
Overview

This standard is about using cosmetic skin needling techniques with needles between 0.5mm to 1.0mm long (facial area only) and 1.5mm long (body areas only)* to improve body and facial skin condition. It covers the skills involved in providing a thorough consultation to establish the client's suitability for treatment and the formulation of a specific treatment plan tailored to individual client needs; and following safe working practices. The ability to provide relevant aftercare advice is also required.

To carry out this standard you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and good communication with the client.

The main outcomes of the standard are:

- 1 Maintain safe and effective methods of working when providing cosmetic skin needling treatments
- 2 Consult, plan and prepare for treatments
- 3 Carry out cosmetic skin needling treatments
- 4 Provide aftercare advice

***NOTE:**

Any needle size larger than this range is considered for medical use and beyond the scope of the therapist to provide and likely to infringe a therapist's insurance cover

Provide cosmetic skin needling treatments

Performance criteria**Maintain safe and effective methods of working when providing cosmetic skin needling treatments***You must be able to:*

- P1 set up and monitor the treatment area to meet safety, legal, hygiene, industry guidelines, organisational procedures and manufacturers' instructions
- P2 wear suitable personal protective equipment, including disposable gloves, throughout the treatment
- P3 make sure that environmental conditions are suitable for the client and the treatment
- P4 ensure your personal hygiene, protection and appearance meets accepted industry guidelines and organisational requirements
- P5 effectively disinfect your hands prior to and after treatment
- P6 ensure your own posture and position minimises fatigue and risk of injury whilst working
- P7 ensure all needle units are irradiated prior to delivery from the supplier
- P8 ensure all tools and **equipment** are cleaned using the correct methods
- P9 ensure a new needle unit is used for each client at each treatment following manufacturer's instructions
- P10 position **equipment** and products for ease and safety of use
- P11 ensure the client is in a comfortable and relaxed position suitable for the treatment
- P12 maintain accepted industry hygiene and safety practices throughout the treatment
- P13 adopt a positive, polite and reassuring manner towards the client throughout the treatment
- P14 maintain the client's modesty, privacy and comfort at all times
- P15 check the client's wellbeing at regular intervals according to organisational policy
- P16 dispose of single use items, hazardous waste and waste materials safely and correctly following current legal requirements
- P17 ensure the treatment is cost effective and is carried out within a commercially viable time
- P18 ensure client record cards are up-to-date, accurate, complete, legible and signed by the client and practitioner
- P19 leave the treatment area and **equipment** in a condition suitable for future treatments.

Consult, plan and prepare for treatments with clients*You must be able to:*

- P21 use **consultation and evaluation techniques** in a polite and friendly manner to determine the client's treatment needs
- P22 refuse treatment to minors under the age of 18 years unless under medical referral

Provide cosmetic skin needling treatments

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- P23 obtain signed, written informed consent from the client prior to carrying out the treatment
 - P24 clearly explain to the client what the treatment entails and the risks involved in a way they can understand
 - P25 use **consultation and evaluation techniques** which accurately identify the client's medical history, Fitzpatrick skin scale classification, **treatment objectives, areas to be treated**, skin condition, sensitivity and emotional state
 - P26 carry out a topical anaesthetic skin sensitivity test following product manufacturers' instructions before the start of the course of treatments
 - P27 ask your client appropriate questions to identify if they have any contra-indications to treatments
 - P28 accurately record your client's responses to questioning
 - P29 encourage clients to ask questions and clarify any points of which they are unsure
 - P30 establish with your client a scale to use to communicate the level of discomfort they are experiencing
 - P31 take the **necessary action** in response to any identified contra-indications
 - P32 give client advice without reference to a specific medical condition and without causing undue alarm and concern
 - P33 take consistent, high quality pre-treatment photographs of the **areas to be treated** following organisational practices
 - P34 clearly explain the physical sensation and appearance created by the treatment and the need for post treatment care
 - P35 recommend alternative treatments which are suitable for the client's condition and needs if contra-indicated for cosmetic skin needling treatments
 - P36 give the client suitable pre-treatment advice on the use of topical vitamins, two weeks prior to treatment, to improve the health of the skin
 - P37 give written aftercare procedures to the client and gain their commitment to follow them
 - P38 confirm details on any existing records are correct and post treatment reactions are recorded
 - P39 clearly explain and agree the course of treatment, its projected cost, likely duration, frequency and form of treatment needed
 - P40 agree in writing the client's needs, expectations and **treatment objectives**, ensuring they are realistic and achievable
 - P41 ensure that the client's skin is clean and suitably prepared for cosmetic skin needling treatment
 - P42 select suitable **equipment** and related products to suit the **treatment objectives**.

Carry out cosmetic skin needling treatments

You must be able to:

- P43 leave the **areas to be treated** cleaned using a suitable anti bacterial cleanser
- P44 leave the **areas to be treated** coated with suitable topical anaesthetic to minimise client discomfort
- P45 explain the treatment procedure to the client in a clear and simple way at each stage in the process
- P46 safely use the correct needle size for the skin condition and problem being treated to meet manufacturer's instructions
- P47 work systematically to cover the **areas to be treated** using movements in the direction recommended in the manufacturer's instructions
- P48 adjust the intensity and duration of the treatment to suit the client's **skin characteristics, treatment objectives** and personal tolerance level
- P49 check the client's wellbeing throughout the treatment and give reassurance when necessary
- P50 monitor the skin's reaction and client response and discontinue treatment if adverse reactions occur
- P51 leave the area treated cleaned and protected with a suitable post-treatment soothing product
- P52 ensure the finished result at the end of the course achieves the best possible outcome for the client within the agreed **treatment objectives**
- P53 take consistent, clear high quality post-treatment course photographs of the treated area following organisational practices

Provide aftercare advice

You must be able to:

- P54 give **advice** and recommendations accurately and constructively
- P55 give your clients suitable **advice** specific to their individual needs.

Knowledge and understanding

You need to know and understand:

Organisational and legal requirements

- K1 your responsibilities under current health and safety legislation, standards and industry good practice guidance, including the Health and Safety at Work Act (and any other current, relevant legislation)
- K2 Local Authority guidance for cosmetic skin needling treatments where applicable
- K3 the importance of not discriminating against clients with illnesses and disabilities and why (including Disability Discrimination Act)
- K4 the importance of checking current insurance guidelines for the delivery of cosmetic skin needling treatments
- K5 the reasons why cosmetic skin needling treatments should not be carried out on clients under the age of 18 years unless under medical referral
- K6 the legal significance of gaining signed, informed client consent to treatment
- K7 manufacturers', local authority and organisational requirements for waste and hazardous waste disposal
- K8 the importance of the correct storage of client records in relation to the Data Protection Act
- K9 the importance of producing consistent high quality photographic evidence before and after treatment in line with organisational practices
- K10 how to complete the client records used in your organisation and the importance of and reasons for keeping records of treatments and gaining client signatures
- K11 your responsibilities and reasons for maintaining your own personal hygiene, protection and appearance according to accepted industry and organisation requirements
- K12 your organisation's requirements for client preparation
- K13 your organisation's service times and charges for cosmetic skin needling treatments
- K14 your organisation's and manufacturers' requirements for treatment area, equipment maintenance and equipment cleaning regimes
- K15 the importance and reasons for adhering to organisational and treatment protocols for treatment procedures, salon management, client consultation, record keeping, waste management, equipment safety and aftercare procedures.

How to work safely and effectively when providing cosmetic skin needling treatments

You need to know and understand:

- K16 how to set up the work area for cosmetic skin needling treatments
- K17 the necessary environmental conditions for cosmetic skin needling treatments (including lighting, heating, ventilation and general comfort) and why these are important

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- K18 the type of personal protective equipment that should be worn and why
- K19 the importance and reasons for disinfecting hands and how to do this effectively
- K20 how to position yourself and the client for cosmetic skin needling treatments
- K21 the reasons for maintaining client modesty, privacy and comfort during the treatment
- K22 why it is important to maintain standards of hygiene and the principles of avoiding cross-infection
- K23 the importance of understanding and following manufacturers' instructions and industry guidelines for the preparation, use and maintenance of cosmetic skin needling equipment
- K24 why it is important to check the client's wellbeing throughout the treatment
- K25 the risks and dangers associated with the delivery of cosmetic skin needling treatments and how these can be minimised

Client consultation

You need to know and understand:

- K26 how to use effective consultation techniques when communicating with clients from different cultural and religious backgrounds, age, disabilities and gender for this treatment
- K27 the importance of effective communication and discussion
- K28 why it is important to encourage and allow time for clients to ask questions
- K29 the importance of questioning clients to establish any contra-indications to cosmetic skin needling treatments
- K30 why it is important to record client responses to questioning
- K31 the legal significance of client questioning and recording the client's responses
- K32 why it is important to maintain client confidentiality
- K33 the importance of explaining the client commitment required to achieve and retain optimum results
- K34 the importance of pre treatment advice for the use of topical vitamins and the role these play in improving the health of the skin
- K35 how to give effective advice and recommendations to clients
- K36 the importance of gaining informed, written consent
- K37 how to assess skin characteristics
- K38 how to position the client for consistent treatment photographs
- K39 the reasons why it is important to encourage clients with suspected contra-indications to seek medical advice
- K40 the importance of and reasons for not naming specific contra-indications when encouraging clients to seek medical advice
- K41 how to ensure that the client's treatment expectations are realistic and achievable

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- K42 the contents of a record card and preparation of a treatment plan
 - K43 how to match the treatment to suit skin characteristics, the Fitzpatrick skin scale and treatment objectives
 - K44 the importance of considering the client's previous skin treatments (including dermabrasion, skin peel, fillers, botulinum toxin, laser or IPL), sun exposure and medical history and how the treatment should be adapted
 - 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 why it is important to maintain clients' modesty and privacy
 - K48 the importance of using cosmetic skin needling treatments in conjunction with active skin care, healthy eating, drinking and exercise to maximise results
 - K49 the types of treatments that could be given in conjunction with, or after, cosmetic skin needling treatment
 - K50 the types of alternative treatments which could be recommended in the event of contra-indications to cosmetic skin needling treatment
 - K51 how to prepare consultation records to cover previous skin treatments, the Fitzpatrick skin scale, skin characteristics, client expectations, treatment objectives and area to be treated

Anatomy and physiology

You need to know and understand:

- K52 the intercellular structure and function of the skin (including epidermis, dermis and its appendages and subcutaneous layer)
- K53 the role of melanocytes, keratinocytes and fibroblasts in promoting healthy skin and its rejuvenation
- K54 the interrelationship between cellular reactions and the body processes necessary for effective healing
- K55 the ageing process of the skin including the effects of lifestyle and environment (including photo damage, smoking, alcohol, diet, premature ageing)
- K56 principles of the circulatory and lymphatic system
- K57 the stages of the wound healing process (inflammatory phase, lag and proliferative stage, fibroplastic stage, maturative and remodelling phase)
- K58 the impact of a compromised healing process and how to recognise and respond to it
- K59 the types of collagen (including types 1, 3, 7)
- K60 the importance of the extra cellular matrix and the role of collagenase and elastase in the wound healing process
- K61 the process of, and the requirements for, collagen synthesis (including vitamin A, vitamin C, vitamin E, anti-oxidants, growth factors, copper peptides, bioflavonoids, iron, zinc and amino acids)
- K62 the defensive role of the epidermis and the importance of barrier function

Contra-indications and contra-actions

You need to know and understand:

- K63 those contra-indications which prevent cosmetic skin needling treatment and why (including contagious skin diseases, extremely sensitive skin, severe active acne, open wounds, recent scar tissue, undiagnosed lumps, inflammations and swellings, blood born diseases, haemophilia, anti coagulant medication, rosacea, skin cancer, isotretinoin, history of drugs with photosensitising potential)
- K64 those contra-indications which restrict treatment and why (including recent botox or fillers in the treatment area, diabetes, epilepsy, piercings, anxiety, varicose veins, cuts, abrasions, current medications, supplements and herbal remedies, active inflammatory dermatoses such as psoriasis, large moles; skin type; prior cosmetic surgery; poor mental and emotional state; herpes; history of scarring; recent dermabrasion or cosmetic skin peels, IPL or laser and epilation; bruises)
- K65 possible contra-actions which may occur during or after the treatment and how to deal with them (including bruising, irritation, localised allergic reaction, histamine reaction, urticaria, signs of infection)

Equipment and products

You need to know and understand:

- K66 the types and purpose of cosmetic skin needling units and associated products
- K67 how to prepare and use the equipment and products for cosmetic skin needling treatments
- K68 the importance of ensuring equipment is irradiated before delivery by the supplier
- K69 how to manage the hygienic use of equipment and consumables (including single use of needling units)
- K70 use and limitations of products and equipment used for cosmetic skin needling treatments
- K71 methods of disinfecting, sterilising and maintaining equipment

Treatment specific knowledge

You need to know and understand:

- K72 how previous treatments and skin care methods affect skin condition and suitability for cosmetic skin needling treatment
- K73 how to select, use and adapt the use of cosmetic skin needling equipment to suit different skin characteristics, the Fitzpatrick skin scale and treatment objectives and why
- K74 the importance of cleansing the skin prior to treatment
- K75 the reasons for the use of topical anaesthetic in conjunction with cosmetic skin needling treatments

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- K76 the physical effects created by the use of the equipment in the range
 - K77 how to work systematically and methodically, avoiding excess treatment overlap across the areas to be treated
 - K78 how to adapt the treatment to take into account pre-existing conditions
 - K79 why it is necessary to adapt pressure, duration and the number of passes for different areas of the body and client sensitivity
 - K80 the types of pre and post-treatment products available and why they are necessary
 - K81 how to evaluate the effectiveness of cosmetic skin needling treatments
 - K82 the benefits of a course of treatment and the necessary frequency of treatment
 - K83 why it is important to give aftercare advice

Aftercare advice for clients

You need to know and understand:

- K84 visual skin changes and recovery time
- K85 the lifestyle factors and changes that may be required to improve the effectiveness of the treatment
- K86 post-treatment hygiene requirements (including washing hands before touching the treated area, avoidance of pets and dirty surfaces to help reduce the risk of infection, the need to avoid immediate exercise, avoidance of laser, IPL or iLipo treatments)
- K87 post-treatment restrictions and future treatment needs (including avoiding sun exposure, heat treatments, polluted atmospheres and topical preparations; no make-up for time specified in manufacturer's instructions)
- K88 products for home use that will assist healing and protect the skin (including a minimum of a SPF30 UVA and UVB sun protection, calming and soothing skin care products such as anti-inflammatories or anti-oxidants) and those to avoid and why
- K89 how current skin care, eating, drinking and exercise habits can affect the effectiveness of treatment
- K90 how changes in skin care routines, healthy eating, drinking and exercise can improve the effectiveness of the treatment.
- K91 post treatment contra-actions and how to deal with them
- K92 on-going maintenance to retain optimum results
- K93 the importance of giving the client written aftercare advice
- K94 ensuring the client is given a post treatment point of contact.

Additional Information (Delete any sections not needed)

Scope/range

1 Equipment

- 1.1. 0.5mm needle unit
- 1.2. 1mm needle unit
- 1.3. 1.5mm needle unit (body areas only)

2 Consultation and evaluation techniques

- 2.1. questioning
- 2.2. visual inspection
- 2.3. manual
- 2.4. reference to client records
- 2.5. reference to medical history

3 Treatment objectives

- 3.1. reduction of fine lines
- 3.2. improved skin condition
- 3.3. improved skin texture
- 3.4. skin laxity improvement
- 3.5. stretch mark improvement

4 Areas to be treated

- 4.1. face
- 4.2. neck
- 4.3. chest
- 4.4. backs of hands
- 4.5. legs
- 4.6. abdomen

5 Necessary action

- 5.1. explaining why the treatment cannot be carried out
- 5.2. encouraging the client to seek medical advice
- 5.3. modification of treatment.

6 Skin characteristics

- 6.1. Fitzpatrick skin scale classification
- 6.2. level of sensitivity
- 6.3. thickness of skin
- 6.4. epidermal thickness

7 Advice

- 7.1. avoidance of activities which may cause contra-actions
- 7.2. hygiene requirements
- 7.3. future treatment needs
- 7.4. modifications to lifestyle patterns
- 7.5. healthy eating, drinking and exercise advice
- 7.6. suitable home care products and their use.

SKAB38

Provide cosmetic skin needling treatments

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