Unit Summaries & Learning Outcomes

Unit 1. Principles of History, Ethics & Law in Aesthetic Medicine
This unit covers the historical, ethical and economic background of aesthetic medicine. The learner will develop knowledge regarding the applications of medical ethical principles to aesthetic medicine, and an understanding of the current state of regulation and legislation within aesthetic medicine.

I. Historical and economic background of aesthetic medicine.
II. Relevant ethical principles
III. Role(s) of monitoring bodies for different medical professionals
IV. Ethical and legal marketing activities
V. Legislation related to aesthetic procedures
VI. Good medical practice
VII. Liability

Unit 2. Principles of Treatment in Aesthetic Medicine
This unit covers the client-centred standards of care expected from a practitioner of aesthetic medicine. It also addresses a range of methodological and appearance related considerations specific to the practice of aesthetic medicine. The learner will develop an understanding of principles guiding the practice of aesthetic medicine, with an overarching focus upon the tailoring of treatments to a client’s needs.

I. Principles of client-centered care in aesthetic medicine
II. Health conditions that impact cosmetic treatments
III. How to provide good continuity of care
IV. The pre-treatment consultation
V. Informed consent
VI. Shared decision-making
VII. Good record keeping
VIII. Written and verbal information to supply to patient
IX. Decision time (“cooling off period”)
X. How to manage outcome expectations
XI. Clinic requirements
XII. Importance of face to face consultations
XIII. How to use topical anaesthetics
XIV. Combination cosmetic treatments
XV. Routine audit and your professional development
XVI. Routine risks such as needle-stick injuries, and how to prevent them
XVII. Recognising & managing a vasovagal response
XVIII. The morphology of facial ageing
XIX. The relationship between facial shape, proportions and ‘attractiveness’

Unit 3. Principles of Cosmetic Psychology
This unit covers the psychological aspects of client safety in aesthetic medicine. The learner will develop an understanding of the role of psychology within aesthetic medicine; from the recognition and response to client needs, to those of mental health issues/concerns.

I. Motivations for cosmetic procedures
II. The impact of cosmetic procedures on psychological wellbeing
III. ‘At risk’ groups
IV. NICE guidelines
V. Indications of relevant mental conditions
VI. Screening tools
VII. Professional boundary setting
VIII. Pathways for support
IX. Unmet expectations and how to deal with them
X. Post-decisional regret

Unit 4. Principles of Dermatology in Aesthetic Medicine
This unit covers the elements of dermatology relevant to a practitioner of aesthetic medicine. The learner will develop an understanding of a range of dermatological concepts, including; histology, skin care, ageing and skin pathologies.

I. Structure & function of the skin and hair
II. Relevant dermatological microbiology
III. Intrinsic vs. extrinsic skin ageing
IV. Dermatological conditions
V. Skin care products – which are effective?
VI. How effective are cosmeceuticals?
VII. How to assess skin health

Unit 5. Principles of Botulinum Toxin Use
This unit covers the biochemistry and pharmacology of botulinum toxin. With reference to the use of botulinum toxin within aesthetic medicine, it also addresses; relevant areas of anatomy, risks/complications and complication management strategies. The learner will develop an understanding of the actions of botulinum toxin and the associated responsibilities of a practitioner delivering botulinum toxin treatments.

I. Biochemistry and mechanisms of botulinum toxins
II. Relevant anatomy of the face and neck
III. Risks of botulinum toxins and how to manage them
IV. Adverse effects and how to manage them
V. Referral options
VI. How to make a suboptimal outcome optimal
VII. Aftercare and how to tailor it to each patient

Unit 6. Practice of Botulinum Toxin Use
This unit covers the competence elements of botulinum toxin administration. The learner will develop the ability to administer botulinum toxin treatments, individualised to the needs of a client, including all stages of client consultation and care plan development.

I. Full client assessment including face shape and wrinkles
II. Design treatment plans for botulinum toxin indications
III. Practice of the pre-treatment consultation
IV. Design pre-procedural care plan
V. Practice sterile techniques
VI. Reconstitute and store toxin products
VII. Pre- and post-treatment photography
VIII. Botulinum toxin administration in a variety of sites, depths and dosages
IX. Aftercare planning

**Unit 7. Principles of Dermal Filler Use**
This unit covers the biochemistry and pharmacology of a range of dermal fillers. With reference to the use of dermal fillers within aesthetic medicine, it also addresses; relevant areas of anatomy, injection techniques, risks/complications and complication management strategies. The learner will develop an understanding of the actions of dermal fillers and the associated responsibilities of a practitioner delivering dermal filler treatments.

I. Biochemistry and mechanisms of stimulatory, permanent and semi-permanent, and temporary dermal fillers
II. Pharmacology of dermal fillers
III. Dermal filler techniques
IV. Use of local anaesthetic with dermal fillers
V. Relevant blood vessels & anatomy of the face and neck
VI. Risks of dermal fillers and how to prevent or manage them
VII. Hyaluronidase and how to use it

**Unit 8. Practice of Dermal Filler Use**
This unit covers the competence elements of dermal filler administration. The learner will develop the ability to administer dermal filler treatments, individualised to the needs of a client, including all stages of client consultation and care plan development. Additionally, the learner will be able to demonstrate the use of hyaluronidase with regard to complication management.

I. Full client consultation including facial shape, proportions, folds and volume.
II. Design treatment plans for different dermal filler indications
III. Practice of the pre-treatment consultation
IV. Design pre-procedural care plan
V. Practice sterile techniques
VI. Administration of dermal fillers
VII. Dilution and administration of hyaluronidase
VIII. Onward referral pathways
IX. Pre- and post-treatment photography
X. Aftercare planning