

Overview

This standard is about practitioners providing an advanced trichological service through investigation, examination, analysis and synthesis to manage and improve scalp and hair conditions within your scope of practice. Users of this standard will be required to recognise, identify, determine the aetiology and refer or recommend treatment for scalp and hair disorders and conditions. Users of this standard will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance. You will also be required to do a post procedure evaluation and reflection for continuous improvement. It is advisable users of this standard are aware of, and comply with first aid requirements in accordance with legislation and organisational policies and procedures.



Performance Criteria

You must be able to:

1. Follow legal requirements and other relevant standards, insurance guidelines and, organisational protocols when carrying out **investigative procedures**.
2. Maintain your responsibilities for the health, safety and welfare of the consumer /individual and yourself before, during and post procedure
 - 2.1. Implement risk reduction controls to minimise hazards and risks associated with the **investigative procedures**
 - 2.2. Prepare and protect yourself and others within the working environment
3. Explain the rationale and need for the proposed **investigative procedures** and the protocols for undertaking them, taking into account the **individual factors** to gain informed consent, in line with legal requirements.
4. Carry out **investigative procedures** to confirm or monitor the presenting trichological condition following evidenced and organisational protocols
5. Record digital, macro and micro images of the scalp and hair samples for future reference and monitoring purposes
6. Review the presenting condition against **classification scales**
7. Recommend or facilitate relevant blood biochemistry tests in relation to the suspected trichological condition and factors arising from the trichological consultation
 - 7.1. Interpret blood test results in relation to the trichological condition
 - 7.2. Make recommendations on blood tests within the scope of your own practice that are related to the trichological condition
 - 7.3. Refer to other **professionals** if the findings are inconclusive, beyond the scope of your practice, or further medical investigation or intervention is required.
8. Collate and interpret the information gathered from the trichological consultation, investigative procedures and blood tests to reach a logical and defensible conclusion relating to the presenting trichological condition
9. Confirm or review the trichological condition(s) present, outline the aetiology and the likely prognosis with the individual



10. Discuss the options for ethical and appropriate management, or the modifications needed to existing management, of the trichological condition to enable shared and informed decision making, taking into account
 - 10.1. The **individual factors**, expectations, best interests, wellbeing and safety
 - 10.2. The benefits, risks, fee structure and available evidence base of the available and appropriate management options offered by yourself and other professionals
 - 10.3. The individual's right to further time to consider their options, a cooling off period and the opportunity to change their mind.
11. Confirm and summarise the agreed management plan for the trichological condition (*signpost to treatment planning NOS*) and scheduled review verbally or in writing.
12. Record the information gathered and the outcomes of **investigative procedures** to meet legal requirements and organisational protocol

Knowledge and understanding

You need to know and understand:

1. Why you must work within the legal requirements, and other relevant standards, insurance guidelines and organisational protocols when carrying out **investigative procedures**.
2. Your responsibilities for the health, safety and welfare of the individual and yourself during the investigative procedures, relating to
 - 2.1 Methods of cleaning, disinfection and sterilisation
 - 2.2 Universal infection and infestation prevention and control protocols
 - 2.3 Disposal of contaminated samples and risks of exposure to clinical waste
 - 2.4 Preparation and protection for yourself, the individual, tools and equipment and the environment
3. How to prepare the individual for the investigative procedures, including
 - 3.1. The need for clear and concise prior verbal or written instructions or aftercare
 - 3.2. The importance of gaining informed consent
4. The rationale and justification of each **investigative procedure** and supporting protocols
 - 4.1. How and when to carry out an investigative procedure as part of an initial assessment or for monitoring the trichological condition
 - 4.2. How to effectively detangle, manipulate and section a range of **hair types**
 - 4.3. The functions and effective, safe use of **tools and equipment**
 - 4.4. How to determine the diameter, length and shape of the hair shafts and hair bulbs
 - 4.5. How to evaluate the normal and abnormal **signs and patterns** of trichological conditions across all skin and **hair types**
 - 4.6. How the outcome of an investigative procedure may impact the management plan
5. The importance of recording images for evidence and monitoring purposes
 - 5.1. How to record high resolution and reproducible images
 - 5.2. Why consent is needed to record and use and share digital media
 - 5.3. How to store digital media securely
6. The use of recognised **classification scales** in measuring the severity of, or monitoring the trichological condition
7. Understand the use of and types of blood tests, and how to obtain these when necessary

- 7.1. How to interpret the blood test results related to trichological conditions
- 7.2. The importance of working within the scope of your own practice when making recommendations and when further referral to medical professionals is required
8. How to methodically collate and interpret the information gathered from the trichological consultation, investigative procedures and blood tests to reach a logical defensible conclusion, taking into account
 - 8.1. Critical analysis of the findings and known variables of the evidence presented
 - 8.2. Testing differential hypotheses and clinical reasoning theories
 - 8.3. How and when to collaborate with other **professionals** if the findings are inconclusive, beyond the scope of your practice, or further medical investigation or intervention is required
9. The **related science** of the pathological changes to the hair shaft, hair follicle and scalp and underlying factors contributing to the aetiology of the trichological condition(s)
10. The importance of confirming the presenting trichological condition(s), aetiology and prognosis with the individual based on
 - 10.1. The information and evidence gathered, and wider evidence base
 - 10.2. Likely prognosis with and without treatment
 - 10.3. Confirming when there is not a problem
11. The importance of shared and informed decision making in relation to management of the presenting trichological condition taking account of
 - 11.1. The **individual factors**, their best interests, well being and safety
 - 11.2. The benefits, risks, fee structure and available evidence base for safe and appropriate management options offered by yourself and other professionals
 - 11.3. The importance of collaborative working with other professionals to support effective and safe working practices and ensure the best interests of the individual
 - 11.4. Ethical working practices to manage the expectations of the individual and their right to time or to change their mind
12. The importance for confirming and summarising the information and instructions relating to the management plan and scheduled review verbally or in writing
13. The importance of accurate and contemporaneous record keeping to meet legal requirements and organisational procedures
14. The importance of different communication styles and methods to suit **individual factors**,

15. The importance of continuous personal and professional development, to include, current and up-to-date information, research, policies, procedures and best practice guidance to ensure you are fit to practice

16. **Scope/range:**

Investigative Procedures

1. Visual Examination
2. Digital trichoscopy
3. Clinical Photography
4. Measurements of hair density or affected areas of the scalp
5. Woods light
6. Hair pull test
7. Daily hair count test
8. Adapted wash test
9. Phototrichogram (shaved/unshaved)
10. Unit Area Trichogram
11. Potassium Hydroxide (KOH) skin/hair fungal analysis

Signs and patterns

1. Active or dormant follicles
2. Sweat ducts
3. Number of grouped hair shafts
4. Variability of hair shaft diameter (Terminal and vellus hairs)
5. Dystrophic features of the hair shaft
6. Hyper or hypopigmentation of the hair and skin
7. Adherent or loose scale
8. Benign and suspicious scalp lesions
9. Erythema and patterns of capillary vessels
10. Fibrosis or loss of follicles
11. Pustules
12. Signs of infection and infestation
13. Anagen and/or telogen bulbs

14. Fungal fluorescence and hyphae
15. Regions of the scalp affected
16. Patchy or diffuse loss of hair
17. Associated signs elsewhere on the body

Individual factors

1. Likely compliance to management plan
2. Financial resource
3. Psychological needs
4. Management outcome expectations _ (needs explanation therefore not explicit – what is this trying to instill)
5. Legal rights
6. Relative and absolute contra-indications
7. Capacity of individual
8. When treatment is not in the best interests of the individual

Classification scales relevant to Trichological Practice

1. Fitzpatrick scale
2. Genotype
3. Phenotype
4. Glogau photo-damage interpretation to skin/hair aging
5. Severity of alopecia tool (SALT)
6. Frontal fibrosing alopecia severity index
7. Ludwig scale and others representing female pattern hair loss
8. Norwood scale and others representing male pattern hair loss
9. Visual analogue scale of pruritus
10. Adapted severity of psoriasis index (for the scalp)

Related science

1. Interdependence of body systems on each other and independently
2. Pathophysiology of hair and scalp disorders
3. Regulation of hair growth and cycling activity
4. Clinical biochemistry and haematology
5. Genetics
6. Immunology
7. Microbiology
8. Endocrinology
9. Nutrition

Tools and equipment

1. Light microscopy, slides and immersion oil
2. Digital trichoscopy
3. Low level magnification tools
4. High resolution digital Camera
5. Comb or pintail comb
6. Hair sectioning clips
7. Epilators – this needs to be understood – what kind of epilator?
8. Woods /UV light
9. Measurement tools i.e. rulers, tape, calipers
10. Protective equipment – in what context – open to interpretation

Hair curl classification

1. Straight
2. Wavy
3. Curly
4. Tight curls
5. Combination



Hair characteristics

1. Hair density
2. Hair texture
3. Hair elasticity
4. Hair porosity
5. Hair growth patterns

State of the hair

1. Non-chemically treated hair
2. Partially chemically treated hair
3. Chemically treated hair

Developed by **SkillsActive**

Version Number

Date Approved

**Indicative Review
Date**

Validity

Status

**Originating
Organisation**

Original URN **n/a**

**Relevant
Occupations** **Trichologists**

Suite **Trichology**

Keywords **Trichology, hair science, hair diseases, hair disorders**

Carry Out Advanced Trichological Investigative Procedures

