

COURSE OUTLINE

(1) GENERALLY

SCHOOL	HEALTH & FACULTY		
DEPARTMENT	BIOMEDICAL SCIENCES		
DIRECTION	AESTHETICS AND COSMETOLOGY		
STUDY LEVEL	UNDERGRADUATE		
COURSE CODE	6021-6022	SEMENSTER	6th
TITLE OF COURSE	ELECTRICAL DERMATOTHERAPY I		
INDEPENDENT TEACHING ACTIVITIES		TEACHING HOURS WEEKLY	ECTS
Theory and Laboratory		6 (3T +L)	7
COURSE TYPE general background, special background, specialization general knowledge, skills development	SC		
PREREQUISITE COURSES:			
LANGUAGE OF TEACHING and EXAMS:	Greek		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
WEBSITE (URL)			

(2) COURSE RESULTS

Course results
<p>The aim of the course is to enable the student to know:</p> <ol style="list-style-type: none">1. The types and categories of the electrotherapeutic modalities.2. The electrophysiology of electrotherapeutic modalities and their effect on tissues (skin, adipose, muscle).3. The indications and contraindications of each electrotherapy device.4. Their application in Aesthetics for the restoration of aesthetic problems <p>After the end of the course students will be able to:</p> <ol style="list-style-type: none">1. To use effectively and safely the Electrotherapeutic methods used in Aesthetics.2. To choose the appropriate electrotherapy methods depending on each case.3. To properly combine the above methods, creating recovery schemes on a case-by-case basis, according to the indications and contraindications of each electrotherapy device.4. To make protocols for application of electrotherapy such as pulsed, alternating current.5. To make protocols for the application of low frequency currents (microwaves, electrolifting, electrolipolysis. medium frequency alternating currents (MFACs)).6. To make protocols for the application of TENS currents Diadynamic current (DD) and transcutaneous electrical nerve stimulation (TENS).7. To make protocols for the application of therapeutic Ultrasound, Magnetic - Electromagnetic fields and Thermotherapy, Diathermy.8. To create protocols for the application of Pressotherapy.9. To create protocols for the application of Photoanaplasia IPL .10. To create protocols for the application of Cryotherapy.11. To create protocols for the application of Radiofrequency.12. To create protocols for the application of Cavitation and Needling Cavitation and Microneedling.13. To create protocols for the application of Electrothermal therapy.14. To create protocols for the application of Oxygen therapy.
General Skills
<p>Individual work, Teamwork, Work in an interdisciplinary environment, Work in an international environment.</p>

(3) COURSE CONTENT

Theory
<ol style="list-style-type: none">1. Indications for application. Contraindications - Precautions. Clinical applications of prevention and rehabilitation. Rehabilitation schemes Incident assessment. Treatment protocols. Follow up all the following aesthetic electrotherapy methods2. Galvanic, Alternating Currents Modified Alternating Currents. Low frequency Currents Aesthetic Applications of Low and Medium Frequency Currents.3. TENS Currents, Dynamic Currents4. Magnetic - Electromagnetic fields5. Ultrasound, Thermotherapy, Cryotherapy , Photoanaplasia,6. Pressotherapy, Cavitation and Needling cavitation7. Radiofrequency8. Oxygen therapy, Microneedling

9. Mesotherapy
10. Modern Electrotherapeutic Applications

Laboratory Courses

Aesthetic treatments. Clinical applications exercise .Methods of clinical applications on face and body. Diagnose. Treatment protocols. Follow up below aesthetic electrotherapy treatments.

1. Galvanic and High frequency, low current high frequency alternating
2. Transcutaneous Electrical Nerve Stimulation (TENS), microcurrent therapy, and electrical muscle stimulation (EMS)
3. Low Frequency Currents Aesthetic Applications of Low and Medium Frequency Currents
4. Dynamic Currents
5. Magnetic - Electromagnetic fields
6. Ultrasound, Thermotherapy, Cryotherapy , Photoanaplasis,
7. Pressotherapy, Cavitation and Needling cavitation
8. Radiofrequency
9. Oxygen therapy, Microneedling
10. Mesotherapy
11. Modern Electrotherapeutic Applications

(4) TEACHING AND LEARNING METHODS - EVALUATION

TEACHING METHODS	In class	
INFORMATION COMMUNICATION TECHNOLOGIES (ICT) USAGE	<ul style="list-style-type: none"> • Usage of ICT in teaching • Usage of e-mail and website of the Department for informing the students. • Usage of e-class for posting slides, scientific articles, useful links, questions-answers, exercises, etc. 	
TEACHING ARRANGEMENT	Activity	Students Duties
	Lectures	
	Team Project	
	Individual Study	
	Visits to places that apply advanced technology system	
	Total of teaching periods	210

STUDENT EVALUATION	<p>LANGUAGE: GREEK</p> <p>EVALUATION METHODS: THEORY: 50% Written Assessment (Multiple Choice Test, Short Answer Questions) 50% Public Presentation of Assignment</p> <p>LABORATORY : 100% Written examination</p>
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(5) RECOMMENDED-BIBLIOGRAPHY

Greek
<ol style="list-style-type: none"> 1. Riga M. - Gligori S., Aesthetic Electrotherapy, published by Ath. Stamouli, 2006. 2. Electrotherapy T Watson 2011 Elsevier ISBN : 978-960-489-034-7
Foreign
<ol style="list-style-type: none"> 1. Electrotherapy : Evidence Based Practice T Watson 2008 (March) Elsevier ISBN 13: 978-0-443-10179-3. 2. Electroterapia Practica Basada en la Evidencia T Watson 2009 Elsevier ISBN: 978-84-8086-444 3. Electrotherapy Explained : Principles and Practice V Robertson, A Ward, J Low and A Reed 2006 Elsevier ISBN-13: 978-0-7506-8843-7 4. Modalities for Therapeutic Intervention Michlovitz, S. Bellew, J. and Nolan, T. 2012 F. A. Davis ISBN 978-0-8036-2391-0 5. Therapeutic Electrophysical Agents: Evidence Behind Practice .Alain Belanger .2014 Lippincott Williams & Wilkins. ISBN: 978-1-4511-8274-3 6. Physical Agents in Rehabilitation : From Research to Practice. Michelle Cameron 2009 (3rd Edition) Saunders/Elsevier ISBN : 1-4160-3257-1 7. Practical Electrotherapy : A Guide to safe Application. Fox and T. Sharp 2007 Elsevier ISBN-13: 978-0-443-06855-3 8. Clinical Electrotherapy. Roger Nelson, Dean Currier, Karen Hayes 1999 Prentice Hall ISBN : 083851491X 9. Clinical Electrotherapy : Your Guide to Optimal Treatment. Jan Bjordal .2001. Prima Books ISBN 82-7634-320-1 10. Canine Rehabilitation and Physical Therapy (2nd Edition) Millis and Levine 2014 Elsevier/Saunders ISBN 978-1-4377-0309-2 Levine and Watson chapter (Ch 19) on Ultrasound 11. Handbook of Photomedicine. MR Hamblin and YY Huang 2014 CRC Press .ISBN 13-978-1-4398-8469-0 12. Electrical Stimulation, Ultrasound and Laser Light Handbook .Michelle Cameron 2006 Elsevier/Saunders ISBN 1416032495 13. An Easy Guide to TENS pain relief G. Gadsby .2000 ISBN-10: 0954080602 14. King's Guide to TENS for Health Professionals. Alan King 1999 (1st Edition) ISBN 0-9535623-2-8 15. Disorders of Fat and Cellulite: Advances in Diagnosis and Treatment (Series in Cosmetic and Laser Therapy) 2011 David J. Goldberg Alexander L. Berlin ISBN-13: 978-0415477000 Edition: 1st Informa Health care 16. Cellulite: Pathophysiology and Treatment (Basic and Clinical Dermatology) 2010 Mitchel P.

Goldman Doris Hessel ISBN-13: 978-1439802717 Edition: 2nd Informa Health care

17. Injection Treatments in Cosmetic Surgery (Series in Cosmetic and Laser Therapy) Hardcover, 2008 Benjamin Ascher , Marina Landau , Bernard Rossi ISBN-13: 978-0415386517 Edition: 1st
18. Body Rejuvenation Hardcover , 2010 Murad Alam (Editor), Marisa Pongprutthipan ISBN-13: 978-1441910929 1st Edition Springer