimum of 30 hours of practical work treating skin lesions using HF Diathermy and hair growths using both HF diathermy and Blend epilation techniques. You must achieve a satisfactory level of performance in all practical assessments. These require to be supported by comprehensive case study/reports of the treatment(s) you have carried out and must include a detailed account of the physical and physiological effects that the current has had on the pilo sebaceous unit when treating hair growths or the histology of the skin lesion being treated. During the unit you will be required to complete a written assignment or restricted response question paper under examination conditions, following a period of research into the specialised anatomy and physiology knowledge required in the Unit. You will also be assessed by open book assignment.