Exam Revision Notes

Outlined in your record of assessment book are questions highlighted in purple. These questions will help you revise for your external exam with VTCT which you will sit in our academy.

Below are a few pointers- questions to answer and a few pictures to help you recognise conditions and locations of points.

Health and safety:

* When performing a treatment, how should you position yourself during treatment so that you do not cause yourself injury or strain? Do not over stretch, or strain. Correct positioning of treatment bed and stool height. You should also ensure you have adequate lighting and corrective eye wear if needed.

* Explain the contra-indication that requires medical approval? It is important to go through an in-depth consultation to highlight any medical conditions that require a GP referral letter for insurance, or a referral as their may be an undiagnosed condition that you want clarified and treated if needed.

* Describe hygiene and infection control.

* In microblading, how do you dispose of contaminated waste?

* How do you prevent a work related injury when carrying out microblading?

* If an employee has an accident what legislation or regulation gives the salon guidance?

HASAWA

PPE

PUWER

RIDDOR

* In order for you to deliver microblading you must have what in place before offering this service?

* When disposing contaminated waste, you must follow your local areas guidelines- each area will have a set of bylaws that you must comply with.

* To prevent an injury occurring during treatment you should adopt the correct posture to avoid strain. Over stretching can cause long term damage and strain, this will also affect the quality of your work.

* RIDDOR gives salons guidance if an employee has an accident in the work place because RIDDOR puts duties on employers, the self-employed and people in control of work premises (the Responsible Person) to report certain serious workplace accidents, occupational diseases and specified dangerous occurrences (near misses).

* In order for you to offer Microblading the salon or premises must by law hold valid insurance and license. While training some councils may only issue you a license once you are fully qualified but you must have valid insurance to cover your case studies.

* When carrying out microblading erythema and oedema can and will occur as a natural reaction, but if you need or want to reduce the reaction – applying a cold compress to the area to help this goes down and smooth the area.

* VTCT level 4 microblading we teach you not to use topical anaesthetic as legislations and laws constantly change. It can also affect the texture of the skin. But if you wanted to use this, you MUST be trained and insured and only use the topical anaesthetic that are legal for the UK. You should check with your insurance and locals council bylaws to outline the regulations for your area. Some areas may allow you to advise your clients to purchase and apply their own topical anaesthetic and some may allow you to apply over the counter topical anaesthetic.

* You must carry out microblading safely and hygienically to prevent cross infection or harm to anyone and is the highest priority to protect yourself and your reputation as legal action may be taken out against you if you do not follow these guidelines.

* When carrying out microblading we are making small incisions in the skin and implanting pigment. Due to this the skin is open and will need to heal over the next 4-8 weeks. Generally the healing process will heal in a particular order. The skin around the wound -incision becomes inflamed, fibroblast phase produces the structural-framework in creating tissue and critical-in wound healing which then matured into a scar to close the wound ready for new skin to grow under the surface and shed the dried skin.

* Some contra indications create restrictions to treatment and modifications may need to be followed, but other contra indications will prevent you from carrying out a treatment till the situation changes such as Pregnancy. Remember your client will need to wait till they have finished breastfeeding too as a precaution.

* If your client gets Botox treatments it is essential that you wait at least 2 weeks before you carry out a treatment. This is to ensure the product has fully settled and that this does ones not affect the procedure you want to carry out. Bear in mind that Botox can affect how the brow sits is. Isn’t be better if they have this done after microblading is that this can still be level.

* When selecting the right pigment choice to the best of your ability, it is important to look at the clients skin tone and eyes. As the pigment choices need to take into account if the skin holds more warm or cool tones. Eye colour can also be an indicator for this too.

* Microblading is a form of cosmetic tattooing and therefore should not be carried out on anyone under the age of 18 years. Your insurance will not cover you, and is the law.

* During and after microblading you and your client will/ may expect to see plasma (clear fluid) and blood at the surface of the skin as we are creating hair strokes by making incision into the skin. Your client may feel experience some bruising as they have had trauma to the skin, it is not common for hives or blistering to occur unless you have not followed correct hygiene and care.

Anatomy and Physiology:

* Which cell is collagen and elastin produced?

* What are the main function of the skin?

**Protection** from dehydration, UV light, mechanical damage, microorganisms.

**Absorption** through pores.

**Excretion** of waste products onto the surface of the skin.

**Sensation** through temperature, touch, pain, pressure.

**Regulation** of the body’s temperature.

* What are apocrine glands and when do they become active? Apocrine glands are scent glands and at puberty these become active as they usually have an odour that give off pheromones.

* How does the skin maintain the correct body temperature? One way is Blood vessels supplying blood to the skin can swell or dilate – **vasodilation**. This causes more heat to be carried by the blood to the skin, where it can be lost to the air. This reduces heat loss through the skin once the **body’s temperature** has returned to normal.

* The Endocrine system are made up of glands that help send chemical/ hormone messages through the body using the circulatory system. The two main gladness are the Thyroid and Adrenal glads, Where is the thyroid gland found?

* The islet of Langerhans produces a hormone to help regulate what in the pancreas.

* The main function of blood is to?

* What does the pulmonary circulation move blood between?

* Arteries that carry blood away from the heart have what type of walls and valves?

* What vessel delivers oxygenated blood to the head? **The left and right**common **carotid arteries** (**carotids**) are **arteries** that supply the head and neck with oxygenated blood; they divide in the neck to form the external and internal **carotid arteries**.

* Lymph nodes of the head:

* What is the first thing that happens when you cut through the skin?

* How does the skin heal?

* With microblading the skin can react with erythema and oedema after treatment, it is advised to apply a cold compress. This will take any swelling down and constrict the fluids coming to the surface.

* What does herpes simplex look like?

Description: also known as cold sore. This is a viral infection that appears on/ around the lip area. These present itself as small blisters in groups.

* What does herpes zoster look like?

Description: painful skin rash with blisters in a localised area.

* What does psoriasis look like?

Description: patches of red, dry, itchy and scaly skin.

* What does Tinea corpus look like? Also known as ring worm.



Description: characterised by red ringshaped patches and intense itching

* What Acne Vulgaris look like?

Description: **Acne**, also known as **acne vulgaris**, is a long-term skin disease that occurs when hair follicles are clogged with dead skin cells and oil from the skin. It is characterized by blackheads or whiteheads, pimples, oily skin, and possible scarring.

* What does Chloasma look like?

Description: Appears darker than the surrounding skin- affecting the cheeks, forehead, upper lip, nose and chin. It can also affect other areas of the body exposed to the sun, such as the forearms and neck. Areas of melasma are flat, not raised. Melasma, also called ‘chloasma’ and ‘pregnancy mask’, is a common skin condition of adults in which brown or greyish patches of pigmentation (colour) develop, usually on the face. It is more common in women, particularly during pregnancy (when up to 50% of women may be affected). Sometimes men may also be affected. Melasma is more common in people of colour and those who tan very quickly but can occur to anyone.

Melasma usually becomes more noticeable in the summer and improves during the winter months.It is not an infection; therefore, it is not contagious, and it is not due to an allergy. It is not cancerous and will not develop into skin cancer.

* What does Erythema look like?

Description: is redness of the skin or mucous membranes, caused by hyperemia (increased blood flow) in superficial capillaries. It occurs with any skin injury, infection, or inflammation or massage.

* What does Roseacea look like?

Description: redness often across the nose and cheeks with viable blood vessels on the surface of the skin.a common skin condition, usually occurring on the face, which predominantly affects fair-skinned but may affect all skin types in people aged 40 to 60 years old. It is more common in women but when affecting men, it may be more severe.

* What condition can affect a persons blood clotting ability? We ask this during construction as this would be a contradiction to treatment as they will bleed and bleed.

* Haemophilia affects what ability?

* How does microblading affect someone with high blood pressure?

* Raynauds diseases affects a persons circulatory system as the body goes through spasms of the arteries that reduces blood flow which typically affects the fingers and less commonly the toes and rarely the nose, ears or lips are affected.

* Varicose veins looks like enlarged and twisted veins that have are on the surface often found on the legs.

* Hashimotos thyrioditis is a pathology of the lymphatic system and is an autoimmune disease in which the thyroid gland is gradually destroyed by its own immune system.

* Stroke is a serious life threatening medical condition that occurs when the blood supply to part of the brain is cut off.

* Leukaemia starts in the blood forming tissue usually the bone marrow. This leads to the over production of abnormal white blood cells, the part of the immune system which defends the body against infection. Group of blood cancers that produce immature, nonfunctional white blood cells that weaken the immune system.

* Folliculitis is a common skin condition where the hair follicles become inflamed. The cause is normally by bacteria or fungal infection. Visually it may look like a small red bumps whitehead pimple around a hair follicle.

* Bell’s palsy is a type of facial **paralysis**that results in an inability to control the facial muscles on the affected side. Symptoms can vary from mild to severe. They may include muscle twitching, weakness, or total loss of the ability to move one or rarely both sides of the face.

* Motor neurone disease, a rare condition that progressively damages parts of the nervous system. This leads to muscle weakness, often with visible wasting. Motor neurone disease, also known as amyotrophic lateral sclerosis (ALS), occurs when specialist nerve cells in the brain and spinal cord called motor neurones stop working properly. This is known as neurodegeneration.

* Parkinson is characterised as having tremors, rigidity of the muscles and slowness of movement. Parkinson’s diseases is caused by a loss of nerve cells in part of the brain called the substantia nigra. This leads to a reduction in a chemical called dopamine in the brain. Dopamine plays a vital role in regulating the movement of the body. A reduction in dopamine is responsible for many of the symptoms of Parkinson’s disease. Exactly what causes the loss of nerve cells is unclear. Most experts think that a combination of genetic and environmental factors is responsible.

* Sciatica is the name given to pain caused by irritation of the sciatic nerve. Anything that irritates this nerve can cause pain, ranging from mild to severe. Sciatica is usually caused by a compressed nerve in the lower spine.Often, the term “sciatica” is confused with general back pain. However, sciatica is not just limited to the back. The sciatic nerve is the longest and widest nerve in the human body. It runs from the lower back, through the buttocks, and down the legs, ending just below the knee. This nerve controls several muscles in the lower legs and supplies sensation to the skin of the foot and the majority of the lower leg. Sciatica is not a condition, but rather a symptom of another problem involving the sciatic nerve. Some experts estimate that up to 40 percent of people will experience sciatica at least once in their life.

* Intrinsic environment effects on the skin is the internal physiological changes which includes the diminishing or defensive synthesis of collagen and elastin in the dermis which also means that the their is poor desqemation.

* Extrinsic environment effects on the skin also known as photo ageing of the skin by UV sun rays, smoking etc.

Please download this document with your assessment questions on it, please add your answers under the questions. Please print out your answers and put them in the correct sections in your portfolio. Once your case studies and written assignments are complete please send them to us to be marked.