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## **Medical Aesthetics Certificate: Understanding the safe use of dermal fillers in cosmetic procedures**

**April 2021**

**This is an RSPH-regulated Qualification**

### **Description**

This qualification covers the specialist knowledge required to perform cosmetic treatments with dermal fillers. Candidates, who must be qualified healthcare professionals, will have a foundation of knowledge that can be applied to aesthetic practice and will comply with the standards required by their statutory bodies.

Dermal fillers, which may be temporary, semi-permanent or permanent, are injected into the skin, fat or under facial muscles. It is therefore important that their use is restricted to qualified professionals such as doctors, dentists and nurses and pharmacists with the prescribing qualification, following a face-to-face assessment and consultation. The qualification will underpin the theoretical knowledge required of these professionals to consult, prescribe and administer treatments with dermal fillers and manage any of the associated complications and adverse reactions to the treatments.

The objective of this qualification is to ensure that suitably qualified individuals have the required knowledge and understanding to be able to perform dermal filler cosmetic procedures safely and to the standard as set out in *Competency standard – Provide treatment with dermal fillers and Management of dermal filler complications*. These standards are produced by The Qualification Council for Cosmetic Procedures.

**Content:**

	<b>Page</b>
Unit	3
Assessment	6
Guidance	6
Special Assessment Needs	6
Recommended Qualifications and Experience of Tutors	6
Other Information	6

## Summary of Learning Outcomes:

To achieve this unit a candidate must:

1. **Understand the properties, uses and application of dermal fillers in cosmetic procedures; *with reference to:***
  - 1.1 The properties of dermal fillers
  - 1.2 The cosmetic uses of dermal fillers
  - 1.3 Manufacturers' guidelines for the use of dermal fillers
  - 1.4 How dermal fillers are administered in cosmetic procedures
2. **Understand the importance of human anatomy and ageing in relation to dermal filler treatments; *with reference to:***
  - 2.1 The facial anatomy relevant to common dermal filler treatments
  - 2.2 Features of facial ageing that may require or be a reason for dermal filler treatments
3. **Know how to assess patients presenting for cosmetic procedures with dermal fillers; *with reference to:***
  - 3.1 The requirements for patient consultation and consent
  - 3.2 Factors involved in assessing the suitability of patients for dermal filler treatment
4. **Understand procedures for the treatment of patients with dermal fillers and the management of complications; *with reference to:***
  - 4.1 Pre-treatment instructions for patients
  - 4.2 Injection procedures for the use of dermal fillers
  - 4.3 Common side-effects and complications as a result of treatments with dermal fillers and their management
5. **Understand legislative and ethical requirements relevant to the treatment of patients with dermal fillers; *with reference to:***
  - 5.1 The legislation that applies to dermal filler treatments
  - 5.2 Ethical issues for the treatment of patients with dermal fillers
  - 5.3 Procedures for the management of patients presenting for help due to complications caused by treatments provided by other practitioners

## **Content:**

### **1 Understand the properties, uses and application of dermal fillers in cosmetic procedures**

- 1.1 *Properties of dermal fillers:* Biochemical and rheological properties of dermal fillers, to include hyaluronic acid, calcium hydroxylapatite and poly-L-lactic acid; different formulations and gel-carriers used for dermal fillers; benefits of different biochemical and rheological properties such as longevity, biostimulation and range of indications.
- 1.2 *Cosmetic uses of dermal fillers:* Use of dermal filler in cosmetic procedures such as correcting or enhancing facial features, restoring facial volume and improving skin quality.
- 1.3 *Manufacturers' guidelines for the use of dermal fillers:* Guidelines for the use of different formulations of dermal fillers, to include site, volume and depth of application for different treatments.
- 1.4 *How dermal fillers are administered in cosmetic procedures;* On and off-label therapeutic and cosmetic licensed indications; method of administration; preparation of injection sites; infection control, disposal of unused filler, sharps and clinical waste.

### **2 Understand the importance of human anatomy and ageing in relation to dermal filler treatments**

- 2.1 *Facial anatomy relevant to common dermal filler treatments:* Anatomy to include skin, location of blood vessels and nerves, fat pads, muscles and ligaments; use of anatomical features in patient assessment; risk of damage to different anatomical features during treatment and potential consequences of this.
- 2.2 *Features of facial ageing that may require or be a reason for dermal filler treatments:* Features such as bone resorption; deflation of skin, muscle and fat; descent of ligaments, fat pads and muscle; intrinsic and extrinsic ageing of the skin.

### **3 Know how to assess patients presenting for cosmetic procedures with dermal fillers**

- 3.1 *Requirements for patient consultation and consent:* Explanation of product used, procedures for treatment, risks and side-effects, alternative treatment options, pre and post treatment care and advice; management of patient expectations; identification and processing of material information; identification of financial or other barriers to treatment; obtaining consent for treatment and sharing of information with peers, to include photographs and videos.

- 3.2 *Factors involved in assessing the suitability of patients for dermal filler treatment.* Conduct of assessment; medical and social history; psychological risk factors; pathophysiological basis of medical and surgical cautions and contraindications; psychosocial factors that may affect compliance with pre and post-treatment advice; possible cautions with other medications; features of ageing; indications for treatment; risk, benefit and assessment analysis; development of appropriate treatment plans.

#### **4 Understand procedures for the treatment of patients with dermal fillers and the management of complications**

- 4.1 *Pre-treatment instructions for patients:* Advice such as avoiding medicines, certain supplements and alcohol which may affect the risk of bruising; rescheduling in the event of colds, flu, cold sores, skin rash or other active infections prior to treatment.
- 4.2 *Injection procedures for the use of dermal fillers:* Importance of accurate depth of injection for different treatments and anatomical sites; intradermal, subcutaneous and supra-periosteal injections; comparison and use of different injection techniques such as linear threading, serial puncture, cross-hatching, fanning, depot and meso/aliquots;
- 4.3 *Common side-effects and complications as a result of treatments with dermal fillers and their management.* Common side-effects such bruising, redness, swelling, pain and itching; rarer side-effects such as infections, nodules and granulomas, necrosis, vascular occlusion and blindness; time of onset of side-effect; management of side effects; use of hyaluronidase; documenting of adverse events; reporting and referral pathways.

#### **5 Understand legislative and ethical requirements relevant to the treatment of patients with dermal fillers**

- 5.1 *Legislation that applies to dermal filler treatments:* Legislation to include the Medicines Act 1968 and its application to the sale, supply, prescribing and administration of dermal fillers, General Data Protection Regulations 2018, Mental Capacity Act 2015 and its impact on consent; legislation relating to the supply of dermal fillers and hyaluronidase and the advertising of prescription-only medicine; legislation relating to the storage and retention of medical notes; principles of consent as established in case law and its practical application to informed consent; different kinds of consent and their importance including consent for the use of photographs and videos
- 5.2 *Ethical issues for the treatment of patients with dermal fillers:* Scope and responsibilities of non-medical prescribing to include any variation according to profession; the CAP code and functions of the ASA; professional practitioner – patient confidentiality; regulators and authorities that support and enforce professional standards; effect of religion and culture on consent and treatment

planning; complaints management; statutory duty to be open and honest in the event of something going wrong.

- 5.3 *Procedures for the management of patients presenting for help due to complications caused by treatments provided by other practitioners:*  
Establishment of full facts and history of treatment history and complications / adverse effect; reasons why patient cannot be treated by the original practitioner; need to obtain previous treatment records; collaborating with original practitioner; maintaining professional courtesies.

## **Assessment:**

The knowledge and understanding of the candidates will be assessed by written examinations provided by the Qualification Council for Cosmetic Procedures (QCCP).

A candidate who is able to satisfy the learning outcomes and obtain a **PASS** grade must achieve a score of at least 75% in each of the four sections of the examination.

In order to obtain a **DISTINCTION** grade, candidates must achieve the criteria for a **PASS**, and additionally achieve an overall score of at least 90% in the examination.

Candidates wishing to take the assessment should contact QCCP for details of the assessment process.

Candidates must be registered with RSPH and have a valid RSPH candidate number before they can access the assessment.

## **Guidance:**

Candidates must be practising medical doctors and dentists or nurses and pharmacists who hold a relevant prescribing qualification.

## **Special Assessment Needs:**

Centres that have candidates with special assessment needs should consult the RSPH Reasonable Adjustments and Special Consideration Policy which is available on the RSPH web-site ([www.rsph.org.uk](http://www.rsph.org.uk)).

## **Recommended Qualifications and Experience of Tutors:**

Tutors should hold a regulated Level 7 qualification in clinical aesthetics, MSc or post graduate teaching qualification or equivalent or have obtained the Medical Aesthetics Certificate: Understanding the safe use of dermal fillers in cosmetic procedures

Additionally tutors must provide evidence of five years post-registration experience and a minimum of five years active practice in the field of Aesthetics. They should not be subject to pending or on-going professional disciplinary or fitness to practice hearings and must hold valid medical indemnity insurance.

### Other Information:

RSPH retains the right to periodically publish statistical information for centres offering this qualification relating to achievement rates.

All RSPH specifications are subject to review. Any changes to the assessment or learning outcomes will be notified to Centres in advance of their introduction. To check the currency of this version of the specification, please contact the Qualifications Department.

Centres must be registered with RSPH.

Any enquiries about this qualification should be made to:

<p>The Qualifications Department, Royal Society for Public Health John Snow House 59 Mansell Street London E1 8AN</p> <p>Tel. 020 7265 7300 E.mail <a href="mailto:examinations@rsph.org.uk">examinations@rsph.org.uk</a> <a href="http://www.rsph.org.uk">www.rsph.org.uk</a></p>	<p>Qualifications Council for Cosmetic Procedures, Pickering House, 40A York Place, Leeds LS1 2ED</p> <p>Tel. 01443 704220 Email <a href="mailto:contact@gccp.org.uk">contact@gccp.org.uk</a> <a href="http://www.gccp.org.uk">www.gccp.org.uk</a></p>
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