

## COURSE OUTLINE

### (1) GENERAL

<b>SCHOOL</b>	HEALTH AND CARE SCIENCES		
<b>DEPARTMENT</b>	BIOMEDICAL SCIENCES		
<b>DIRECTION</b>	AESTHETICS AND COSMETOLOGY		
<b>LEVEL OF EDUCATION</b>	UNDERGRADUATE		
<b>LESSON CODE</b>	<b>5011-5012</b>	<b>SEMESTER OF STUDIES</b>	<b>5th</b>
<b>COURSE TITLE</b>	<b>DERMATO AESTHETICS II</b>		
<b>INDEPENDENT TEACHING ACTIVITIES</b>	<b>WEEKLY TEACHING HOURS</b>	<b>CREDIT UNITS</b>	
Theoretical and Laboratory	6 (3 T +3 L)	7	
<b>COURSE TYPE</b>	SC		
<b>PREREQUISITE COURSES:</b>			
<b>LANGUAGE OF TEACHING AND EXAMINATION:</b>	GREEK		
<b>THE COURSE IS OFFERED TO ERASMUS STUDENTS</b>	YES		
<b>ELECTRONIC COURSE PAGE (URL)</b>			

## (2) LEARNING OUTCOMES

### Learning outcomes

#### **Aim and course objective:**

Students should understand the etiopathogenetic mechanisms of acne appearance by skin type. Be able to clinically classify the different types of acne. Treat symptomatic the types of acne that are allow. To direct the patient with acne skin type in the respective medical specialty for the treatment of different types of acne that is not allowed to be treated by the Aestheticians. Understand and appreciate the need for Aesthetician -Acne Doctor cooperation to achieve healing. Apply all methods and stages of symptomatic acne treatment. Treat acne at the back and chest. Students should understand the etiopathogenetic mechanisms of dehydration, aging, photoaging, oxidative stress by skin type. To diagnose and differentiate between dehydration, aging, photoaging, oxidative stress, to assess the case and apply treatment protocols. Students to understand the value of essential oils for the treatment of skin problems and to apply aromatherapy on a case by case basis. Rehabilitation schemes with application of essential oils with appropriate action. Understand their role and involvement in the treatment of adverse events resulting from antineoplastic therapy and radiation and apply rehabilitation regimens.

#### **Learning Outcomes:**

After the end of the course students will be able to:

1. To correctly assess the case, to make a clinical aesthetic classification of acne, to apply the methods of symptomatic treatment of acne.
2. Be able to treat common acne (comedogenic, superficial, inflammatory common acne, pustular acne in chin in women or premenstrual acne in adult women, pustular acne, lightning acne, occupational (chloracne – acne from oils, tropical acne) acne from friction.
3. To cooperate with the respective medical specialties, in order to achieve the treatment. Cystic acne. Rosacea acne. Androgenetic (hormonal) acne. Apply all the techniques taught in the laboratory safely and successfully.
4. Assess acne cases and apply appropriate recovery regimens.
5. To prevent phototoxic and photoallergic dermatitis during the application of third and fourth stage of symptomatic treatment of acne as well as from simultaneous use of phototoxic drugs.
6. Prevent the side effects of keratolytic ingredients using in acne.
7. To deal with scars, discolorations and lesions after curing acne.
8. To recommend medical tattoo application and to be able for a satisfactory psychological approach to patients with acne. Students to understand the etiopathogenetic mechanisms of dehydration, aging, photoaging, oxidative stress and classify them clinically.
9. To diagnose and differentiate dehydration, to make assessment of the case and to apply treatment protocols for the treatment of dehydration. Aging, photoaging oxidative stress to design rehabilitation schemes and apply them.
10. To be taught what oncology Aesthetics means and to deal with side effects resulting from antineoplastic therapy and radiation.
11. Students will understand the value of essential oils for the repair of skin problems and apply aromatherapy on a case by case basis. Rehabilitation schemes with application of essential oils with appropriate action.

## General Abilities

Autonomous work,  
Teamwork,  
Work in an interdisciplinary environment,  
Working in an international environment

### (3) COURSE CONTENT

#### Theoretical Part of the Course

1. Skin types and clinical forms of acne. Classic and newer methods of clinical aesthetic classification of acne.
2. Reference to common acne (comedogenic, superficial, neonatal).
3. Symptomatic treatment by aestheticians.
4. Reference to the types of acne.
5. Symptomatic treatment by aestheticians.
6. Rosacea acne.
7. Symptomatic treatment by the aesthetician before, during and after the end of medical treatment.
8. First stage, second stage, third stage of symptomatic treatment of acne.
9. Fourth stage of symptomatic treatment. Application of ultraviolet radiation. Fifth stage of symptomatic treatment of acne. Skin restoration after healing. Evaluation of repeated application of symptomatic treatment to avoid recurrence of acne.
10. Acne of the back - chest. Types of medical tattoos. Psychological approach of patients with acne.
11. Skin dehydration, Skin aging, Photoaging, Oxidative stress: etiopathogenesis, clinical picture, aging theories, histology, epidemiology, forms. Ways and methods of applying cosmetic products to prevent and restore them. Differential diagnosis. Case assessment. Treatment protocols. Follow up. Prognosis. Outcome prediction. Rehabilitation schemes
12. Aesthetic applications of essential oils. Aromatherapy.

#### Laboratory Part of the Course

1. First, second, third, fourth, fifth stage of symptomatic treatment of acne categories by Aesthetician.
2. Clinical exercise of 1st, 2nd, 3rd, 4th, 5th stage.
3. Clinical application of acne skin repair method and scheme by type of acne.
4. Treatment and therapy protocols. Differential diagnosis. Follow up.
5. Back - chest acne.
6. Rosacea acne, clinical practice.
7. Clinical exercise of skin restoration after healing.
8. Treatment of scars, discolorations, hydration status.
9. Clinical applications in acne with incomplete or incorrect treatment.
10. Skin dehydration clinical practice: treatment and therapy protocols.
11. Aging, Photoaging of the skin clinical exercise: treatment and therapy protocols.
12. Facial aromatherapy with appropriate action on dehydration, aging, photoaging, oxidative stress, discolorations, acne, scars.

**(4) TEACHING AND LEARNING METHODS - EVALUATION**

<b>METHOD OF TEACHING</b>	Face to face	
<b>USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES</b>	Use of ICT in teaching Use of the e-mail and the website of the Department for informing the students Use of the e-class for posting slides, scientific articles, useful links, questions-answers, exercises, etc.	
<b>TEACHING ORGANIZATION</b>	<b>Activity</b>	<b>Semester Workload</b>
	Lectures	
	Group autonomous laboratory work.	
	Independent study	
	Visits to application locations	
	Course Set	<b>210</b>
<b>STUDENT EVALUATION</b>	<p>LANGUAGE: GREEK</p> <p>EVALUATION METHODS</p> <p>THEORETICAL PART: 100% Written Assessment (Multiple Choice Test, Short Answer Questions)</p> <p>LABORATORY PART: 100% Written examination</p>	

**(5) RECOMMENDED-BIBLIOGRAPHY**

<b>Greek</b>
<ol style="list-style-type: none"> <li>1. Kefala B., The treatment of acne and its symptomatic treatment by the Aesthetician, published by the same, 2004, ISBN 960-90857-0-9.</li> <li>2. Kefala V., Facial Aesthetics I, published by the same, 2007, ISBN 960-90857-1-7.</li> <li>3. Riga M. - Gligori S., Aesthetic Electrotherapy, published by Ath. Stamouli, 2006.</li> </ol>
<b>Foreign</b>
<ol style="list-style-type: none"> <li>1. The Acne Cure Hardcover – May 2,2013 by Brenda Adderly, Terry J. Dubrow. SAUNDERS ELSEVIER. ISBN 157954 -742-7</li> <li>2. Acne by William J. Cunliffe ISBN 0 9482 6939-1, CRC Press, 12 Απρ 2009</li> <li>3. Acne: Morphogenesis and Treatment by G. Plewig, A.M. Kligman ISBN -13: 978-3-642-96248-6 SPRINGER</li> <li>4. Acne Vulgaris by Alan R. Shalita, James Q. Del Rosso, Guy Webster CRC Press, 21 Μαρ 2011</li> <li>5. Procedures in Cosmetic Dermatology Series: Non-Surgical Skin Tightening and Lifting, 2008 by Murad Alam MD Jeffrey S. Dover MD. ISBN-13: 978-1416059608.SAUNDERS ELSEVIER</li> </ol>

6. Nanocosmetics and Nanomedicines: New Approaches for Skin Care Hardcover – May 4, 2011 by Ruy Beck, Silvia Guterres, Adriana Pohlmann ISBN-13: 978-3642197918 . SPRINGER
7. Dermatologic Complications with Body Art: Tattoos, Piercings and Permanent Make-Up Hardcover .2010 by Christa de Cuyper Maria Luisa Cotapos ISBN-13: 978-3642032912 SPRINGER
8. Skin Moisturization, Second Edition (Basic and Clinical Dermatology) Hardcover – March 23,2009 by Anthony V. Rawlings (Editor), James J. Leyden (Editor) ISBN-13: 978-1420070941 ISBN-10: 1420070940 Edition: 2<sup>nd</sup> Informa Health Care
9. Cosmeceutical Science in Clinical Practice (Series in Cosmetic and Laser Therapy) 2010 by Neil S. Sadick Mary Lupo, Diane S. Berson Zoe Diana Draelos ISBN-13: 978-0415471145 Edition: 1<sup>st</sup> Informa Health Care