

#### PART 1 (THEORY) - ONLINE

##### M01 – Course Overview

Learning outcomes, Understanding recommended guidelines (CPSA, HEE, NICE & WHO), Core Competencies (Domains 1, 2 & 3). National Occupational Standards.

##### M02 – Qualifications – Levels & Thresholds

Understanding the range and applications of treatments at Levels 1 to 8. Equivalencies. Looking at each level and specific treatment types. Competencies at Level 4.

##### M03 – Culture & Diversity

Understanding culture and diversity within the context of a salon, including opportunities and challenges for aesthetic therapists. Diversity and inclusion. Principles of diversity.

##### M04 – History, Definitions and Roles

The origins of microneedling and development of PRP, evolution of treatments, types of equipment and range of applications. Historical perspective and modern day examples of PRP therapies.

##### M05 – Health & Safety & UPC

H&S legislation, Standard Precautions (for bloodborne pathogens), Pathogen types, Personal Protective Equipment (PPE), Handwashing and Hygiene, Hazardous Waste Disposal (non-specific), Preventing Needlestick Injuries. A detailed look at viruses, bacteria and fungi. Handling clients with infectious conditions and infestations. Transmission modes. Sterilisation processes in the workplace.

##### M06 – Regulatory Obligations

Pathways – employed, contracted and self-employed, Management of H&S at work, Local and national government laws and bylaws, DBS types, Record Keeping, Hazardous Waste Disposal (specific), Insurance and insurance types, Accident reporting, The Keogh Review, HEE guidelines, Professional bodies.

##### M07 – Professionalism & Effective Communication

Presenting a professional image, guidelines and recommendations. How to effectively communicate with your clients and colleagues, communication methods, communicating efficiently in consultation.

##### M08 – Consent

Understanding consent types and capacity to consent. The importance of valid consent. Consent frequency. Risk assessment. Storing consent documentation – looking at paper and digital/cloud. Consent and the law. Determining if consent is robust.

##### M09 – Environmental and Sustainable Work Practices

Sustainability in the workplace. Running an efficient salon (water efficiency, waste reduction, interior fittings). Advancements including digital options (clients and suppliers).

##### M10 – Anatomy & Physiology

A&P for collagen induction therapy. Veins, arteries and capillaries (phlebotomy overview). The integumentary system – structure and function. Microneedling – depths and penetration. The lymphatic system. The circulatory system.

Skin as a defence barrier. Skin – functions and layers. Merkel cells, Langerhans Cells, Keratinocytes and Melanocytes. The epidermal-melanin unit. Fibroblasts and connective tissue. The effects of ageing. Merz Scales. Skin changes over time. Skin rejuvenation including optimising cell function and increasing natural collagen. Inducing regenerative healing. The Fitzpatrick Scale. A detailed look at cell function, specifically melanocytes, keratinocytes and fibroblasts. Microneedling the skin, effects and collagen response. Wound healing – stages (haemostasis, inflammatory, proliferative and maturation). Collagen Induction Therapy (CIT). Topical applications to improve keratinocyte function. Topical applications to improve collagen synthesis.

##### M11 – Patient Management – Consultation & Examination

Pre-treatment and treatment consultations. Client Motives. Educating your client. Developing a consultation plan. Medical Records. Contraindications & Precautions – Relative and Absolute Contraindications in microneedling. Microneedling and anticoagulants. Side effects and treatment failure. Photo-documentation. Looking at and recording a detailed medical history. Client reviews. Health risks. Legalities.

##### M12 – Record Keeping

Key points and importance. Understanding how to retain records. Claims - Date of Discovery and Date of Knowledge.

##### M13 – Platelet Rich Plasma (PRP) – Understanding the basics

Whole blood – composition. Platelets and growth factors (types and functions). What are platelets? Understanding platelet modes of action. Platelet Rich Plasma – preparation. PPP and PRP. PRP Activation and collagen response in vivo. Fibrin network formation. Dermal needle puncture - repair pathway. Examples of microneedling applications. Needle depths and facial skin thickness. Types of treatments – a case by case examination.

##### M14 – Platelet Rich Plasma (PRP) – Harvesting and Preparation

Phlebotomy. Using correct needle size and anticoagulant. Understanding autologous treatment types with PRP. The treatment agent pathway. Whole blood processing. Harvesting good quality PRP - step by step procedure. Using a centrifuge. Centrifuge operation and management. Steps to minimise platelet trauma. First and second centrifuge processes. Understanding how a centrifuge works? Managing breakage and spillage.

##### M15 – PRP Treatment – putting it all together!

Client arrival, management, documentation, photography, examination, consultation, consent, treatment plan. Patient ID. Referrals. Seeking expert advice. Employment types – employed (PAYE), contracted, self-employed (freelance)-detailed look at each. Managing equipment and consumables. Compliance. Pre-treatment guidance. Medications and drug conflicts. Preparing a treatment area. Preparing your client. Disinfecting the face. Applying numbing cream. Phlebotomy procedures. Blood handling. Microdermal pens and rollers - types and accessories. Treatment modes and actions. Selecting the correct needle depth. Applying PRP and microneedling. Managing pen depth and skin areas. Working within facial zones. Post treatment management. Waste management and correct waste disposal. Post treatment client management. Aftercare. Managing adverse effects. Managing post treatment client expectations. Treatment intervals. Post treatment checklists and patient after-care guidelines.

#### PART 2 (PRACTICAL SKILLS) - CLASSROOM

**Key Modules - Theory Recap** - A recap and overview of your Part 1 online course.

##### Practical Session 1: Equipment familiarisation:

Hands-on approach. A detailed look at equipment and consumables used for PRP Treatment.

##### Practical Session 2: Completing Medical Records and Consent Forms:

Role play as client and therapist. You will practise accurately completing skin analysis, consent and medical questionnaire forms. You will be given a card with an assumed identity and medical history or you can invent your own persona. Your co-partner will make informed decisions on your potential treatment programme(s) based on the information you have provided. You will then swap roles.

##### Practical Session 3: Using a Centrifuge

The safe operation of your centrifuge is key to a good PRP harvest. Incorrectly handled blood products will result in reduced or no client benefit. Breakages need to be handled correctly and standard precautions followed. In this exercise we learn how to prepare samples using a standard laboratory centrifuge.

##### Practical Session 4: Performing a practice microneedling facial treatment

Using an anatomical “dummy” face, we look at and practice the correct procedures and techniques for performing microneedling.

##### Practical Session 5: Performing a microneedling facial treatment with PRP -

Microneedling (Roller) We perform a complete treatment, from client evaluation and preparation through to post-treatment management using a microneedling roller. A full procedure is performed on consenting in-class colleague or your own model. Please note in either case your “client” must have completed a pre-treatment evaluation to confirm eligibility.

##### Practical Session 6: Performing a microneedling facial treatment with PRP - Microneedling (Pen)

We perform a complete treatment, from client evaluation and preparation through to post-treatment management using a microneedling pen. A full procedure is performed on consenting in-class colleague or your own model. Please note in either case your “client” must have completed a pre-treatment evaluation to confirm eligibility.

**PLEASE NOTE THAT PART 1 ONLINE SHOULD BE COMPLETED BEFORE JOINING US FOR PART 2 IN THE CLASSROOM**

This course is supplemented with support material / handouts, tutor-led video tutorials and digital downloads.