SKAB35
Perform photo rejuvenation of the skin using intense pulsed light or laser systems

Overview
This standard is about using intense pulsed light and laser systems for photo rejuvenation of the skin. It stresses the importance of safe working practice and places emphasis on identifying and controlling hazards in the workplace. You will need to be able to identify skin conditions and those clients suitable for intense light and laser system treatments.

The main outcomes of this standard are:

- Maintain safe and effective methods of working when carrying out photo rejuvenation using intense pulsed light or laser systems
- Consult, plan and prepare for treatments
- Carry out light or laser photo rejuvenation treatments
- Provide aftercare advice.
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<table>
<thead>
<tr>
<th>Performance criteria</th>
<th>Maintain safe and effective methods of working when carrying out photo rejuvenation using intense pulsed light or laser systems:</th>
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<tbody>
<tr>
<td><strong>You must be able to:</strong></td>
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<tr>
<td>P1</td>
<td>set up and monitor the <strong>laser controlled area</strong> to meet safety, legal, hygiene, medical protocol, organisational procedures and manufacturers’ instructions</td>
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<td>P2</td>
<td>make sure that environmental conditions are suitable for the client and the treatment and meet legal and safety requirements</td>
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<td>P3</td>
<td>ensure your personal hygiene, protection and appearance meets accepted industry and organisational requirements</td>
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<td>P4</td>
<td>effectively disinfect your hands throughout the treatment as required</td>
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<td>P5</td>
<td>wear suitable personal protective <strong>equipment</strong> to avoid cross-infection and prevent accidental exposure to optical radiation for yourself, within the <strong>laser controlled area</strong></td>
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<tr>
<td>P6</td>
<td>ensure clients and others wear suitable personal protective equipment to avoid cross-infection and prevent accidental exposure to optical radiation within the <strong>laser controlled area</strong></td>
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<tr>
<td>P7</td>
<td>ensure your own posture and position minimises fatigue and risk of injury whilst working</td>
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<td>P8</td>
<td>ensure all tools and <strong>equipment</strong> are disinfected or sterilised using the correct methods or single use disposable</td>
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<td>P9</td>
<td>position <strong>equipment</strong> and products for ease and safety of use</td>
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<td>P10</td>
<td>ensure the client is in a comfortable and relaxed position suitable for the treatment</td>
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<td>P11</td>
<td>maintain accepted industry hygiene and safety practices throughout the treatment</td>
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<td>P12</td>
<td>maintain the client’s modesty, privacy and comfort at all times</td>
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<td>P13</td>
<td>check the client’s wellbeing at regular intervals according to organisational policy</td>
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<tr>
<td>P14</td>
<td>dispose of single use items, hazardous waste and waste materials safely and correctly</td>
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<tr>
<td>P15</td>
<td>ensure the treatment is cost effective and is carried out within a commercially viable time</td>
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<tr>
<td>P16</td>
<td>ensure client records are up-to-date, accurate, complete, legible and signed by the client and practitioner</td>
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<tr>
<td>P17</td>
<td>leave the treatment area and <strong>equipment</strong> in a condition suitable for future treatments.</td>
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</tbody>
</table>
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Consult, plan and prepare for treatments by

You must be able to:

P18 use consultation techniques in a polite, sensitive and supportive manner to determine the client’s treatment needs
P19 obtain signed, written informed consent from the client prior to carrying out the treatment
P20 ensure that informed medical and signed parent or guardian consent is obtained for minors prior to any light based treatment
P21 ensure that a parent or guardian is present throughout the light based treatment for minors
P22 clearly explain to the client what the treatment entails in a way they can understand
P23 use consultation techniques which accurately identify the client’s medical history, skin classification, treatment aims, areas to be treated, skin condition and sensitivity and emotional state
P24 ask your client appropriate questions to identify if they have any contra-indications to treatment
P25 accurately record your client’s responses to questioning
P26 actively encourage the client to ask questions and clarify any points of which they are unsure
P27 encourage clients with suspected contra-indications to seek medical advice without reference to specific conditions and without causing undue alarm or concern
P28 take consistent, clear high quality pre-treatment photographs of the areas to be treated following organisational practices
P29 clearly explain the physical sensation created by the treatment
P30 correctly prepare the area to be treated and carry out a test patch
P31 ensure written aftercare procedures are given to the client following test patch
P32 confirm details on existing record card are correct and post-treatment reactions are recorded
P33 recommend alternative treatments or products which are suitable for the client if contra-indicated for photo rejuvenation of the skin
P34 clearly identify and agree achievable and realistic outcomes of the treatment aims for the client’s skin type and classification
P35 clearly explain and agree the projected cost, likely duration, frequency and skin recovery time.

Carry out light or laser photo rejuvenation treatments by:

You must be able to:

P36 illuminate the treatment area to ensure maximum visibility through protective eyewear
P37 leave the area to be treated clean, oil free and dry prior to treatment
P38 accurately mark out the area to be treated using the correct methods,
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You must be able to:

P39 carry out suitable cooling methods according to skin classification in accordance with manufacturer’s instructions and medical protocol

P40 correctly enable and set the **equipment specifications and variables** to meet the agreed treatment plan

P41 ensure the hand-piece is used at the correct angle and pressure according to manufacturer’s instructions and medical protocol

P42 effectively stretch and manipulate the skin to gain access, depending on the area to be treated

P43 work systematically to cover the **areas to be treated**

P44 monitor the level of skin reaction and adapt your treatment techniques to ensure safe and effective treatment

P45 discontinue treatment where contra-actions occur in accordance with manufacturer’s instructions and medical protocol

P46 ensure the treatment area is cleaned, cooled and soothed using suitable cooling methods according to manufacturer’s instructions and medical protocol

P47 conclude treatment by returning the intense light or laser system back into deactivated mode

P48 take consistent, clear high quality post-treatment photographs of the treated areas following organisational practices.

**Provide aftercare advice**

P50 give aftercare **advice** and recommendations accurately and constructively

P51 give 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 relevant health and safety legislation, standards and guidance, and in particular under the Health and Safety at Work Act; any current registration or special licensing requirements from a local authority; any relevant registration or special licensing requirements from any other body recognised by Habia on behalf of the sector as meeting the needs of the sector; and any other relevant legislation

K2 The importance of the guidance and detail listed in the MHRA (Medicines and Health Care Products Regulatory Agency) document (Guidance on the safe use of lasers, intense light source systems and LEDs in medical, surgical, dental and aesthetic practices)

K3 The importance of not discriminating against clients with illnesses and disabilities and why (eg Disability Discrimination Act)

K4 The age at which an individual is classed as a minor and how this differs nationally

K5 The importance of checking current insurance guidelines for the delivery of light based treatment

K6 The importance of following the current guidance relating to any age restrictions for light based treatments

K7 Why minors should only be treated with informed medical and signed parental or guardian consent

K8 Why it is important when treating minors to have a parent or guardian present

K9 The legal significance of gaining signed informed client consent to treatment

K10 Why it is important to maintain standards of hygiene and the principles for avoiding cross-infection

K11 How to avoid potential discomfort and injury to yourself and the risks of poor positioning of the client

K12 The importance of avoiding work-related injury, eg repetitive strain injury (RSI), back injury

K13 The importance and reasons for keeping records of treatments and equipment use

K14 The importance of the correct storage of client records in relation to the Data Protection Act

K15 The importance of producing consistent high quality photographic evidence before and after treatment in line with organisational practices

K16 How to minimise and dispose of waste and hazardous waste

K17 Why it is important to complete services in the given time

K18 The importance of following Local Rules applicable to the laser/IPL
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controlled area (LCA)
K19  the importance and reasons for adhering to organisational and
treatment protocols for treatment procedure, clinic management, client
consultation, record keeping, waste management, light/laser safety,
aftercare procedures, etc

How to work safely and effectively when carrying out photo rejuvenation
of the skin using intense pulsed light or laser equipment

You need to know and understand
K20  the importance of recognising your skills and limitations when carrying
out photo rejuvenation of the skin
K21  the necessary environmental conditions for photo rejuvenation of the
skin (including lighting, heating, ventilation and general comfort) and
why these are important
K22  the type of personal protective equipment that should be worn for
photo rejuvenation of the skin and why, eg powder free nitrile or
powder free vinyl gloves
K23  the importance of protecting yourself and the client by wearing the
relevant protective eyewear to your particular equipment
K24  the principles of MPE (Maximum Permissible Exposure) and the
selection of protective eye wear
K25  the importance and reasons for disinfecting hands and how to do this
effectively
K26  how to position yourself and the client for photo rejuvenation of the skin
K27  the importance of maintaining client modesty, privacy and comfort
during the treatment
K28  why it is important to maintain standards of hygiene and the principles
of avoiding cross-infection
K29  why it is important to check the client’s wellbeing at regular intervals
K30  the importance of understanding and following manufacturers’
instructions for cleaning and maintaining photo rejuvenation tools and
equipment
K31  the causes and hazards of accidental exposure to optical radiation and
the importance of wearing personal protective equipment
K32  the importance of following manufacturers’ instructions and local rules
in relation to engineering controls, eg key switches, foot pedals,
interlocks etc
K33  the importance of following manufacturers’ instructions in relation to
administrative controls, eg local rules, signage, issue of keys etc
K34  the importance of attending Core of Knowledge Training in relation to
achieving a minimum competency level as part of initial safety training,
as defined by the MHRA
K35  the importance of attending manufacturer training in relation to detailed
usage of a specific device/equipment.
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**Client Consultation**

**You need to know and understand**

| K36 | how to use effective consultation techniques when communicating with clients from different cultural and religious backgrounds, age, disabilities and gender for this treatment |
| K37 | the importance of effective communication and discussion |
| K38 | why it is important to encourage and allow time for clients to ask questions |
| K39 | the importance of and reasons for not naming specific contraindications when encouraging clients to seek medical advice |
| K40 | how to ensure that the client’s treatment expectations are realistic and achievable |
| K41 | the contents of a record card and preparation of a treatment plan |
| K42 | how to match treatment specifications and variables to suit skin classifications and treatment aims |
| K43 | the importance of considering the client’s previous treatment, sun exposure and medical history |
| K44 | the importance of using test patches and how to carry them out to determine clients' suitability for treatment |
| K45 | how to describe the physical sensation of the treatment to the client |
| K46 | how pain threshold and sensitivity varies from client to client and appointment to appointment |
| K47 | how skin reaction is affected by other skin care treatments which may inhibit treatment, eg self tanning, micro-dermabrasion, micro-pigmentation |
| K48 | the importance of questioning clients to establish any contraindications to photo rejuvenation of the skin |
| K49 | the legal significance and importance of client questioning and recording the clients’ responses |
| K50 | the importance of explaining the client commitment required to retain optimum results |
| K51 | why it is important to maintain client’s confidentiality |
| K52 | the importance of understanding the factors that make certain clients less suitable for photo rejuvenation of the skin |
| K53 | the importance of identifying the client’s skin classification using the Fitzpatrick and ethnic colour scales to predict how a client may react to light based treatments |
| K54 | the importance of gaining informed consent |
| K55 | the knowledge of treatments that could be given in conjunction with or after photo rejuvenation of the skin |
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K56  how to prepare consultation records covering: a) client history (ie previous hair removal treatment history, medical history, emotional and physical condition, suntanning history, skin classification, pigmentation, client signature, practitioner’s signature, client expectations); b) informed consent form; c) treatment record (ie area treated, practitioner’s name, treatment method, time and duration, equipment settings, treatment outcome)

Anatomy and physiology

You need to know and understand

K57  the structure and function of the skin (ie epidermis, dermis and its appendages and subcutaneous layer)
K58  the ageing process of the skin including the effects of lifestyle and environment (eg photo damage, smoking, alcohol, diet, premature ageing)
K59  the principles of the circulatory and lymphatic system

Contra-indications and contra-actions

You need to know and understand

K60  the contra-indications that will prevent treatment and why, eg suntanned skin, moles, tattoos, pregnancy, some herbal remedies, some photo-sensitive medication, inappropriate skin type and colour
K61  the conditions that require medical approval for treatment and why, pigmented lesions
K62  the conditions that restrict treatment and why, eg micro-pigmentation, epilepsy, diabetes
K63  the importance of and reasons for not naming specific contra-indications when referring clients to a medical expert
K64  possible contra-actions which may occur during or after the treatment, eg skin greying or whitening, excess erythema, blistering, pigmentary changes, excessive discomfort
K65  how to identify post-treatment reactions and how to deal with them

Treatment specific knowledge

You need to know and understand

K66  previous treatments and skin care methods and the effects on skin condition
K67  the principles of light energy and how it interacts with skin and hair
K68  the different effects and results achieved following the application of photo rejuvenation, eg stimulation of collagen production
K69  features and properties of light and light/laser beams
K70  the effects of UV light on skin (ie tanning)
K71  the advantages and disadvantages of different types of photo rejuvenation
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K72 why it is important to understand the specifications and variables and terminology of intense light and lasers in relation to treatment practice
K73 the effects of intense light and laser light on the eye and skin (light tissue interaction)
K74 the reasons for using the correct marking out tool, techniques and why it may not always be necessary
K75 how to work systematically and methodically, avoiding excessive treatment overlap across the areas to be treated
K76 the different types of cooling methods used and when and how to use them, eg cooling gel, ice packs, cold air and laser or intense light cooling heads.

Equipment and materials

You need to know and understand
K77 the different types of intense light equipment, eg intense pulsed light (IPL)
K78 the different types of laser equipment, eg laser diode, Alexandrite, Nd:YAG
K79 the correct procedures to take in the event of equipment failure
K80 the importance of understanding the warning labelling on equipment
K81 the use and application of gels for photo rejuvenation with particular reference to type and thickness.

Aftercare advice for clients

You need to know and understand
K82 the lifestyle factors and changes that may be required to improve the effectiveness of the treatment
K83 ongoing maintenance to retain optimum results
K84 visual skin changes and recovery time
K85 the use of recommended skin care products during the healing process, eg high factor sun protection
K86 post-treatment contra-actions
K87 post-treatment assessment through client feedback, eg questionnaire, telephone call, next visit follow-up
K88 post-treatment effects and the importance of clients avoiding sun exposure, heat treatments and vigorous physical activity.
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Additional Information

Scope/range

1. Equipment
   1.1. laser
   1.2. intense pulsed light.

2. Specifications and variables
   2.1. wavelength(s)
   2.2. optical energy
   2.3. optical power
   2.4. fluence
   2.5. pulse duration/width
   2.6. pulse delay
   2.7. pulse repetition frequency (PRF)
   2.8. spot size
   2.9. cooling devices
   2.10. hand-pieces/beam delivery systems/scanners
   2.11. electrical requirements.

3. Laser controlled areas
   3.1. minimum reflective surfaces
   3.2. enclosed area
   3.3. suitable window coverage
   3.4. lockable entry and exit points
   3.5. adequate fire precautions and suitable services
   3.6. adequate ventilation
   3.7. signage.

4. Consultation techniques
   4.1. questioning
   4.2. visual
   4.3. manual
   4.4. referencing to client records.

5. Areas to be treated
   5.1. face
   5.2. neck
   5.3. chest
   5.4. hands
   5.5. other body areas that include suitable lesions for treatment.
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6. **Treatment aims**
   6.1. reduction of fine lines
   6.2. evening out of pigmentation, colour tone and texture
   6.3. reduction of superficial Telangiectasia, Spider Naevi and Campbell De Morgan spots (blood spots)
   6.4. improving the appearance of photo aged skin.

7. **Advice**
   7.1. avoidance of activities which may cause contra-actions
   7.2. future treatment needs
   7.3. home care
   7.4. modifications to lifestyle patterns
   7.5. skin recovery time.
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<th>Developed by</th>
<th>Habia</th>
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<td>1</td>
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