

CASE STUDY BRIEF FOR THE UNIT SDPO3 BLEMISH REMOVAL TREATMENT BY THERMOLYSIS AND CRYOTHERAPY

When you have completed the practical element of this unit of study course you will be ready to start the case study work.

You may already have access to the relevant products and or equipment required for your case studies - either because you are working in a clinic that can provide them or because you are already in the process of making the purchases. However, if this is not the case we can provide student kits to ensure you can carry out your case studies. Costs are kept to a minimum and we recommend that you charge for treatment to ensure you can easily re-coup the costs.

Your tutor will discuss this element of the course in more detail at the relevant time

RATIONALE

Practical Case study tasks allow the contextualisation of theory to practice facilitating development of skill competency and enhancing safety and success in the workplace.

AIM

The aims of the case study for the unit SDPO3 Blemish Removal Treatment by Thermolysis and Cryotherapy are to ensure you can:

- show the development of skill competency, post learning.
- show full understanding of the treatment requirements, parameters and protocols needed for safe and effective treatment, that will manage skin issues and satisfy client aims.
- evidence sufficient treatment numbers.

IMPORTANT NOTE

While your formal case study assignment requires you to evidence the treatment of six clients on at least one occasion, plus a follow up appointment within one month, it is vital that you bear in mind that blemish removal is a difficult skill to fully master and therefore **you will need to practice over and above your case study requirement if you expect to pass your practical exams.**

You should ensure that you practice the removal of all blemishes within the curriculum and evidence all treatments fully if they are needed as part of your portfolio completion.

CASE STUDY REQUIREMENTS

- You will need 6 clients with different treatment needs.

THREE Clients will be indicated for the treatment of vascular conditions. This might be telangiectasia, spider naevi or haemangioma or a combination of these conditions. Thermolysis must be used for these treatments

THREE Clients will need the treatment of keratinised lesions. This might be skin tags, seborrhoeic keratosis, sebaceous hyperplasia or a combination of these conditions. Thermolysis or Cryotherapy may be used for these treatments

TREATMENT PROVISION

- Each client will be seen at least twice – once for blemish removal and once for treatment review one month later. Further treatment and follow up appointments should be provided if necessary.
- You will need to carry out all treatments in a clinical environment where all health and safety requirements can be met.
- You will need to complete all consultation documentation for each client and carry out full analysis of the blemish/s or condition/s to be treated.
- You will need to gain 'consent and request for treatment' documentation for each treatment and for the taking of photographs.
- You will need to take clinical photographs of the treatments for each case study client to document your work and to show the results of the treatments carried out.
- You will need to carry out a written description and evaluation of each treatment in each of your two case studies.

DOCUMENTING AND SUBMITTING YOUR WORK.

You need to submit your work electronically for marking and then, once marked and passed by your tutor print it off for presentation in your course folder / portfolio. It is important to the professionalism of your case studies that they are formatted in sections as described below and all pages and references are numbered.

Prepare all the text elements of your case studies on your computer and organise your work in the sectioned format required. Copy and paste all photographic evidence into the relevant sections and scan / photograph and insert all handwritten documentation. – eg your client's consultation and consent forms. Your case studies should be presented and marked prior to your mock examination and transfer to your portfolio for checking prior to your final exam.

Electronic Case Study Assignments

Prepare all the text elements of your case studies on your computer and organise your work in the sectioned format required. You should type your work to present a professional format. However, should you wish to hand write it, please speak to your course tutor.

NB. Hand written work must be neat and legible or it will NOT be marked.

The principle exception to this rule is the client's completion of their consultation paperwork and informed consent / request for treatment.

Note

- All work must be spell checked.
- All work must be written in sentence form.

Copy and paste all photographic evidence into the relevant sections and scan and insert all handwritten documentation. – eg your client's consultation and consent forms. Once completed your case study should be presented at your mock examination for transfer to your course folder and marking prior to your final exam.

THE FOLLOWING NOTES WILL GUIDE YOU IN THE CORRECT COMPLETION OF YOUR CASE STUDIES

FORMAT OF THE CASE STUDY

1. TITLE PAGE

2. CONTENTS PAGE

3. INTRODUCTION You will need to write an introduction to the case study assignment as a whole outlining details of the treatment modality for the case studies you are carrying out.

4. SECTION 1- CLIENTS 1 – 3 VASCULAR NAEVI

Complete the following for each client:

- **Pre treatment analysis** - The investigative consultation and advanced skin analysis documents with photographs.
- **Client Evaluation** - Include a detailed evaluation of your client, the blemishes to be treated the underlying skin health, client aims and expectations and pre & post treatment product requirements from the information discussed and collated.
- **Consent and Request for Treatment** – Signed documentation of the client's consent and request for treatment must be evidenced
- **The Treatment Plan**- You will need to devise a treatment plan for your client outlining the specific objectives. It must aim to manage the particular skin concerns identified, take account of personal preferences and make product recommendations in order to satisfy the client aims. You must explain fully the reasons for your decisions and choices.

- **Documentation and Analysis of Each Treatment**

- **Treatment description** - Give a detailed 'step by step' description of the treatment carried out ensuring details relating to all treatment decisions, treatment parameters, any treatment adaptations, and all products used
- **Treatment Evaluation** - Give a detailed evaluation of the treatment with details of any adaptations or changes to the treatment plan.
- **Documentation** - Include all treatment documentation
- **Photographic evidence** – Include the photographs and give a detailed evaluation of the photographic evidence.
- **Client responses**- Include the responses of the client to the treatment itself, to the immediate effects on the skin and to the photographic evidence. **Note**- If you do not have a client response document, you will need to devise one for the purpose of the study.
- **Recommendations**- Outline your product recommendations and purchases. Detail and evaluate all client responses.
- **Reflection** - Carry out a critical evaluation of your strengths and weaknesses

- **Case Study Evaluation of vascular Lesions using Short Wave Diathermy**

When you have completed all three treatments for Clients 1 – 3 for vascular lesions you must give an overall review of what you have learned from this part of your study

- **Evaluation** - Evaluate the success of the three treatments and client satisfaction.
- **Progression** – Provide an on-going treatment plan for continued remedial treatment of the skin conditions and maintenance of skin health
- **Reflection** - Reflect on the case study process and carry out a critical evaluation of your skill competency and professional development from short wave diathermy on vascular lesions
- **Case Study Conclusion** - Provide a synopsis of the treatment programme and its outcomes

4. SECTION 2- CLIENTS 4 – 6 KERATINISED NAEVI

Complete the following for each client:

- **Pre treatment analysis** - The investigative consultation and advanced skin analysis documents with photographs.
- **Client Evaluation** - Include a detailed evaluation of your client, the blemishes to be treated the underlying skin health, client aims and expectations and pre & post treatment product requirements from the information discussed and collated.
- **Consent and Request for Treatment** – Signed documentation of the client's consent and request for treatment must be evidenced
- **The Treatment Plan**- You will need to devise a treatment plan for your client outlining the specific objectives. It must aim to manage the particular skin concerns identified, take account of personal preferences and make product recommendations in order to satisfy the client aims. You must explain fully the reasons for your decisions and choices.
- **Documentation and Analysis of Each Treatment**
 - **Treatment description** - Give a detailed 'step by step' description of the treatment carried out ensuring details relating to all treatment decisions, treatment parameters, any treatment adaptations, and all products used
 - **Treatment Evaluation** -Give a detailed evaluation of the treatment with details of any adaptations or changes to the treatment plan.
 - **Documentation** - Include all treatment documentation
 - **Photographic evidence** – Include the photographs and give a detailed evaluation of the photographic evidence.
 - **Client responses**- Include the responses of the client to the treatment itself, to the immediate effects on the skin and to the photographic evidence. **Note**- If you do not have a client response document, you will need to devise one for the purpose of the study.
 - **Recommendations**- Outline your product recommendations and purchases. Detail and evaluate all client responses.
 - **Reflection** - Carry out a critical evaluation of your strengths and weaknesses

- **Case Study Evaluation of Keratinised Lesions using Short Wave Diathermy or Cryotherapy**

When you have completed all three treatments for Clients 1 – 3 for vascular lesions you must give an overall review of what you have learned from this part of your study

- **Evaluation** - Evaluate the success of the three treatments and client satisfaction.
- **Progression** – Provide an on-going treatment plan for continued remedial treatment of the skin conditions and maintenance of skin health
- **Reflection** - Reflect on the case study process and carry out a critical evaluation of your skill competency and professional development from short wave diathermy on vascular lesions
- **Case Study Conclusion** - Provide a synopsis of the treatment programme and its outcomes

SECTION 5 - OVERALL ASSIGNMENT CONCLUSION

Finally must conclude the completion of your Case Study Assignment by reviewing and evaluating of your overall experience and insight it has provided you with in respect of your ongoing practice in the specific treatment modality

Essentially this should outline what you have learned. For example:

- How have your consultation and client assessment skills improved. What has the thorough approach to consultation taught you?
- What was successful about your treatment programmes for each client or not so effective – summarise the conclusions you have drawn from this
- How has the programme helped you to deal with skin reactions and complications
- What has been your overall experience of client compliance with home care and how it impacts on treatment outcomes
- What have been the key adaptations to treatment approaches you have used or learned for different skin conditions

Conclude your work by evaluating the benefits of carrying out this case study work to your proficiency in the safe and effective practice of this treatment modality.

SUBMISSION OF YOUR CASE STUDY FOR MARKING

Compile and save your work digitally and submit for marking by one of the following methods:

- Email (files containing photos may be too large for this method)
- Facilities such as 'We Transfer' / Dropbox.
- If you have a Google email address you can upload your work to Google drive
- By memory stick posted by recorded delivery (ensure you have kept your own maset copies

Important note

- You are responsible for making sure your work reaches the person who will mark it.
- You must have a back-up copy of your work. Any work that is lost on computers that crash or malfunction, will need to be repeated in full.
- You will need to make sure you obtain an email receipt from your course tutor to acknowledge that your work has been received.

YOUR RESULT

Your course tutor will provide you with feedback on your case study as soon as it has been marked. Case studies at level 4 will not be graded but they are an integral part of the assessment requirements. The endorsement of your case study will be based on:

- The fulfilment of each element of the brief
- The correct completion of case study documentation
- Recognition of clinical skin conditions and appropriate treatment
- Progression of the treatment programme in accordance with the skin condition and reactions (competed in practice or notionally if one treatment only is given per client)
- Appropriate home care provision
- Clinical photographs at each stage of the treatment programme
- Case study reflections and analysis, conclusions and forward planning for skin health maintenance.

THE EXTERNAL CIBTAC EXAMINATION

All case study evidence will be presented to the CIBTAC external examiner at the final examination as part of the course portfolio .

Your tutor will help you cross reference your work to demonstrate where and when each range statement has been met and direct her to the relevant documentary evidence of each treatment.

IMPORTANT

You will not be able to take the external exam, if, for any reason, all your work cannot be made available to the external examiner.

Whilst your delivering centre will make sure this evidence is available, it is your responsibility to check all your work before it is presented to the examiner.

IT IS VITAL THAT THERE ARE NO GAPS IN YOUR RANGE STATEMENT COMPLETION OR THE DOCUMENTARY EVIDENCE – OMISSIONS WILL RESULT IN AN AUTOMATIC REFERRAL OF YOUR EXAMINATION BY THE CIBTAC EXAMINER

If you become aware of any issue or omission of work that might prevent you taking the external exam or affect your result, you must discuss this with your designated tutor.

THE SALLY DURANT POLICY FOR CASE STUDY COMPLETION – THE ENVIRONMENT

CRITERIA FOR COMPLIANT COMPELTION OF LEVEL 4 CASE STUDIES

1. Professional Work Area

- The professional treatment couch enabling disinfection pre and post treatment
- The professional treatment couch should be at the correct height to ensure postural safety for the clinician and the client. Student practitioner may stand or sit as appropriate for treatment (for Blemish removal seated treatment provision is mandatory).
- The stool or chair must be of a wipeable and none porous material to ensure disinfection is effective.
- The trolley or designated work surface should be of a material that can be appropriately disinfected
- Magnifying Lamp should be available for use and appropriately disinfected before use

The room should be

- Well lit and ventilated
- Consist of hard flooring (not carpet) that is disinfected pre and post treatments
- Wash hand facilities / warm and cold water preferably within the treatment room but in close vicinity if not possible i.e. On same floor of the building and within 20ft of the treatment area. This area should be thoroughly disinfected pre and post treatments.
- Private and secure
- Food should not be consumed in the treatment room

NB Photographic evidence of the treatment room and associated facilities must be included in the cases study portfolio

2. Waste Disposal in the Treatment Room

- Lined bin for non-clinical waste should be available for use
- Small clinical waste bag / bin for soft waste generated per treatment.
- Clinical waste - compliant sharps box
- Soft waste disposal
- Collection provision should be in place for all hazardous waste in line with local council provision and disposed of following COSHH procedures

3. Equipment /Consumables

- Appropriate disinfection and sterilisation equipment in use,
- Products and procedures for all treatments in place

- Use of disposables where required in line with Sally Durant procedures and protocols
- General hygiene and safety as required by the treatment modality and according to Sally Durant protocols
- All products clearly labelled in line with COSHH
- All products used and stored appropriately in line with COSHH

4. Recording of Treatments

- use of Sally Durant documentation such as consultation, consent treatment recording and reflective practice documentation - stored in line with Data Protection Act.
- clinical photographs in accordance with Data Protection Act,
- informed client consent must be acquired

5. Treatment Procedure

- Ensure hygiene and safety measures comply with national legislation, guidelines and organisational requirements
- Prepare and protect the client to avoid cross infection
- Protect client's eyes, hair and clothing in the area of treatment as appropriate during treatment
- Use of PPE as required within Sally Durant protocols
- Skin testing prior to treatment as required
- Use of professional treatment products and equipment sourced from SD endorsed suppliers or a U.K / EU approved and registered manufacturer / distributor

6. Uniform

- Student practitioner to be in clinical uniform and adhering to Sally Durant policy of professional appearance

7. Insurance

- Professional indemnity insurance for the provision of each treatment modality must be in place. This is available an extension to Level 3 policies and a BABTAC student policy is available to our students who are on the access pathway. Sally Durant also has endorsed insurance policies with Hamilton Fraser.

THE EXTERNAL EXAMINATION

All case study evidence will be presented to the CIBTAC external examiner at the Final examination as part of the course assessment folder.

IMPORTANT

You will not be able to take the external exam, if, for any reason, all your work cannot be made available to the external examiner.

Whilst your delivering centre will make sure this evidence is available, it is your responsibility to check all your work before it is presented to the examiner. If you become aware of any issue that might prevent you taking the external exam or affect your result, you must discuss this with your designated tutor.