

# Postgraduate Diploma

## Skin Physiology and Treatments in Aesthetic Nursing





## Postgraduate Diploma Skin Physiology and Treatments in Aesthetic Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-skin-physiology-treatments-aesthetic-nursing](http://www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-skin-physiology-treatments-aesthetic-nursing)

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01

# Introduction

Taking care of the aesthetic look has always been one of the elements that have defined mankind. And one of the aspects that has received the most attention is the skin. The skin is the fundamental organ that dictates a person's appearance, but due to its constant exposure it can suffer from wear and tear and aging. For this reason, aesthetic treatments are required to meet the needs of people seeking to recover the splendor of their skin. This degree offers, therefore, a wide professional improvement for those specialists who want to update their knowledge in the field, being able to offer new services to their patients and advance professionally.





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*You will be able to offer new services to your patients thanks to this Postgraduate Diploma"*

Of all the areas of the body that make up a person's look, the skin is the most extensive and the most exposed to wear and tear from elements such as the weather or solar radiation. For this reason, it usually requires special care and treatments to help alleviate aging and different pathologies that may affect it.

However, because it is such an important part of the body, patients often demand the best preparation from the professionals who care for them. For this reason, having up-to-date skills and knowledge can make your skin regain its lost splendor thanks to the innovative services that these nurses will be able to offer.

Therefore, this Postgraduate Diploma in Skin Physiology and Treatments Applied to Aesthetic Nursing is the answer for all those nursing professionals who seek to provide their patients with the best techniques in aesthetic skin treatments, so that they can experience a significant job improvement thanks to the skills acquired.

This **Postgraduate Diploma in Skin Physiology and Treatments in Aesthetic Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in skin physiology and aesthetic nursing
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*This excellent program will provide you with new skills and knowledge to make you a great aesthetic nursing professional"*

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*What you will learn in this degree will bring you great career opportunities"*

*Aesthetic nursing is a growing field: specialize and get the professional improvement you were looking for.*

*Your patients will be satisfied thanks to the new services you will provide them.*

The program includes, in its teaching staff, professionals from the sector who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and universities.

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in professionals a situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to prepare in real situations.

The design of this program focuses on Problem-Based Learning, by means of which professionals must try to solve the different professional practice situations that are presented to them throughout the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02 Objectives

The main objective of this Postgraduate Diploma in Skin Physiology and Treatments Applied to Aesthetic Nursing is to offer its students the possibility of updating their knowledge, thanks to which they will be able to provide new services to their patients. In this way, their professional careers will experience a great boost due to their new specialization, which will make them highly sought after to apply innovative and high quality aesthetic treatments.





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*With this Postgraduate Diploma you will  
achieve all your professional goals"*



## General Objectives

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- ◆ Perform a comprehensive management of the aesthetic patient, being able to make an accurate diagnosis and apply the most appropriate treatment
- ◆ Update and reinforce the knowledge in dermatology necessary for the correct care of esthetic nursing patients
- ◆ Provide nurses with the necessary tools and guidelines to deal efficiently with the different dermatological pathologies
- ◆ Learn about the general characteristics of the skin and its anatomy
- ◆ Know the basic characteristics of dermo-aesthetic treatments for the body
- ◆ Discern between the most effective treatments in each case



*This qualification is what you need to acquire new skills that you can use in your professional performance"*





## Specific Objectives

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### Module 1. Aesthetic Nursing

- ♦ Learn the basics of dermo-aesthetic nursing
- ♦ Know how to structure the organization of the dermo-aesthetic medicine practice
- ♦ Correctly manage the hygienic and sanitary protocols in the dermo-aesthetic nursing consultation office
- ♦ Know how to manage sanitary waste
- ♦ In-depth study of the legal aspects that should govern health care in dermo-aesthetic nursing

### Module 2. The Skin

- ♦ Get to know the anatomical structures of the skin
- ♦ Explore other areas related to the skin: hair, nails, sebaceous and sweat glands, etc.
- ♦ Analyze the different functions of the skin
- ♦ Know which are the different skin cares according to the patient's stage of life
- ♦ In-depth knowledge of the effects of solar radiation on the skin and the different means of photoprotection
- ♦ Learn about the different types of skin
- ♦ Understand the basics of facial hygiene
- ♦ Know the different moisturizing techniques for the skin

### Module 3. Peeling in Dermocosmetics

- ♦ Select patients in an appropriate manner, perform prior preparation of the skin, including correct follow-up and prescription of post-peel treatment, bearing in mind the usual side-effects following application of each chemical agent or combination of agents.
- ♦ Understand the possible adverse effects of peels and their treatments
- ♦ Explore types of peels and common indications
- ♦ Examine the proper pre-treatment preparation of the skin
- ♦ Delve into general cosmetic skin care
- ♦ Address pathologies such as acne or aging

# 03

## Structure and Content

The content of this program in Skin Physiology and Treatments Applied to Aesthetic Nursing has been designed by great specialists in the field, and for that reason students will be able to learn all kinds of knowledge and techniques that will serve them in their professional performance. For this reason, this degree will teach them issues such as dermo-aesthetic nursing diagnosis, the anatomy and structure of the skin, its care throughout the different stages of life, skin cleansing techniques or the application of fillers.



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*These contents are what you were  
looking to up to date your knowledge  
in skin aesthetic nursing"*

### Module 1. Aesthetic Nursing

- 1.1. Aesthetic Nursing: New Developments in the Profession
- 1.2. Nursing Care Plan (NCP) Applied to Aesthetics
- 1.3. Diagnosis and Nursing Record
- 1.4. Hygiene in an Aesthetic Practice
  - 1.4.1. Antiseptics
  - 1.4.2. Hand Hygiene
  - 1.4.3. Utensil Hygiene
  - 1.4.4. Sanitary Waste Management
- 1.5. Organization of the Aesthetic Practice
- 1.6. Aesthetic Practice Management
- 1.7. Urgent Care in the Aesthetic Nurse's Practice
- 1.8. Complications in Aesthetic Nursing

### Module 2. The Skin

- 2.1. Skin Anatomy and Structure of the Skin
- 2.2. Skin Appendages
  - 2.2.1. Hair
  - 2.2.2. Nails
  - 2.2.3. Sebaceous Glands
  - 2.2.4. Sweat Glands
- 2.3. Skin Functions and Elementary Lesions
  - 2.3.1. Protection
  - 2.3.2. Metabolism
  - 2.3.3. Temperature Regulation
  - 2.3.4. Sensory
  - 2.3.5. Excretory
  - 2.3.6. Energy Reserve







- 2.4. Skin Care in the Different Stages of Life: Neonatal, Pediatric, Adolescent, Adult, Geriatric, Pregnancy
  - 2.4.1. Neonatal
  - 2.4.2. Gastroenterology
  - 2.4.3. Adolescent
  - 2.4.4. Adult
  - 2.4.5. Geriatric
  - 2.4.6. Pregnancy
- 2.5. Embryology of the Skin and Skin Appendages
  - 2.5.1. Skin Development
  - 2.5.2. Hair Development
  - 2.5.3. Nail Development
  - 2.5.4. Skin Gland Development
- 2.6. Skin Types
  - 2.6.1. Density
  - 2.6.2. Skin Emulsion
  - 2.6.3. Skin Phototype
  - 2.6.4. Status
- 2.7. Skin Hygiene
- 2.8. Skin Hydration
  - 2.8.1. Manual Techniques
  - 2.8.2. Materials and Technical Methods
  - 2.8.3. Specific Cosmetics
  - 2.8.4. Equipment

### Module 3. Peeling in Dermocosmetics

- 3.1. General Overview
- 3.2. Previous Preparation
- 3.3. Superficial Peel
- 3.4. Medium Peel
- 3.5. Deep Peels
- 3.6. Post-Peeling Care. Adverse Effects and Their Treatment
- 3.7. Introduction to Dermocosmetics
- 3.8. General Cosmetic Skin Care
- 3.9. Specific Cosmetic Care

# 04 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

*The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort  
and better performance, involving you more in  
your specialization, developing a critical mindset,  
defending arguments, and contrasting opinions: a  
direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

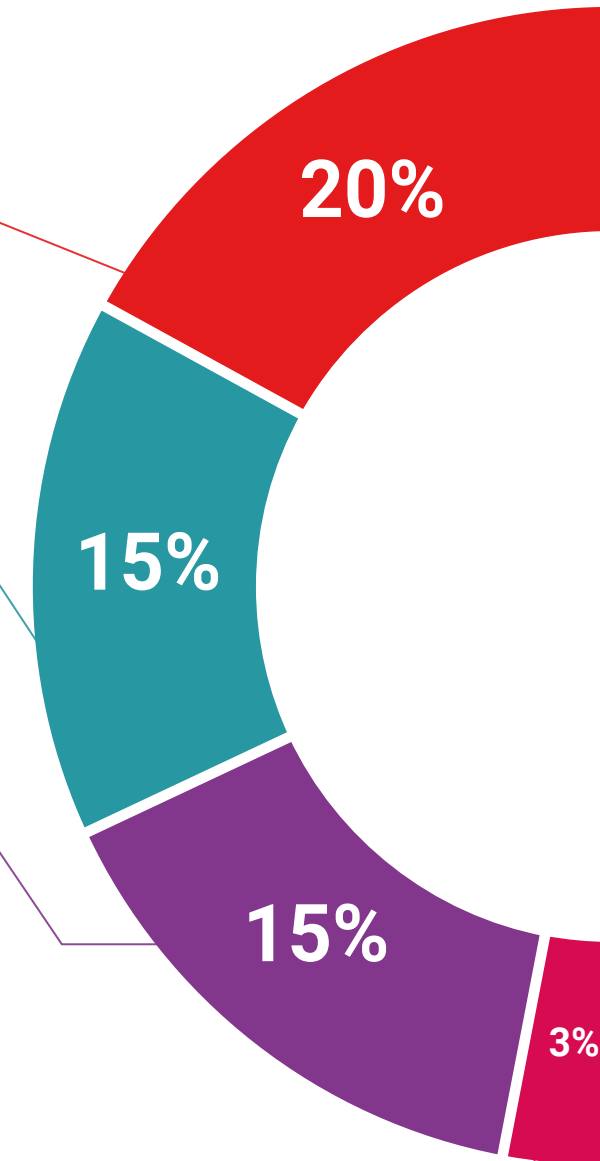
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

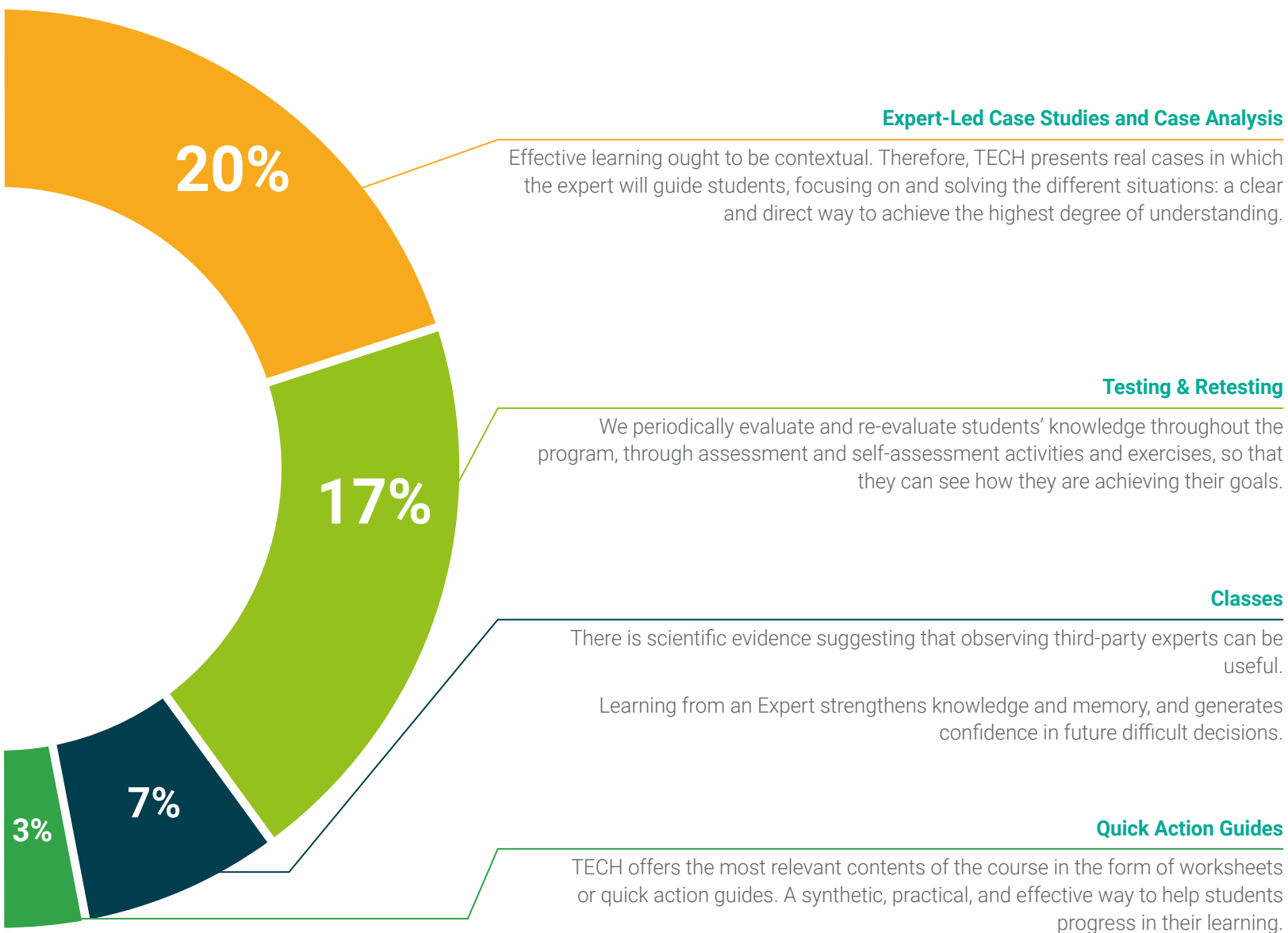
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





# 05 Certificate

This Postgraduate Diploma in Skin Physiology and Treatments in Aesthetic Nursing guarantees, in addition to the most rigorous and up-to-date Training, access to a University Expert degree issued by TECH Global University.





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*Successfully complete this program and  
receive your university qualification without  
having to travel or fill out laborious paperwork”*

This program will allow you to obtain your **Postgraduate Diploma in Skin Physiology and Treatments in Aesthetic Nursing** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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Credits: **18 ECTS**





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