



EDUCATION & TRAINING CURRICULUM

Introduction:

The purpose of this document is to set out the curriculum to be covered by Aesthetic Medical Practitioners (AMPs) during their training in the speciality.

The aim of the curriculum is to produce AMPs who are able to fulfil the objectives of the College in that they:

- (a) Maintain the highest professional standards in the practice of aesthetic medicine in relation to clinical practice and patient care
- (b) Support research and audit in aesthetic medicine
- (c) Advance the effective, safe and ethical practice of aesthetic medicine
- (d) Promote the prevention, diagnosis and effective treatment of diseases, disorders and conditions in relation to the practice of aesthetic medicine

On completion of the curriculum AMPs should be competent in the practice of Aesthetic Medicine.

Core Curriculum:

The College considers the following subjects to be central to attainment of competence for AMPs:

1. Law and Medical Ethics
2. Infection prevention and control
3. Psychological and psychiatric conditions affecting aesthetic medical practice
4. Anatomy and Physiology (facial, skin, subcutaneous tissues & general)
5. Wound healing and repair mechanisms
6. Dermatological conditions in aesthetic practice or a Diploma of Practical Dermatology
7. Dermoscopy
8. Pharmacology (including that of dermal fillers and Botulinum toxin)
9. Botulinum toxin (facial and non facial)
10. Dermal filling & volumising agents (facial & non facial)

11. Local Anaesthetics – facial and regional
12. Micro sclerotherapy
13. Laser & light based treatments (including photodynamic therapy)
14. Chemical peels (facial and body)
15. Outline understanding and knowledge of subspecialisations modules
16. Health Promotion
17. Medical Emergencies and Resuscitation

Core Curriculum Topics:

1. Law and Medical Ethics
 - a) Ethics of medical practice
 - b) Human rights law
 - c) Patient consent and confidentiality
 - d) Liability for medical injury
 - e) Regulatory compliance
 - f) Management of complaints
 - g) Medical Insurance and Indemnity
2. Infection prevention and control
 - a) Healthcare worker vaccination and immunisation
 - b) Prevention of transmission of blood borne viruses
 - c) Management of needle stick injuries
 - d) Healthcare acquired infection
 - e) Hand hygiene
 - f) Personal protective equipment
 - g) Clinical waste management & disposal of sharps
 - h) Antimicrobial prophylaxis
3. Psychological and psychiatric conditions affecting aesthetic medical practice
 - a) Appropriate patient selection
 - b) Patient consultation and communication
 - c) Body dysmorphic syndrome
 - d) Depression
 - e) Anxiety
 - f) Psychosis
 - g) Management of the “unhappy patient”
4. Anatomy and Physiology (facial, skin, subcutaneous tissues & general)
 - a) Facial musculature, vascular and nerve supply
 - b) Normal skin anatomy & physiology (including hair)
 - c) Melanin and Melanocytes
 - d) Fitzpatrick skin typing

- e) Other skin typing systems (Battle & Anderson)
 - f) Skin ageing (intrinsic and extrinsic)
 - g) The "normal" ageing process - systemic
 - h) Anatomy of the subcutaneous tissue
 - i) Applied regional anatomy
5. Wound healing and repair mechanisms
- a) Stages of wound healing & scar formation
 - b) Abnormal healing
 - c) Clinical applications of wound healing response in aesthetic medicine
6. Dermatological presenting conditions in aesthetic practice
- a) Skin malignancy
 - (i) Basal cell carcinoma
 - (ii) Squamous cell carcinoma
 - (iii) Malignant melanoma
 - b) Premalignant conditions
 - (i) Keratoacanthoma
 - (ii) Actinic keratosis
 - (iii) Bowens disease
 - c) Benign skin lesions (congenital and acquired – pigmented, vascular and viral)
 - d) Hyper pigmentation (post inflammatory & melasma)
 - e) Eczema and dermatitis
 - f) Photo damage (vascular, pigmentary and elastotic)
 - g) Infective skin conditions
 - h) Vitiligo
7. Dermoscopy
8. Pharmacology
- a) Botulinum toxins
 - (i) Subtypes
 - (ii) Mechanism of action
 - (iii) Duration of action
 - (iv) Indications, storage and transportation
 - (v) Dosage and administration
9. Botulinum toxin (facial and non-facial)
- a) Clinical indications
 - b) Practical techniques of use
 - c) Complications & management (allergic and local)
10. Dermal fillers and volumisers

- a) (i) Classification (temporary, semi-permanent and permanent, fat)
- (ii) Poly L Lactic Acid, HA, CaHA and Collagen – mode of action and applications
- (iii) Mechanisms of action
- (iv) Contraindications
- b) Local Anaesthetics (topical and injectable)
- c) 5 – Aminolevulinic acid and analogues
- d) Cosmetic Antiaging preparations and evidence for efficacy
- e) Antioxidants and vitamins – evidence and clinical uses – vitamins A, C and E, CoQ10, Omega 3, 6 and 9, lipoic acid, green tea, selenium, resveratrol, lycopene
- f) Humectants
- g) Hormone therapies (HGF, GH, Oestrogens, progesterones, testosterone)
- h) Topical Retinoids
- i) Steroids (topical, oral and injectable)
- j) Venous sclerosants

Dermal filling & volumising agents (facial & non-facial)

- a) Clinical indications
- b) Practical techniques of use
- c) Management of complications (acute allergic, delayed hypersensitivity, vascular necrosis, granulomas)

11. Local Anaesthetics – facial and regional

- a) Clinical indications and practical usage
- b) Management of complications

12. Micro sclerotherapy

- a) Venous anatomy
- b) Pathology of the venous system
- c) Pre-treatment assessment
- d) Indications for micro sclerotherapy
- e) Technique
- f) Post treatment management
- g) Foam sclerotherapy under u/s guidance
- h) complications and management

13. Laser & light based treatments (including photodynamic therapy)

- a) Laser safety and Core of Knowledge
- b) Light tissue interactions
- c) Intense Light Systems (hair removal, vascular, skin rejuvenation, pigmented lesions, acne)
- d) Laser systems and their applications:
 - (i) LP NdYAG 1064nm and 532nm
 - (ii) Diode 800nm
 - (iii) Q switched laser systems and their applications
 - (iv) Fractional ablative lasers (CO2 and ErbiumYAG)
 - (v) Fractional non-ablative lasers (Erbium 1540nm)

14. Facial and body chemical peels

- a) Pre-treatment assessment
- b) Classification of peel level
- c) Types of chemical peel and individual indications and contraindications / applications / mechanisms of action, complications and management:
 - (i) Glycolic
 - (ii) AHA's (Alpha Hydroxy Acids) and BHA's (Beta Hydroxy Acids)
 - (iii) Jessners
 - (iv) TCA
 - (v) Retinoic acid
 - (vi) Phenol

15. Outline understanding and knowledge of chosen subspecialisations modules

16. Health Promotion

- a) Basic concepts
- b) WHO definitions
- c) Ageing & and promotion of longevity
- d) Revitalisation
- e) Life periodisation
- f) Lifestyle induced pathology
- g) Dietary habits
- h) Tobacco & its effects
- i) Alcohol effects and dependence
- j) Physical activity
- k) Stress and relaxation
- l) Methods of health promotion

17. Medical Emergencies and Resuscitation

- a) Anaphylaxis
- b) Cardiopulmonary resuscitation
- c) Management of other common medical emergencies (asthma, angina, MI, syncope etc.)

Subspecialisation Modules:

The College considers that the following subjects represent a further subspecialisation for AMPs and while covered in outline in the core curriculum, detailed knowledge and practical application would be in addition to the skill set required for competence.

It is envisaged that AMPs who desire specialist certification will demonstrate competence 2 subspecialisation areas in addition to the Core subjects:

18. Liposuction (including laser, VASER and water assisted)

- a) Lipid metabolism
- b) Lipoproteins
- c) Lipid synthesis
- d) Obesity & management
- e) Pathophysiology
- f) Liposuction techniques
- g) VASER, Laser and Water
- h) Management of complications

19. Skin surgery (including surgical excision of benign and malignant skin lesions)

- a) Pre-surgery assessment
- b) Healing and surgical scarring
- c) Local anaesthesia
- d) Sutures and suturing
- e) Incision
- f) Excision
- g) Biopsy
- h) Drainage
- i) Cyst removal
- j) Ganglia
- k) Skin flaps
- l) Scar revision
- m) Advanced surgical techniques
- n) Electrotherapy, cryotherapy and curettage
- o) Histology

20. Metabolism & Nutritional medicine

- a) Overview of metabolism and its regulation
- b) Structure and metabolism of main glucides
- c) Vitamin C, other important vitamins and mucopolyscharides
- d) Lipid metabolism & adipocytes
- e) Amino acids and proteins in aesthetic medicine
- f) Collagen and structural proteins
- g) Oxidative processes
- h) Modification of mitogenated bases and ageing

- i) Food groups and dietary guidelines
- j) Supplementation
- k) Food related needs in varying physiological states (ageing, pregnancy etc.)
- l) Diabetes
- m) Hyperlipidaemias
- n) Immuno-nutrition
- o) Pro and prebiotics

21. Mesotherapy

22. Ablative skin resurfacing – CO2

- a) Fractional
- b) Non-Fractional

23. Hair restoration surgery

- a) Flap
- b) FUE

24. Endocrinology & Ageing

- a) General organisation of the endocrine system
- b) Hormones and skin
- c) Hormones and circulation
- d) Steroids free radicals and ageing
- e) Evaluating oxidative stress
- f) Nutritional changes in ageing
- g) Glucose intolerance
- h) Alteration in plasma lipids
- i) Melatonin, growth hormone dehydroepiandrosterone
- j) Hormone replacement in men and women
- k) Neurotransmitters

25. PRP

26. Thread Lifts

- a) PDO threads
- b) Non-PDO threads