

Overview

This standard is for aesthetic practitioners carrying out the consultation, planning and preparation for various aesthetic treatments. This standard is part of the aesthetic national occupational standards suite, which includes standards related to skin rejuvenation, electrocautery, using laser, light and aesthetic energy based devices and micropigmentation. You will need to follow the treatment protocol, legal and organisational requirements to maintain safe and effective working practices for the preparation of the aesthetic treatment. You will also need to demonstrate effective communication and consultation skills to create a bespoke treatment plan, considering the client's needs and advanced lifestyle profile.

Performance criteria

- You must be able to:*
1. formulate and agree the client's aesthetic treatment plan taking account of:
 - 1.1 the client's declared medical history and current medical status
 - 1.2 the client's treatment history
 - 1.3 the client's **skin classification**, condition and sensitivity of the treatment area
 - 1.4 the client's expectations and treatment objectives
 - 1.5 the client's physical and emotional suitability for treatment
 - 1.6 the treatment fees
 - 1.7 declared relative and absolute contraindications and restrictions
 2. discuss the treatment process and realistic outcomes with the client
 3. obtain signed, informed, valid client or guardian consent for the treatment
 4. take pre-treatment photographic evidence of the treatment area following organisational practices
 5. discuss the physical sensation that may occur during the treatment with the client following the treatment protocol
 6. discuss the options for pain management to meet legal requirements and organisational protocol
 7. provide verbal and written advice and recommendations to your client regarding the consultation

Knowledge and understanding

You need to know and understand:

1. the importance of communicating with client's in a professional manner
2. the factors to consider when creating a bespoke aesthetic treatment plan either single or as a course
3. why you must develop and agree a treatment plan
4. why you must obtain the client's declared:
 - 4.1 current medical status
 - 4.2 relative and absolute contraindications to treatment
5. the reason for obtaining the client's treatment history
6. the importance of assessing the client's physical and emotional suitability for the treatment
7. the relevance of identifying the client's skin classification, conditions and sensitivity
8. the importance of identifying client's expectations and agreeing treatment objectives
9. the importance of explaining the treatment process and realistic outcomes
10. the benefits of visual aids during consultation
11. how treatment fees can determine treatment objectives
12. the legal significance of gaining signed, informed and valid client or guardian consent for the treatment
13. the legislative requirements for storing, protecting and retaining client data
14. why aesthetic treatments must not be carried out on minors
15. the age of which an individual is classed as a minor and how this differs nationally
16. which contraindications or presenting conditions require medical referral
17. the reasons for not naming contraindications
18. how and when to refer to other non-healthcare and health care professionals
19. how the Equality Act sets out the rights of the client and practitioner
20. how to match treatment variables to suit skin classifications and treatment objectives
21. ways of communicating any physical sensation created by the

treatment to the client

22. how pain threshold and sensitivity varies from client to client

23. the pain management options to meet legal requirements and organisational protocol

24. the legal significance of producing photographic evidence prior to treatment

25. the legal significance of recording consultation **advice and recommendations**

26. the preparation procedure for:

26.1 aesthetic treatments

26.2 treatment areas

26.3 how this varies from treatment protocol and manufacturers' guidance

Consult, plan and prepare for aesthetic treatments

Scope/range related to performance criteria **Skin classification**

Scope/range related to performance criteria

1. Fitzpatrick scale
2. Glogau photo-damage

Consult, plan and prepare for aesthetic treatments

**Scope/range related
to knowledge and
understanding**

Advice and recommendations

1. the client and practitioner's legal rights and responsibilities
2. treatment maintenance
3. post treatment expectations and associated time frames
4. restrictions and contra-actions
5. additional products and treatments

Glossary

Contraindication

A contraindication is a situation in which a drug, medication, skin or medical condition can affect the commencement of the treatment.

An absolute contraindication can be described as preventative or definitive and will prevent the treatment from going ahead and may require medical referral.

A relative contraindication can be described restrictive and will require the practitioner to adapt the treatment to meet the needs of the client.

Skin classification

Skin classification can be determined by the level of melanin in the skin and is measured by a numerical Fitzpatrick scale. The Fitzpatrick scale is categorized into three scales, the Ultra Violet Phenotype to determine the skins sensitivity to Ultra Violet, the pigmentary phototype that determines the skin ethnic colour type and finally the level of risk to skin cancer. The Glogau photo-damage scale is categorized into four levels, the severity of skin damage determines a beauty aesthetic treatment plan. Both methods are commonly integrated within new technologies and devices.

Treatment protocol

A plan, that sets out a device and treatment indication specific protocol, identifying pre-treatment checks and tests, the manner in which the procedure is to be applied, acceptable variations, settings used, the expected outcome and when to modify or abort the treatment.

Consult, plan and prepare for aesthetic treatments

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