



# PROSPECTUS **LEVEL 4**



## **THEORETICAL** ENHANCED SKIN HEALTH SCIENCE

[www.aspireskin.co.uk](http://www.aspireskin.co.uk)

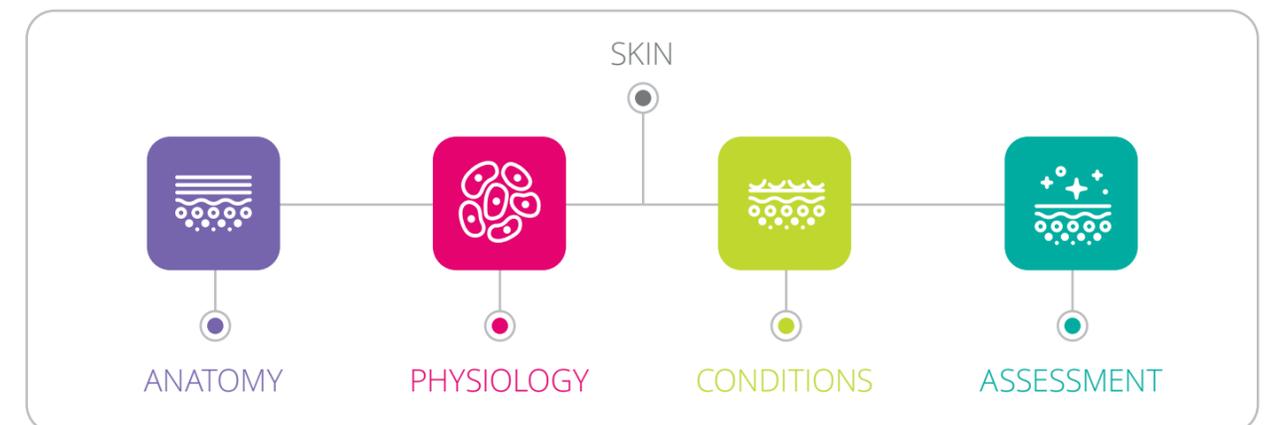
Knowledge and understanding are the foundations upon which we train the talented and motivated to achieve their full potential so that in time their future clients will be enriched and fulfilled. That is why and where learning leads.

**We aim to give you** flexibility and support. But we haven't stopped there...

The International Skin and Aesthetics Academy is committed to the delivery of specialised professional development, education and training in the specific field of skin and medical aesthetics.

Our philosophy is built on ethical and transparent practice. Our professional development and training programmes have been developed, and are delivered by highly skilled, qualified and experienced practitioners, who operate with a significantly high level of professional integrity. Our aim is to raise industry standards and gain recognition for those that are awarded our advanced qualifications.

Your learning and development is extremely important to us and we believe that we are best placed to give you a unique experience enabling you to learn, grow and develop your skill set and be the best that you can be within your chosen field.



Results driven, certified training that will earn you CPD points and more importantly set you on course to become a highly skilled, professional practitioner.





## Learning Outcomes

### On completion of this unit you will:

- 1) Understand and describe the structure and histology of the skin
- 2) Understand the cellular histology and skin physiology
- 3) Relate the knowledge of the anatomy and physiology of the skin to skin ageing and skin health

This module covers the Anatomy and Physiology of the skin and how it relates to skin ageing and skin health strategies.

### Evidence requirements

**Written Assessment.** Knowledge and understanding in this unit will be assessed by way of written assignment of a minimum 3,000 words. Use of diagrams is permitted to illustrate your answers. A pass mark of 60% must be achieved. Criteria not achieved will be identified to your tutor/assessor. You will then be orally questioned or asked to produce other forms of evidence to achieve the pass mark.

### Outcome 1

Understand and describe the structure and histology of the skin

- 1.1** Identify the anatomy of the three layers of the skin along with their specific functions.

- a) Epidermis
- b) Dermis – Papillary and Reticular
- c) Hypodermis – Subcutaneous (SMAS)

### Outcome 2

Understand the cellular histology and skin physiology

- 2.1** Describe the cellular histology and roles of the following;

- a) Keratinocytes
- b) Melanocytes
- c) Merkel cells
- d) Fibroblasts
- e) Glycosaminoglycans (GAGS)
- f) Collagen - types 1 to V
- g) Stem cells

- 2.2** Explain the function of the following with particular reference to their role in the immune response of the skin:

- a) Langerhans cells
- b) Mast cells
- c) Macrophages
- d) Dendritic cells (Langerhans cells are dendritic)
- e) Histamine
- f) Immune cells - Neutrophils T and B Lymphocytes
- g) Cytokines
- h) Prostaglandins
- i) Matrix Metalloproteinases (MMP's)

### Outcome 3

Relate the knowledge of the anatomy and physiology of the skin to skin ageing and skin health

- 3.1** Explain the role of the Barrier function of the skin and the effects of a compromised barrier function on skin health.

Key words: Function, Filaggrin, Lamellar granules, Corneocytes, Intercellular matrix, Lipids, Stratum Corneum, Lipid envelope, Natural Moisturising Factor, Keratinocyte Maturation cycle

- 3.2** Outline the anatomy and physiology of the Adnexal structures of the Integumentary system with reference to the effect on skin health of:

- Cutaneous Glands
- Pilosebaceous unit

Relate the knowledge of the anatomy and physiology to skin health strategies

- 3.3** Identify the main functions, anatomy within the skin and relationship to skin health of the following systems:

- a) Vascular System
- b) Lymphatic System
- c) Nervous System
- d) Skeletal System
- e) Endocrine System
- f) Muscular System





### Learning Outcomes

#### On completion of this unit you will:

- 1) Understand the nature of ageing
- 2) Understand the causes and effects of ageing of the skin
- 3) Understand how skin resurfacing strategies may delay the ageing process, correct ageing defects and promote optimal skin health.

This module covers the physiology of skin ageing, causes and effects of ageing on the body and its systems and how this relates to skin health and skin resurfacing strategies.

#### Evidence Requirements

**Written Assessment.** Knowledge and understanding in this unit will be assessed by way of written assignment of a minimum 3,000 words. A pass mark of 60% must be achieved. Criteria not achieved will be identified to your tutor/assessor. You will then be orally questioned or asked to produce other forms of evidence to achieve the pass mark

#### Outcome 1

Understand the pathology of ageing

- 1.1 Describe the seven causes of Biological ageing at a cellular level;
  - a) DNA – Genome Damage
  - b) Telomere shortening
  - c) Epigenetics
  - d) Unfolded protein Dysfunction
  - e) Mitochondrial Dysfunction
  - f) Cellular Senescence
  - g) Stem cell exhaustion
- 1.2 Explain the differences between intrinsic and extrinsic ageing and the causes that can accelerate the ageing process
- 1.3 Explain the difference in Chronological and Biological ageing
- 1.4 Explain Photo-ageing and suggest strategies to limit this type of ageing

#### Outcome 2

Understand the cause and effects of ageing of the skin

- 2.1 Explain how the decrease of the following can contribute to the appearance of skin ageing
  - a) Facial fat
  - b) Bone
  - c) Muscle
  - d) Collagen and Elastin
  - e) Hyaluronic acid
  - f) Lipid production
- 2.2 Explain the process of chronic and acute inflammation and how this can disrupt skin health
- 2.3 Explain the pathology of wound healing
- 2.4 Explain the effects of Free radical damage with reference to;
  - a) Oxidative stress
  - b) Antioxidants
  - c) Reactive Oxygen Species (ROS)
  - d) Lipid peroxidation
- 2.5 Explain the process of Glycation and cross linking and how this affects the ageing skin
- 2.6 Explain the effects of increased and decreased levels of hormones on the skin with reference to;
  - a) Oestrogen
  - b) Progesterone
  - c) Testosterone
  - d) DHEA
- 2.1 Explain how the following can contribute to skin ageing and affect skin health.
  - a) Stress
  - b) Alcohol
  - c) Medication
  - d) Pollution
  - e) Smoking
  - f) UV exposure

#### Outcome 3

Understand how skin health strategies may delay the ageing process, correct ageing defects and promote optimal skin health.

- 3.1 Discuss skin health strategies with reference to;
  - a) Ingredients to combat the signs of ageing
  - b) IPL and laser
  - c) Mesotherapy
  - d) Botulinum toxin
  - e) Dermal fillers
  - f) Sun protection





### Learning Outcomes

This module looks at some of the common skin disorders that present to us as skin specialists. The module aims to demonstrate the pathology of the diseases and disorders and how we can design skin health strategies to influence a positive change whilst at the same time, working with our level of professional competencies.

#### On completion of this unit you will:

- a) Recognise and describe the pathology of a range of skin diseases/disorders
- b) Relate the knowledge of the underlying causes of skin disease and disorders when formulating skin health programmes and recognise when referral to other health care providers are required.

#### Evidence Requirements

**Written Assessment.** Knowledge and understanding in this unit will be assessed by way of written assignment of a minimum 3,000 words. A pass mark of 60% must be achieved. Criteria not achieved will be identified to your tutor/assessor. You will then be orally questioned or asked to produce other forms of evidence to achieve the pass mark.

Recognition and pathology and physiology;

- Acne
- Rosacea, chronic redness
- Vascular Disorders - Telangiectasia and Poikiloderma Civatte
- Pigmentary Disorders- PIH, sun damage, melasma, dark circles and age-related pigmentation
- Scarring
- Psoriasis

“  
Having received training on Zoom and in person I cannot recommend Pam and her team enough. Excellent training with a wealth of knowledge.”

Amy, London

#### Outcome 1

Recognise and describe the pathology of a range of skin diseases/disorders

- 2.1 Describe the pathology and recognition of the following skin conditions;
- a) Acne
  - b) Rosacea/chronic redness
  - c) Erythematotelangiectatic rosacea
  - d) Telangiectasia
  - e) Poikiloderma of Civatte
  - f) Psoriasis
  - g) Scarring - keloid and hypertrophic
  - h) Vitiligo
  - i) Post Inflammatory Hyperpigmentation (acute/chronic)
  - j) Lentigines - Solar lentigo and Lentigo simplex
  - k) Solar Keratosis
  - l) Solar elastosis
  - m) Dark Circles
  - n) Skin cancer - Basal Cell carcinoma, squamous cell carcinoma and melanoma
  - o) Xerosis cutis
  - p) Melasma/Chloasma

#### Outcome 2

Relate the knowledge of the underlying causes of skin disease and disorders when formulating skin health programmes

- 2.1 Explain your limitations as a skin health specialist when formulating treatment plans and describe where a multi-disciplinary team approach and referral to other health care providers may be considered.





## Learning Outcomes

### On completion of this unit you will:

- 1) Understand the importance of developing a robust clinical patient assessment protocol
- 2) Understand the importance of establishing robust patient information
- 3) Develop paperwork that comply with legislative guidelines

This module covers the diagnostic methods and skills required to complete an accurate and robust clinical skin assessment and to plan a treatment schedule. It demonstrates when other health care providers need to be consulted and explores the legal aspects of consent and photography.

- Consultation skills
- Methods of skin assessment
- Evaluation, Medical and physical assessment
- Photography
- Documentation
- Informed consent
- Management of expectations
- Contra indications

### Evidence requirements

**Written Assessment.** Knowledge and understanding in this unit will be assessed by way of written assignment of a minimum 3,000 words. A pass mark of 60% must be achieved. Criteria not achieved will be identified to your tutor/assessor. You will then be orally questioned or asked to produce other forms of evidence to achieve the pass mark.

### Outcome 1

Understand the importance of developing a robust clinical patient assessment protocol

- 1.1 Identify the reasons why establishing a robust clinical patient assessment protocol supports good working practice.
- 1.2 Within the clinical assessment protocol, identify the main objectives of the initial consultation to facilitate positive outcomes.
- 1.3 List the skills required by a practitioner to complete an effective clinical patient assessment and how these could be adapted to the specific needs of the patient.
- 1.4 Identify the diagnostic methods available to complete a robust clinical patient assessment and explain how this supports both the treatment plan and review of outcomes.

The outcomes of the clinical patient assessment are interpreted and collated into an individual treatment plan.

- 1.5 Identify the structure of the treatment plan and how this is communicated to the patient ensuring they understand the effect on treatment adaptations based on their specific needs as identified in the consultation and expected outcomes.
- 1.6 List the importance of gathering a medical history of your patient both past and current and family history.

### Outcome 2

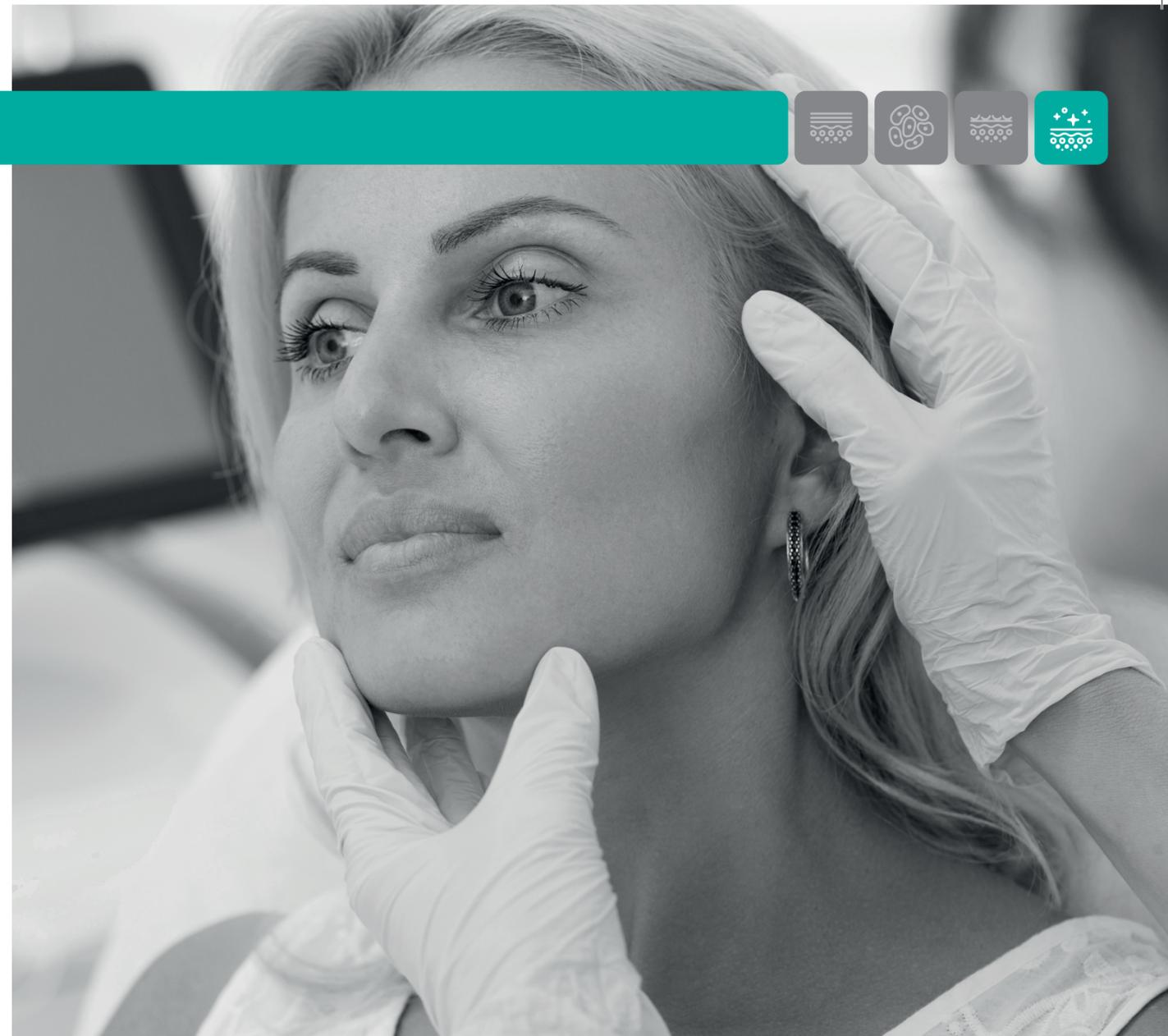
Understand the importance of establishing robust patient information.

- 2.1 Explain what is meant by 'informed consent' make reference to;
  - Risks
  - Alternative treatments
  - Disability considerations
- 2.2 Explain the importance of the development of robust patient information making reference to;
  - Accuracy of products and procedures and the consequences of misleading or insufficient information.
  - The difficulties with regards to the formats that patients source their information outside of the clinical setting.
  - The various forms that patient information can take and how it should be presented.

### Outcome 3

Develop paperwork that comply with legislative guidelines

- 3.1 Within your own clinical setting, explain the importance of compliance with legislative guidelines following making reference to professional good practice guidelines, insurance criteria, current legislation and GDPR:
  - Patient photography.
  - Keeping legible and accurate patient records.



## Costs.

### Option 1

£650.00 plus VAT for each module  
total £2600.00 plus VAT.

Completion of the 2 day course. This covers the cost of modules 1-4. **Level 4 Enhanced Skin Science.**

The certificate for all the modules is an additional £90.00 payable to Wynyard Aesthetics.

To gain the level 5 Diploma you will have had to have completed pHformula skin resurfacing training prior to the Enhanced Skin Science or complete following the level 4 certificate.

### Option 2

Non pHformula certificate holders.  
If unable to or only wish to access certain modules  
Each independent module is £750.00 plus VAT.

**Level 4** £2,690.00 plus VAT

**Level 5** £3,340.00 plus VAT

### Contact Details.

For further information on the Diploma please contact  
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For application forms and detailed prospectus contact  
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