

Plan, prepare and provide trichological hair and scalp treatments

Overview

This standard is about identifying a range of trichological hair and scalp conditions and providing treatments and advice to clients to improve these conditions.

The ability to select and perform a variety of hair and scalp treatments using products, tools, equipment and techniques is required to achieve this standard.

To carry out this standard you will need to maintain a high level of health, safety and hygiene throughout your work. You will also need to maintain a professional appearance and demonstrate effective communication skills.

The main outcomes of this standard are:

1. Maintain effective and safe methods of working when providing trichological hair and scalp treatments
2. Prepare for hair and scalp treatments
3. Perform hair and scalp treatments

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Performance criteria

You must be able to:

1. Carry out a concise and comprehensive *trichological consultation* and relevant *advanced trichological investigative procedures* to confirm the trichological diagnosis.
2. Prior to the trichological treatment, review the following:
 - a. The individuals declared medical history and current medical status
 - b. The individual's procedure history
 - c. The individual's skin/scalp classification, condition, sensitivity and healing capacity of the treatment area
 - d. The individuals concerns, expectations and desired outcomes
 - e. The individual's physical and psychological suitability for the nonsurgical cosmetic procedure
 - f. Declared relative and absolute contraindications and restrictions
 - g. The individuals readiness and motivation for change
3. Recognise, respond and sign-post appropriately in response to any **disclosed conditions** in compliance with data legislation
4. Discuss the individual's objectives, concerns, expectations and desired outcomes to inform the trichological treatment plan to include:
 - 4.1 Appropriate and alternative **products** and **trichological treatments**
 - 4.2 Benefits, limitations, expected outcomes and evidence base
 - 4.3 Application techniques
 - 4.4 Duration
 - 4.5 Encourage the individual to ask questions
 - 4.6 Allow time for the individual to reflect on advice given
5. Discuss the fee structures and explain how this can impact the individual's choice of **products** and **trichological treatments**
6. Discuss and agree the recommendations required prior to the trichological treatment procedure
7. Communicate with the individual to determine their capacity to give informed consent
8. Assess, discuss, agree and document the review and expected procedure outcomes and associated risks with the individual
9. Inform and provide information to the individual of their **rights**

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10. Take and store consensual **visual media** of the individual's treatment area in accordance with insurance requirements, organisational policies and procedures
11. Prepare and maintain yourself, equipment and the environment that the trichological treatment will be carried out in following *H&S NOS* and universal infection control procedures
12. Discuss the physical sensation that may occur during the trichological treatment procedure with the individual following the procedure protocol and use of pain management as relevant
13. Wear suitable personal protective equipment and provide suitable protection to the individual
14. Position the individual to meet the needs of the trichological treatment
15. Ensure the treatment area is cleansed prior to semi-invasive trichological treatments
16. Carry out the **trichological treatment** according to recognised standards, safety protocols and documented clinic policies
17. Ensure the individuals' comfort at all times, adapting the protocols or stopping the treatment if required.
18. Provide and obtain confirmation of receipt of the verbal and written instructions and advice given to the individual pre and post procedure, including
 - a. Aftercare advice and **products**
 - b. Recovery time
 - c. Limitations to lifestyle
 - d. Follow up or maintenance procedures
 - e. Risk of complications and adverse events
19. Develop the trichological procedure plan based on effectiveness and patient reported outcome measures

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Knowledge and Understanding

1. The importance of collaboration with competent professionals to support effective and safe working practices
2. Why you must comply with ethical practice and work within the legislative requirements
3. The importance to engage in, and document your continuous professional development to include, current and up-to-date information, policies, procedures and best practice guidance
4. The **anatomy and physiology** relevant to the standard
5. The contraindications or presenting conditions to include:
 - 5.1. The reasons for not naming contraindications if outside your competency or remit
 - 5.2 How and when to refer to other non-healthcare and health care professionals
6. the reasons why medical conditions may contraindicate the product or trichological treatment
7. The legislative and insurance requirements for trichological prognosis or medical diagnosis and referral
8. The importance of communicating with the individual in a professional manner and within the limits of your own competencies to provide balanced information about the products and trichological treatments
9. How to interpret body language when identifying the individuals' interest or disinterest to a product or trichological treatment.
10. The factors to consider when creating a bespoke trichological management plan
11. Why you must develop and agree a trichological management plan to include:

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- a. declared current medical status
 - b. procedure history
 - c. relative and absolute contraindications
 - d. skin/scalp classification, condition and sensitivity
 - e. skin healing capacity
 - f. the individuals expectations
 - g. the individual's physical and psychological suitability for the product or trichological treatment
 - h. the relationship between social, physical, psychological and physiological needs and the procedure objectives
12. The impact of social influences, the media and trends
13. How your own continuous professional development can support the individual to make an informed choice to include:
- 13.1 Appropriate and alternative **products** and **trichological treatment** options
14. The relevance of establishing the pre-procedural activities relevant to the procedure objectives
15. The importance of assessing, discussing, agreeing, reviewing and documenting the trichological treatment outcomes
16. The importance of explaining the procedure process, expected outcomes and associated risks
17. The benefits of using visual aids during consultation
18. How to manage the individual's expectations
19. The legislative and indemnity requirements of gaining signed, informed consent for the non-surgical cosmetic procedure
20. The legislative requirements for gaining, recording, storing, protecting and retaining the individual's data
21. Why trichological treatments are prohibited or restricted for minors

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22. The age at which an individual is classed as a minor and how this differs nationally
23. The legislative requirements which sets out the rights of the individual and the practitioner
24. The importance of explaining the physical sensation created by the procedure to the individual to include:
 25. How pain threshold and sensitivity varies from individual to individual
 26. The types of pain management and associated risks
 27. The legislative, insurance and organisational requirements for taking and storing visual media of the individual's treatment area
 28. The legislative and regulatory requirements of completing and storing the individuals' trichological treatment records
 29. The reasons for providing and obtaining confirmation of receipt from the individual for the verbal and written **instructions** and advice pre and post the trichological treatment procedure

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Trichological Treatments (*signpost to relevant NOS*)

1. Topical non-prescription products (menthol, scalp oils)
2. Non-invasive therapies (massage and electrotherapy i.e. high frequency, steam)
3. Scalp keratolytic for chemical rejuvenation
4. Phototherapies (i.e. low level laser therapy, infra-red and UV light)
5. Semi-invasive therapies (i.e. scalp micropigmentation, scalp microneedling or mesotherapy and scalp injectables)

Products

1. Shampoos and conditioners
2. Scalp oils, creams and ointments
3. Hair styling and finishing products
4. Camouflage products
5. Nutritional supplements
6. Over the counter medications
7. Pharmacy only medications
8. Prescription medications

Factors

1. Hair curl classification
 - 1.1 Straight
 - 1.2 Wavy
 - 1.3 Curly
 - 1.4 Tight curls
 - 1.5 Combination
2. Hair characteristics
 - 2.1 hair density
 - 2.2 hair texture
 - 2.3 hair elasticity
 - 2.4 hair porosity
 - 2.5 hair growth patterns

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3. Scalp condition
4. Unusual features on the scalp

Skin, scalp and hair loss classification

1. Fitzpatrick scale
2. Phenotype
3. Genotype
4. Glogau photo-damage
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)

Hair and scalp conditions

1. Dry scalp
2. Oily scalp
3. Sensitized scalp
4. Scaling scalp
5. Pityriasis capitis
6. Difuse hair loss (general thinning)
7. Chemically damaged hair
8. Environmentally damaged hair
9. Physically damaged hair

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Disclosed conditions

1. Contraindications
2. Body dysmorphic disorders
3. Physical, and psychological condition
4. Safeguarding
5. Vulnerability issues

Treatment Objectives

1. Improvement of hair growth and condition
2. Improvement of scalp condition

Rights

1. Reflection time/period to make an informed choice
2. Informed consent
3. Financial/contractual agreement
4. Post procedure support and review
5. The right to request the practitioner's qualifications, training and indemnity insurance

Advice and Recommendations

1. The individual and aesthetic practitioner's legal rights and responsibilities
2. Immediate and ongoing support and advice
3. Complication management and/or emergency plan
4. Post procedure expectations and associated time frames
5. Pre and post procedure instructions and care
6. Restrictions and associated risks
7. Future procedures
8. Complaints or concerns protocol

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Visual media

1. Photographic
2. Video

Anatomy and Physiology

1. The structure and function of the body systems and their interdependence on each other
2. The intrinsic and extrinsic factors of the skin, scalp and hair the structure and function of the hair
3. The biology of hair growth
4. The structure and function of skin
5. The skeletal structure of the cranium
6. Scalp and hair disorders and conditions
7. Nutritional deficiency and/or dietary imbalance
8. Basic chemistry related to scalp and hair care
9. Associated risk avoidance protocol or danger zones

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Scope/range related to knowledge and understanding

Health and safety

- 1 Health and Safety at Work Act
- 2 The Reporting of Injuries, Diseases and Dangerous Occurrence Regulations (RIDDOR)
- 3 The Health and Safety (First Aid) Regulations
- 4 The Regulatory Reform (Fire Safety) Order
- 5 The Manual Handling Operations Regulations
- 6 The Control of Substances Hazardous to Health Regulations (COSHH)
- 7 The Electricity at Work Regulations
- 8 The Environmental Protection Act
- 9 The Management of Health and Safety at Work Regulations
10. The Health and Safety (Information for Employees) Regulations

Organisational and treatment protocols

1. clinic management
2. client consultation
3. record keeping
4. waste management
5. laser safety and security
6. aftercare procedures

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Environmental and sustainable working practices

1. reducing waste and managing waste (recycle, reuse, safe disposal)
2. reducing energy usage (energy efficient equipment, low energy lighting, utilising solar panels)
3. reducing water usage and other resources
4. preventing pollution
5. using disposable items (easy dry towels)
6. using recycled, eco-friendly furniture
7. using low chemical paint
8. using environmentally friendly product packaging
9. choosing responsible domestic products (Fairtrade tea and coffee)
10. encouraging carbon reducing journeys to work

Diverse needs

1. cultural
2. religious
3. age
4. disability
5. gender

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Glossary