



Australian Government

SHBBHRS008 Design intense pulsed light hair reduction treatment programs

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to design intense pulsed light (IPL) hair reduction treatment programs to reduce unwanted hair on the face and body. It requires the ability to consult with clients, determine client suitability for IPL hair reduction treatments and design treatment programs based on client needs.

This unit applies to IPL practitioners working in a diverse range of beauty industry sectors and business contexts who design staged treatment programs for multiple treatments that will safely achieve optimal hair reduction outcomes for the client. These individuals operate independently, under limited supervision of others and within established organisational policies and procedures.

The unit reflects the safety guidelines, for a broad range of clinical IPL dermal applications, expressed in the following Australian and New Zealand Standards, current at the time of publication:

- AS/NZS 4173:2018 Safe use of lasers and intense light sources in health care
- AS/NZS 1336:2014 Eye and face protection - Guidelines.

The use of intense pulsed light is subject to legislation, regulation and licensing in some Australian states and territories.

Pre-requisite Unit

SHBBHRS005 Identify and control safety risks for intense pulsed light and laser hair reduction treatments

Competency Field

Hair Reduction Services

Unit Sector

Beauty

Elements and Performance Criteria

ELEMENTS

Elements describe the

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to

*essential outcomes**demonstrate achievement of the element.***1. Consult with client on hair reduction requirements.**

1.1. Determine, through discussion and questioning, client hair reduction requirements and preferences, and administer client consultation form.

1.2. Review client medical and treatment history to identify factors impacting or prohibiting suitability for treatment.

1.3. Use diagnostic tools and observation techniques to determine client Fitzpatrick skin type and characteristics.

1.4. Discuss treatment suitability, options and limitations with client.

1.5. Advise client on treatment procedure, outcomes, and possible effects and after care.

1.6. Encourage client questions and check client understanding of treatment procedure, outcomes, and possible effects and self-care.

2. Determine contraindications to treatment.

2.1. Consult with and visually observe client to identify and determine impact of contraindications.

2.2. Determine non-medical precautions for non-medical contraindications and explain to client.

2.3. Advise client to seek and provide signed proof of medical release for medical contraindications and medical precautions prior to treatment.

3. Prepare self and client for patch test.

3.1. Check treatment environment is correctly organised and free from safety risks and hazards.

3.2. Confirm completion of risk assessment and equipment checks and take any required corrective action.

3.3. Set up equipment and check to ensure correct functioning as per manufacturer instructions and safe practice protocols.

3.4. Cleanse and prepare treatment area and sanitise equipment prior to use on client.

3.5. Instruct client to prepare for patch testing, check client comfort and make any required adjustments to ensure client comfort.

3.6. Identify jewellery worn by self and client and remove, or where not removable, tape according to workplace procedures.

3.7. Fit and adjust personal protective equipment, including eye protection, to self, client and others who may be present during treatment.

3.8. Explain patch test process and likely sensations to client to

- ensure client comfort.
- 3.9. Select and prepare patch test area within proposed treatment area.
4. Complete patch test.
- 4.1. Follow workplace policies and procedures, non-ionising radiation safety plan and legislative requirements to complete intense pulsed light patch test.
 - 4.2. Select energy settings (fluence) based on client consultation and apply a small number of pulses to test area.
 - 4.3. Record energy settings and observe immediate reactions looking for an end point to assist in designing safe and effective treatment.
 - 4.4. Identify and respond immediately to adverse reactions by stopping treatment and explaining reason for stoppage to client.
 - 4.5. Select and apply post-treatment skin cooling products according to client reaction to patch test.
 - 4.6. Wait length of time specified in organisational policy, and observe and record skin response.
5. Design treatment program.
- 5.1. Determine appropriate treatment type and program according to outcomes of client consultation and patch test, and within safe practice protocols.
 - 5.2. Discuss proposed treatment program, expected results and risks with client.
 - 5.3. Communicate pre-treatment and post-treatment precautions and care, and ask questions to confirm client understanding.
 - 5.4. Discuss role and responsibilities of the practitioner and the client and gain client agreement to client responsibilities.
 - 5.5. Identify need for and take and store photographs of hair reduction pre-treatment area according to workplace policies and procedures.
 - 5.6. Discuss and select treatment evaluation strategies with client.
 - 5.7. Finalise and document treatment program and gain signed client consent.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	• interpret both familiar and unfamiliar, and sometimes complex documents: • workplace policies and procedures • non-ionising radiation safety protection plan • materials describing industry standards and regulatory requirements of intense pulsed light hair reduction • manufacturer instructions for the safe use, maintenance and storage of intense pulsed light equipment.
Writing skills to:	• clearly and correctly document client treatment programs.
Oral communications skills to:	• respond to client questions and provide information to client throughout consultation process.
Numeracy skills to:	• calculate treatment parameters for use in treatment session.
Problem-solving skills to:	• respond to contraindications and adverse effects to minimise risk and ensure client safety.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume Implementation Guide -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=255d312b-db07-48f2-b6d6-1b0b06c42898>

Assessment Requirements for SHBBHRS008 Design intense pulsed light hair reduction treatment programs

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- consult with at least three different clients, each with different Fitzpatrick skin types and hair reduction needs
- for each client, complete patch tests on each body area proposed for hair reduction, and evaluate results
- design and document a staged intense pulsed treatment program for each of the above clients and cumulatively develop programs for the following body areas:
 - back and neck
 - Brazilian
 - chest
 - facial area
 - arms or legs
 - underarm
- record information obtained through all client consultation, observation and patch testing; as specified in the Knowledge Evidence
- during all consultations and patch tests, consistently follow workplace policies and procedures, non-ionising radiation safety protection plan and relevant state or territory laws, codes and guidelines related to the use of intense pulsed light for hair reduction.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- current local, state or territory health legislation, regulation and industry standards and guidelines relevant to intense pulsed light hair reduction treatments:
 - non-ionising radiation protection
 - skin penetration
 - work health and safety
- practitioner's legal and insurance liabilities and responsibilities for intense pulsed light treatment:
 - role and importance of indemnity insurance
 - potential risks, liabilities and consequences of non-coverage

- responsibilities of practitioner and client related to safe and responsible intense pulsed light hair reduction treatments
- workplace policies and procedures related to intense pulsed light hair reduction treatments, including those for treating minors
- workplace non-ionising radiation safety protection plan
- information to be obtained and recorded during client consultation and observation:
 - client details
 - consent from parent or guardian for treatment of minors, when required
 - client needs and expectations
 - consent for collection of personal information and photographic content, when required
 - family history of skin cancer
 - medical history, conditions, allergies and medications
 - treatment history
 - presence of tattoos and other artificial pigment
 - vitamins and supplements
 - sun exposure and reactions
 - treatment area
 - Fitzpatrick skin type
 - skin characteristics and condition
 - hair characteristics
 - treatment types and equipment settings
 - signed client informed consent for treatment
 - signed medical release, when required
 - pre-treatment photographs, when required
 - patch test results
- information to be provided during client consultation and observation:
 - self-care instructions and precautions
 - likely results and effects
 - risks
 - information to manage client expectations
 - a workplace pre-treatment handout to the client
- types of intense pulsed light equipment commonly used within industry and accepted by industry standards, their recommended use and application
- types of equipment used in hair reduction and their actions on pigmented hair and on skin
- diagnostic equipment and tools
- principles of light energy and how it interacts with skin and hair
- factors impacting client suitability for intense pulsed light treatments and their associated risks, benefits and required action
- client characteristics and their relationship to intense pulsed light hair reduction treatments:

- Fitzpatrick skin type one to six
- hair colour:
 - dark
 - medium
 - pale
- hair type:
 - lanugo, vellus, terminal
 - ingrown
- skin type:
 - dry/alipid/lipid dry
 - oily/lipid
 - diffused red
- difference between male and female skin and hair types
- specific hair reduction treatment areas
- pain tolerance
- heat tolerance
- medical history:
 - existing medical conditions
 - previous medical conditions
 - medications
- six Fitzpatrick skin types:
 - apparent versus underlying skin type
 - appearance and identification
 - features
 - responses to tanning
- hair structure and growth:
 - factors affecting hair growth:
 - hormonal:
 - topical
 - systemic
 - exposure to sunlight
 - heredity
 - drugs and chemicals
 - hair growth patterns and cycle and impact of intense pulsed light hair reduction treatments
 - histology of hair
- factors which can stimulate hair growth and areas which may be affected:
 - hormones
 - illness
 - medications

- anatomy and physiology of the skin and skin structures as related to intense pulsed light hair reduction treatments:
 - normal process of skin ageing and structural change
 - normal skin response to irritation and trauma
 - scars, including hypertrophic and keloid, their origin and evolution, and abnormal scar tissue
 - causes of skin damage
 - effects of intense pulsed light treatments on physical structure of the skin
 - wound healing in different skin types and locations
 - tissue interaction with IPL hair reduction treatments
 - chromophores
 - melanin absorption
- contraindications and their relationship to intense pulsed light hair reduction treatments:
 - pre-treatment sun exposure
 - artificially tanned skin
 - pregnancy
 - some herbal remedies
 - active herpes simplex
 - active impetigo
 - active eczema
 - active acne
 - photo-sensitive medication
 - hypertrophic and keloid scars
 - artificial pigment in the treatment area
 - psoriasis in the treatment area
 - certain circulatory conditions
 - inappropriate hair type and colour
- for the above listed contraindications:
 - appearance and identification
 - required action and treatment precautions
 - instances where treatment should not occur
 - instances where recommendation to seek advice of other professionals should be provided
- appearance of pigmented skin lesions and referral to medical professionals
- medical contraindications, their relationship to intense pulsed light hair reduction treatments, and required action and treatment precautions:
 - conditions already being treated by a general practitioner, dermatologist or skin therapist
 - medical oedema
 - recent surgery
 - diabetes

- asthma
- epilepsy
- effects of intense pulsed light hair reduction treatments and associated responses and control measures:
 - paradoxical increased hair growth
 - temporary heat
 - temporary localised pain
 - erythema
- causes of, appearance and management of specific treatment reactions or adverse effects:
 - hypopigmentation
 - hyperpigmentation
 - blistering
 - scarring and textural changes
 - perifollicular oedema
 - perifollicular erythema
 - infections of the hair follicle
 - burns to skin
- factors impacting treatment planning, their effect and appropriate responses:
 - body temperature
 - patch test results
 - skin healing
 - skin reaction
 - follicle distribution
 - areas treated
 - extent of area to be treated
 - hypertrophic and keloid scarring
 - outcomes of previous treatments
 - pain tolerance
 - wound healing
- client post-treatment care requirements:
 - avoidance of:
 - sun exposure
 - topical tanning agents
 - chlorine found in spas and pools
 - picking abrasions
 - other phototherapy concurrent with an intense pulsed light hair reduction treatment program
 - activity that raises body temperature
 - application of sunscreen to treatment area
 - post-treatment care and advice for the treatment area

- precautions related to:
 - tweezing
 - waxing
 - bleaching
 - sunbathing
 - solarium treatments
 - use of depilatory creams
 - electrolysis
 - use of self-tanning products
- post-treatment care procedures:
 - healing products
 - cooling products:
 - cold compress
 - cryogen sprays
 - cold gels
- use of light-emitting diodes (LED) in treating adverse effects
- patch test evaluation strategies:
 - discussing and reviewing response to treatment
 - taking photographs of treatment area before and after treatment
 - reviewing achievement of treatment goals
 - monitoring time frame for achievement of treatment goals
- key inclusions of a treatment program:
 - treatment area
 - follicle type and distribution
 - hair type
 - planned treatment parameters based on patch test results:
 - wavelengths to be used
 - pulse duration
 - energy settings (fluence)
 - treatment duration
 - products
 - equipment
 - follow-up procedures
 - after care advice and precautions
 - observed contraindications
 - relevant medical history and medications
 - signed medical release
 - outcomes of previous temporary and permanent hair reduction treatments
 - before and after photographs, and when they are required
 - client consent.

Assessment Conditions

Skills must be demonstrated in a simulated intense pulsed light hair reduction clinical workplace environment set up for the purposes of assessment.

Assessment must be directly observed, in person, for the total duration of each intense pulsed light client consultation and patch test, by assessors who meet the assessor requirements outlined below.

Assessment must ensure access to:

- documentation relevant to designing intense pulsed light hair reduction treatment programs:
 - workplace policies and procedures
 - workplace reporting documentation and templates
 - treatment program templates
 - current safety standards and guidelines
 - key aspects of federal, state or territory, and local acts and regulations relating to use of intense pulsed light for hair reduction
 - non-ionising radiation safety protection plan
- intense pulsed light equipment which:
 - when energised, can emit an amount of non-ionising radiation higher than accessible limit for a Class 3B laser for the relevant period stated in, and measured in accordance with, the laser standard AS2211 (a Class 4 laser or equivalent in the case of IPL)
 - is registered for purpose on the Australian Register of Therapeutic Goods
 - has the following characteristics:
 - programmable
 - manual
 - multiple pulsed shots
 - single pulsed shots
 - appropriate cooling delivery systems
 - multiple filters
- intense pulsed light clinical treatment environment that includes:
 - as per relevant state or territory legislation either, or both, of the following:
 - a radiation warning sign
 - an illuminated light above door
 - non-flammable screens fitted inside windows to protect a person outside the window from non-ionising radiation levels greater than maximum permissible exposure from radiation
 - ventilation designed to ensure that airborne hazards are not passed downstream in air handling and exhaust system
 - fire extinguishing equipment

- eye protection equipment for practitioners and clients compliant with AS/NZS 1336:2014
- disposable masks
- disposable gloves
- sufficient, clinical lighting
- cooling post-treatment products
- real people with different Fitzpatrick skin types seeking hair reduction treatments on different areas of the face and body
- activities that reflect industry practice and allow the individual to work with commercial timing and productivity to complete client consultations within designated timeframes.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- have at least three years' experience in operating intense pulsed light equipment.

Links

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