

Specification of Competency Standards
for the Beauty and Hairdressing Industry
Unit of Competency

Unit of Competency is applicable across different functional areas

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| Title | Operating high-intensity focused ultrasound instrument to improve skin and body conditions (rejuvenation and toning) |
| Code | 110401L4 |
| Range | Master the basic operation methods of high-intensity focused ultrasound instrument, as well as the process and effects of related skin rejuvenation and toning treatments, at workplace related to aesthetic procedures and under the recommendations of control classification for the use of related instrument. |
| Level | 4 |
| Credit | 6 (For Reference Only) |
| Competency | <p>Performance Requirements</p> <p>1. Understand and master the basic operating principles and skills of high-intensity focused ultrasound instrument</p> <ul style="list-style-type: none"> • Understand and utilize high-intensity focused ultrasound instrument, including different types of high-intensity focused ultrasound instrument and treatment heads, including: higher energy, lower energy, linear, spiral, and different depth of focus, etc. • Achieve related effects through the operation of high-intensity focused ultrasound, such as: lifting facial contours, tightening of the superficial Musculo-aponeurotic system, tightening the dermis, etc. • Recognize that high-intensity focused ultrasound has different stages of influence and normal reactions on the skin, subcutaneous tissues and body tissues, such as thermal injury formation, tissue coagulation, inflammation, skin repair, collagen proliferation and soft tissue reorganization, etc. <p>2. Understand and apply the basic skills of high-intensity focused ultrasound instrument</p> <ul style="list-style-type: none"> • Preparation for treatment <ul style="list-style-type: none"> ○ Perform safety testing for the instrument in accordance with the regulations on high-intensity focused ultrasound instrument and the safety guidelines provided by their suppliers ○ Perform relevant pre-treatment preparations in accordance with hygiene guidelines ○ Evaluate the customer's situation before the treatment, such as contraindications and risks ○ Pre-treatment skin care ○ Explain to customers the risks involved in high-intensity focused ultrasound treatments and sign an agreement with customers to protect the rights and interests of both parties ○ Photo record ○ Skin cleaning and disinfection ○ Pain management, e.g.: using over-the-counter painkillers • Operating skills <ul style="list-style-type: none"> ○ Operate different types of high-intensity focused ultrasound instrument and treatment heads ○ Recognize that there are different skin thicknesses and treatment depths in different locations, and follow the manufacturer's guidelines to operate the instrument correctly, such as: adjust and control the treatment head, and apply it at the appropriate position to achieve skin rejuvenation and shaping effects ○ Understanding that during procedures on the face and the body, special attention should be made, including but not limited to the following examples: |

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| | <ul style="list-style-type: none"> ▪ Use milder energy during facial treatments, use a shallower treatment depth, and avoid eyes ▪ Avoid locations of important organs, important blood vessels and nerves ○ Evaluate and apply different depths of high-intensity focused ultrasound according to the situation and observe the final results of the treatment course ○ Understand the importance of recording instrument settings and the effectiveness of related treatments, and be able to use the recording instrument settings correctly to record the results of treatments ○ Follow safety guidelines and seek assistance from medical personnel when necessary ● Post-treatment care <ul style="list-style-type: none"> ○ Recognize and master the use of suitable skin care products ○ Understand how to protect the skin after receiving high-intensity focused ultrasound aesthetic treatments |
| <p>Assessment Criteria</p> | <p>The integrated outcome requirements of this unit of competency are:</p> <ul style="list-style-type: none"> ● Capable to master the basic pre-treatment preparations, operation skills and post-treatment care of high-intensity focused ultrasound aesthetic treatments; ● Capable to understand and able to explain to customers on how to protect the skin reactions and effect progress after receiving high-intensity focused ultrasound aesthetic treatments; and ● Capable to understand and master the operation principle of treatment procedures and related treatment skills, able to correctly operate high-intensity focused ultrasound in accordance with relevant laws and safety guidelines; and to adopt emergency response measures, which includes evaluating status of the customers who may need to be referred to medical personnel for further handling and treatments, and can provide medical personnel with treatment records and customer status. |
| <p>Remark</p> | <p>The credit value of this unit of competency is set on the presumption that the person already possesses the competency of the following units:</p> <ul style="list-style-type: none"> ● 106898L1 [Understanding skin structure and common problems] ● BEZZCN109A [Understanding basic human structure and physiological system] ● BEZZCN210A [Identifying various skin types and how to care for different skin types] ● 110394L3 [Operating and maintaining various aesthetic instrument] ● 110398L3 [Mastering the basic knowledge of high-intensity focused ultrasound] ● 110399L4 [Mastering the principles and instrument functionality of high-intensity focused ultrasound (advanced theory)] ● 110400L4 [Mastering the risks and precautions of high-intensity focused ultrasound] ● 110390L3 [Understanding the mechanism of using aesthetic products with common aesthetic treatments] |