

SYLLABUS

Basics of medical cosmetology

Selective discipline

level of higher education	the second (master's) level of higher education
field of knowledge	22 "Healthcare"
specialty	222 "Medicine"
academic qualification	Master of Medicine
professional qualification	Medical Doctor
academic and professional program	«Medicine»
mode of study	full-time
course and semester of study of the discipline	5 course, X semester

INFORMATION ABOUT LECTURERS WHO DELIVER THE ACADEMIC DISCIPLINE

Surname, name, patronymic of the lecturers, scientific degree, academic title	Ishcheikin Kostiantyn Yevhenovych, Professor Dudchenko Mykola Oleksiiovych, Professor Kravchenko Volodymyr Hryhorovych, Professor Popova Iryna Borysivna, Associate Professor Yemchenko Yana Oleksandrivna, Associate Professor Vasylyva Kateryna Volodymyrivna, Associate Professor Kameniev Volodymyr Ivanovych, Associate Professor Bezeha Olena Viktorivna, Assistant
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MAIN CHARACTERISTICS OF THE ACADEMIC DISCIPLINE

The scope of the academic discipline

Number of credits / hours - **3,0 / 90**, of which:

Lectures (hours) - **0**

Practical classes (hours) - **20**

Self-directed work (hours) - **70**

Type of control - **Credit**

The policy of the academic discipline

When organizing the educational process in PSMU teachers and students act in accordance with:

Regulations on the organization of the educational process in the Poltava State Medical University (https://www.pdmu.edu.ua/storage/department-npr/docs_links/EXHOB4YrpFJqaaUWjwI3e7GhMA6TcAWDd7yVXYjO.pdf);

Regulations on the academic integrity of higher education seekers and employees of the Poltava State Medical University (https://www.pdmu.edu.ua/storage/n_process_vimo/docs_links/WwK8jif9Fb1SzyjXCStiqjWVmat8x3J9QFHekKWx.pdf);

Rules of procedure for students of the Poltava State Medical University (https://www.pdmu.edu.ua/storage/department-npr/docs_links/OaN2nwysLPFAUDRvuDPvFSpzM1j9E9CwQQkgr93b.pdf) etc.

Students come to class according to the schedule. Late for classes is not allowed. Classes are held without a break. There is a dressing room in the hospital where students change clothes. During their stay, students at the department must adhere to a professional dress code, which provides a medical form - a robe and a medical cap, preferably white, perfectly clean, ironed. It is not allowed to wear hats in the department. It is forbidden to wear a medical uniform under outerwear and outside the area of the clinical base. Compliance with the specified dress code is ensured on the basis of moral self-control of each student.

Description of the academic discipline (summary). Cosmetology is intensively developing both as an independent scientific discipline and as an area of practical activity of doctors in various areas of clinical and preventive medicine, in each of which it solves its own problems. The curriculum is aimed at high-quality training of students of higher educational medical institutions of Ukraine. It lays down an understanding of modern morbidity of pathology and cosmetic imperfections of the skin and its derivatives, cosmetic geriatrics, congenital cosmetic defects and require integra their tasks. The curriculum is aimed at high-quality training of students of higher educational medical institutions of Ukraine. It lays down an understanding of modern morbidity of pathology and cosmetic imperfections of the skin and its derivatives, cosmetic geriatrics, congenital cosmetic defects and requires the integration of classical clinical concepts and modern high technologies. Today, cosmetology has become an integral part not only of dermatovenerological practice, but also the subject of in-depth scientific research. The program provides for the consideration of issues related to medical, cosmetic, preventive and aesthetic skin care. When studying this discipline, much attention is paid to instilling in students the ability to timely identify and clearly identify clinical manifestations of dermatocosmetological deficiencies, deontological to communicate correctly and propose methods and measures of cosmetological correction.

The academic discipline is studied in the 5th year of study.

Prerequisites and postrequisites of the academic discipline (interdisciplinary links).

Prerequisites. The study of the basics of medical cosmetology is based on the knowledge gained by students in the study of medical biology, anatomy, physiology, histology, embryology, microbiology, pharmacology, internal medicine, surgical diseases, hygiene, social medicine.

Postrequisites. The acquired knowledge, acquired after completing the study of the basics of medical cosmetology, lays the foundations for students to

study modern diagnostic technologies used in diagnostics not only of medical cosmetology, but also in wide clinical practice, which provides for the integration of teaching with various disciplines and the formation of skills to apply knowledge from modern methods of medical cosmetology in the process of further education and professional activity.

The aim and tasks of the academic discipline:

- the aim of studying the academic discipline is to study the physiological morphological characteristics of the skin and mucous membranes in the functioning of the body in normal conditions and under various pathological conditions. Determination of factors contributing to the development of diseases of the skin, hair and nails and determination of the features of skin rashes and visible mucous membranes, familiarization with the main methods of treatment and cosmetic diseases, taking into account the type of skin and age characteristics, as well as the formation of professional competencies in cosmetology.
- the main tasks of studying the discipline "Basics of medical cosmetology" are:
 - • explain the structure, function, skin types.
 - • determine the skin disease to be treated by a beautician.
 - • know modern methods of skin examination.
 - • preparing students for work in a cosmetology room by studying basic cosmetology procedures;

Competences and learning outcomes in accordance with the academic and professional program, the formation of which is facilitated by the discipline (integral, general, special)

- *integral:*

Ability to solve complex specialized problems and practical problems in professional activities in the field of health care in the specialty "Medicine", or in the learning process, which involves research and / or innovation and is characterized by complexity and uncertainty of conditions and requirements.

- *general:*

1. Patient interviewing skills.
2. Ability to determine the required list of laboratory and instrumental studies and evaluate their results.
3. Ability to establish a preliminary and clinical diagnosis of the disease.
4. The ability to determine the nature of nutrition in the treatment of diseases.

Learning outcomes for the academic discipline:

After completing the module, students should:

know:

- Cosmetology - as a medical discipline, definition, purpose and objectives.

- Anatomical and functional features of the structure of the skin. Functions, skin types.
- Types of skin aging and treatments for their correction.
- Classification of cosmetics. Feature composition of cosmetics, depending on their purpose.
- Hardware methods of skin treatment (darsonvalization, cryotherapy).
- Types of injection techniques used in medical cosmetology to correct cosmetic skin imperfections, and know the tactics of their implementation.
- Pathology of the sebaceous glands. Acne. Acne rosacea. Oral dermatitis and their methods of correction in medical cosmetology.
- Etiopathogenesis, classification of dyschromias and their methods of correction in medical cosmetology.
- Types of alopecia, clinical picture, their methods of diagnosis and treatment.
- Application of hardware and injection methods for the treatment of scars, acne and cellulite, which are used in medical cosmetology.

be able to:

- Apply modern methods of examination of skin with cosmetological pathology
- Determine skin types and select cosmetic products depending on skin type.
- Analyze the cosmetic effectiveness of skin care products based on skin type.
- Be able to carry out injection treatments in cosmetology
- Prescribe physiotherapy procedures taking into account skin type and age-related changes.

Thematic plan of lectures (by modules), specifying the basic issues, which are considered at the lecture – not provided

Thematic plan of seminar classes by modules and content modules, specifying the basic issues, which are considered at the seminar class – not provided

Thematic plan of practical classes by modules and content modules, specifying the basic issues, which are considered at the practical class

Seq. No.	Title of the topic	Number of hours
1	Introduction to Medical Cosmetology. Skin as an object of cosmetic influence. Skin structure. Skin appendages. Physiology of the skin. Skin types, skin phototype. Methods for assessing the determination of skin types. Characteristics of each skin type. The purpose and objectives of clinical cosmetology. Objects of the study of medical cosmetology. The history of the development of clinical cosmetology. Modern classification of cosmetology. The main institutions of the cosmetology profile, their characteristics,	2

	amount of assistance. Features of the interaction between the beautician and the patient. The legal framework governing the activities of cosmetic structures. Prospects for the development of medical cosmetology.	
2	Aging skin. Fight against premature aging. The main factors of skin aging. The theory of aging is highly radical. The concept of chronobiological and photoaging. Selection of methods for correcting skin aging.	2
3	Dyschromia of the skin. Impaired skin pigmentation. Dyschromia. Etiopathogenesis, clinic, their correction. Methods and means of correcting hypomelanosis in the conditions of cosmetology institutions. The use of ultraviolet radiation in the practice of a cosmetologist.	2
4	Sensitive skin. Dry skin. Erythrocuperosis. Dry skin, oily skin, sensitive. Erythrocuperosis, atony in the practice of a cosmetologist. The causes of this skin pathology. Morphological features of the skin of different age groups. Features of correction. Cosmetic procedures.	2
5	Scarring. Striae. Cellulite. Cosmetic deficiencies associated with impaired activity of the sebaceous glands. Etiopathogenesis, clinical picture, therapy of seborrhea, vulgar and rosacea. Correction of seborrhea, acne vulgaris and rosacea in a cosmetic establishment. Features of cosmetic care for clients with the indicated pathology. Post-acne correction.	2
6	Pathology of the sebaceous glands. Seborrhea. Acne rosacea. Perioral dermatitis. Cosmetic deficiencies associated with impaired activity of the sebaceous glands. Etiopathogenesis, clinical picture, therapy of seborrhea, vulgar and rosacea. Correction of seborrhea, acne vulgaris and rosacea in a cosmetic establishment. Features of cosmetic care for clients with the indicated pathology. Post-acne correction.	2
7	Acne. Acne: etiopathogenesis, clinical presentation, differential diagnosis, treatment in a cosmetological institution. Post-acne.	2
8	Hair pathology. Pathology associated with excess hair loss. Anatomy, physiology, pathophysiology of hair. Distribution of hairline at puberty and reproductive age. Hair growth phases. Hair damaging factors. Dystrophic hair diseases. Types of alopecia. Correction methods. Hardware methods used in trichology.	2
9	Pathology associated with excess hair growth. Hair dystrophy. Hyperkeratosis of the scalp. Hypertrichosis and hirsutism: etiopathogenesis, clinical picture,	2

The list of questions that a student must master when studying the academic discipline (form of control – credit test)

1. Subject and tasks of medical cosmetology.
2. What does the term "cosmetics" mean?
3. Name the stages of development of cosmetics and cosmetology.
4. Name the modern directions of development of medical cosmetology.
5. Anatomy, histology, skin functions.
6. What skin types do you know?
7. What are dry skin care products?
8. Name the means for the care of normal skin.
9. What are the means for the care of oily skin?
10. Name cosmetic procedures.
11. How are masks prescribed?
12. Basic rules and principles of decorative cosmetics.
13. Correction of pigmentation disorders in a cosmetic institution.
14. Alopecia, etiology, pathogenesis; clinical varieties. Cosmetic methods of treatment.
15. Name the diseases associated with excessive hair growth.
16. Seborrhea. Etiology, pathogenesis, clinic, Correction in a cosmetic facility.
17. Acne. Correction methods in cosmetic institutions.
18. Aging skin. Etiopathogenesis, classification and clinic of skin aging.
19. Chronobiological and photoaging. Methods of their correction and prevention.
20. Types of health and cosmetic procedures (masks, massage, facial cleansing).
21. Erythrocytosis in the practice of cosmetology.
22. The essence of therapeutic massage. Indications, contraindications. Method of execution.
23. What is the essence of mesotherapy. Methods of mesotherapy.
24. What drugs are used in mesotherapy. Indications for mesotherapy.
25. Complications during mesotherapy. Prevention and treatment of complications.
26. Botox. Indications, contraindications, technique.
27. Cryotherapy in the practice of a cosmetologist. Manual and hardware methods of cryotherapy. Indications, contraindications.
28. The concept of decorative cosmetics. Modern medical cosmetics.
29. The essence of the method of cryotherapy.
30. At what cosmetic shortcomings cryodestruction is shown?
31. Types of physiotherapy treatment. Indications, contraindications, methods of implementation.
32. Classification of cosmetics. The peculiarity of the composition of cosmetics depending on their purpose.

Teaching methods

- Verbal methods: lectures, conversations, explanations, response;
- Visual methods: illustration, demonstration, observation;
- Practical methods: doing practical work.

The form of final control of academic performance – credit test

The system of continuous and final control. The current educational activities of students are assessed according to the traditional four-point scale. student gets

- "excellent" - the student possesses at least 90% of knowledge on the topic both during the survey and in the test control. Well-versed in subject terminology. Clearly formulates the answers to the questions posed. Practical work is carried out in full.

- "good"- the student has knowledge in the amount of at least 75 - 89%, makes minor mistakes, which he corrects by answering questions. During the execution of test tasks, he answers 75% of the questions. Practical work was completed in full, minor errors are allowed.

- "satisfactory" - the student has knowledge on the topic in the amount of at least 60-74%, during testing he answers at least 60% of the questions. The answers are not accurate enough, leading questions are viable. Practical work has not been completed in full.

- "unsatisfactory" - the student has not mastered the required minimum of knowledge on the topic of the lesson and testing within 59%. Unable to answer leading questions, operates with imprecise wording. The test control task is completed by less than 59%. No practical skills.

Assessment of success is integrated (all types of student work are assessed both during preparation for the lesson and during the lesson) according to the criteria that are communicated to the students at the beginning of the discipline.

Since the discipline ends with a test, only those students who have attended all classes (or completed the missed classes in the prescribed manner) receive a credit and have a convertible sum of points not less than the minimum (122 points). In the "Statement of the final control (points)" in the column "Current control (points)" the teacher enters the points after converting them from the average grade according to table 1, in the column "Final control (points)" the teacher makes the entry "passed, not passed".

Table 1

Correspondence of the average score of the current academic performance on the traditional 4-point scale to the total number of points for the credit

Grade point average of current performance for 4 point scale	The total number of points for the credit
2,00	not credited
2,05	not credited
2,10	not credited
2,15	not credited
2,20	not credited
2,25	not credited
2,30	not credited
2,35	not credited

2,40	not credited
2,45	not credited
2,50	not credited
2,55	not credited
2,60	not credited
2,65	not credited
2,70	not credited
2,75	not credited
2,80	not credited
2,85	not credited
2,90	not credited
2,95	not credited
3,00	122
3,05	123
3,10	125
3,15	126
3,20	129
3,25	130
3,30	132
3,35	133
3,40	136
3,45	137
3,50	139
3,55	140
3,60	142
3,65	143
3,70	146
3,75	147
3,80	150
3,85	151
3,90	153
3,95	155
4,00	157
4,05	159
4,10	161
4,15	163
4,20	165
4,25	168
4,30	170
4,35	172
4,40	175
4,45	177
4,50	179
4,55	181
4,60	183
4,65	185
4,70	188
4,75	190
4,80	192
4,85	194

4,90	197
4,95	200
5,00	200

The minimum average grade with which a student is admitted to passing the test is 122 points.

Discipline assessment:

The number of ECTS points that a student gains in a discipline is determined by the table.

The maximum number that a student can gain when studying an academic discipline is 200 points.

Methodical support:

1. Working curriculum for the discipline "Fundamentals of Medical Cosmetology".
2. Methodical instructions for independent work of students in preparation for a practical lesson and in the lesson according to the thematic plan.
3. Materials for monitoring knowledge, skills and abilities of students:
 - tests of various difficulty levels
 - video films

Recommended literature:

Basic:

1. Deb Willis / Cosmetology and Dermatology - Hayle medical, 2018.-257p.
2. Lim, H.W., Kohen, L.L., Schneider, S., Yeager, D.G. / Practical Guide to Dermatology - Springer International Publishing, 2020.-309p.
3. Sewon Kang / Fitzpatrick's Dermatology, Ninth Edition –McGraw-Hill Education – Europe, 2019.
4. Richard B. Weller , Hamish J. A. Hunter , Margaret W. Mann. / Clinical Dermatology– John Wiley & Sons Inc, 2018. – 456p.

Supplementary:

1. Anthony Du Vivier. / Atlas of Clinical Dermatology– John Wiley & Sons Inc, 2018. – 740p.
- 2.

Information resources:

1. <https://skinven.pdmu.edu.ua/>
2. <https://www.osmosis.org/home/dashboard>
3. <https://www.medscape.com/dermatology>
4. <https://www.healthline.com/>
5. <https://www.ncbi.nlm.nih.gov/>