

COURSE OUTLINE

(1) GENERAL

SCHOOL	HEALTH AND CARE SCIENCES		
ACADEMIC UNIT	BIOMEDICAL SCIENCES		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	4031	SEMESTER	D
COURSE TITLE	DERMATOAESTHETIC I		
INDEPENDENT TEACHING ACTIVITIES <i>if credits are awarded for separate components of the course, e.g. lectures, laboratory exercises, etc. If the credits are awarded for the whole of the course, give the weekly teaching hours and the total credits</i>		WEEKLY TEACHING HOURS	CREDITS
Lectures		3	4
<i>Add rows if necessary. The organisation of teaching and the teaching methods used are described in detail at (d).</i>			
COURSE TYPE <i>general background, special background, specialised general knowledge, skills development</i>	General		
PREREQUISITE COURSES:			
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	Greek		
IS THE COURSE OFFERED TO ERASMUS STUDENTS	YES		
COURSE WEBSITE (URL)			

(2) LEARNING OUTCOMES

<p>Learning outcomes</p> <p><i>The course learning outcomes, specific knowledge, skills and competences of an appropriate level, which the students will acquire with the successful completion of the course are described.</i></p> <p><i>Consult Appendix A</i></p> <ul style="list-style-type: none"> • <i>Description of the level of learning outcomes for each qualifications cycle, according to the Qualifications Framework of the European Higher Education Area</i> • <i>Descriptors for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Appendix B</i> • <i>Guidelines for writing Learning Outcomes</i>
<p>The purpose of the course is to provide students specific knowledge:</p> <ul style="list-style-type: none"> • To understand and apply the categories of cosmetics and apply on a case-by-case. • Diagnosis and proper classification of the skin into categories and types. Non-pathological cases. • To understand the need for deep cleaning and peeling, to acquire skills on the methods of applying and use them on a case -by-case. • Treatment of skin discolorations by applying chemicals peeling. • Knowledge of hygiene rules and methods of sterilization of materials and objects that will be used during the application of the methods mentioned

above.

- To understand the etiopathogenetic mechanisms of the appearance problems of the eye area.
- Diagnose eye area problems (swellings- wrinkles- dark circles) and apply treatment.
- Understand the difference between injectable and non -injectable. mesotherapy and apply appropriate substances on a case-by-case basis.

Learning outcomes:

1. Use of appropriate cosmetics and treatments for home application.
2. Separation of skin types (non-pathological conditions) into categories.
3. Treatment of deep cleansing and keratolysis (peelings).
4. Implementation of techniques and permitted chemical peelings in the laboratory.
5. Application of treatments for the prevention and restoration of discoloration.
6. Ways and methods of applying cosmetic substances used in non-injectable mesotherapy to prevent and restore skin problems.

General Competences

Taking into consideration the general competences that the degree-holder must acquire (as these appear in the Diploma Supplement and appear below), at which of the following does the course aim?

Search for, analysis and synthesis of data and information, with the use of the necessary technology
Adapting to new situations
Decision-making
Working independently
Team work
Working in an international environment
Working in an interdisciplinary environment
Production of new research ideas

Project planning and management
Respect for difference and multiculturalism
Respect for the natural environment
Showing social, professional and ethical responsibility and sensitivity to gender issues
Criticism and self-criticism
Production of free, creative and inductive thinking
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Others...
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- Independent work
- Teamwork
- Working in an international environment
- Work in an interdisciplinary environment
- Showing social, professional and ethical responsibility and sensitivity to gender issues

(3) SYLLABUS

Theoretical Part of the Course:

- Clinical application of basic cosmetic products.
- Clinical diagnosis of skin types.
- Thermal and non-thermal sterilization methods in the Aesthetics Laboratory.
- Clinical application of first, second, third, fourth, fifth, sixth stage in deep cleaning.
- Application of basic cosmetic products. (cleaning products, moisturizing products, etc.)
- Incident assessment. Treatment protocols, rehabilitation schemes.
- Physiology, biochemistry of facial massage, manipulations, results. Hygiene.
- Clinical application of peeling types.
- Indications, contraindications, precautions, methods of application, results, expected results).
- Chemical peelings (AHD, trichloroacetic acid, etc) (indications, contraindications, precautions, methods of clinical application.
- Treatment of disorders in skin pigmentation by aesthetics.
- Eye area problems, etiopathogenesis, clinical picture, histology, epidemiology, types of skin lesions.
- Special cosmetic products.
- Special aesthetic restoration.
- Non-injectable mesotherapy clinical exercise.

(4) TEACHING and LEARNING METHODS - EVALUATION

DELIVERY <i>Face-to-face, Distance learning, etc.</i>	Face-to-face	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY <i>Use of ICT in teaching, laboratory education, communication with students</i>	Teaching laboratory education Communication with students (e-mail, e-class)	
TEACHING METHODS <i>The manner and methods of teaching are described in detail.</i> <i>Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, placements, clinical practice, art workshop, interactive teaching, educational visits, project, essay writing, artistic creativity, etc.</i> <i>The student's study hours for each learning activity are given as well as the hours of non-directed study according to the principles of the ECTS</i>	<i>Activity</i>	<i>Semester workload</i>
	Lectures- interactive teaching	120
	Course total	120
STUDENT PERFORMANCE EVALUATION <i>Description of the evaluation procedure</i> <i>Language of evaluation, methods of evaluation, summative or conclusive, multiple choice questionnaires, short-answer questions, open-ended questions, problem solving, written work, essay/report, oral examination, public presentation, laboratory work, clinical examination of patient, art interpretation, other</i> <i>Specifically-defined evaluation criteria are given, and if and where they are accessible to students.</i>	<ul style="list-style-type: none"> • Multiple-choice questionnaires • Sort -answer questions 	

(5) ATTACHED BIBLIOGRAPHY

<p>GREEK BIBLIOGRAPHY</p> <ol style="list-style-type: none"> 1. Κεφαλά Β., Αισθητική Προσώπου Ι, Εκδ. της ιδίας, 2007, ISBN 960-90857-1-7 2. Κεφαλά Β., Η θεραπευτική της ακμής και η συμπτωματική αντιμετώπισή της από τον Αισθητικό, Εκδ. της ιδίας, 2004, ISBN 960-90857-0-9 <p>FOREING BIBLIOGRAPHY</p> <ol style="list-style-type: none"> 1. Facial Aesthetics: Concepts and Clinical Diagnosis Hardcover .Farhad B. Naini ISBN-13 : 978-1-4051-8192-1 .Edition: 1st. 2011, Willey-Blackwell 2. Comprehensive Aesthetic Rejuvenation: A Regional Approach Jenny Kim, Gary Lask, Andrew Nelson. Informa healthcare press. Edition 1st. 2011. ISBN 978 -0-4154-58948 3. The Male Patient in Aesthetic Medicine. Springer. De Maio, Mauricio, Rzany, Berthold 2009 ISBN 978-3-540-79046-4
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- 4.** Cosmetic Dermatology: Requisites in Dermatology Series, 1e Hardcover 2008 by Murad Alam MD , Hayes B Gladstone MD , ISBN-13: 978-0702031434 | SAUNDERS ELSEVIER
- 5.** Milady's Aesthetician Series: Peels and Chemical Exfoliation Paperback – January 1, 2010 by Pamela Hill. ISBN-13: 978-1435438668 ISBN-10: 1435438663 Edition: 2nd Informa Health Care
- 6.** Step by Step Chemical Peels Paperback – March 31, 2010 Niti Khunger ISBN-13: 978-0071667258 Edition: 1st Informa Health Care
- 7.** Cosmeceutical Science in Clinical Practice (Series in Cosmetic and Laser Therapy) 2010 Neil S. Sadick ,Mary Lupo ,Diane S. Berson Zoe Diana Draelos ISBN-13: 978-0415471145 Edition: 1st Informa Health Care
- 8.** Nanocosmetics and Nanomedicines: New Approaches for Skin Care Hardcover – May 4, 2011 Rudy Beck , Silvia Guterres, Adriana Pohlmann ISBN-13: 978-3642197918 Edition: 2011th SPRINGER
- 9.** Dermatologic Complications with Body Art: Tattoos, Piercings and Permanent Make-Up .2010 by Christa de Cuyper Maria Luisa Cotapos ISBN-13: 978-3642032912 SPRINGER