

Cosmetic Medicine

Postgraduate Diploma and MSc Courses





Postgraduate Diploma

Delivered over 1 year, the online, part-time, Postgraduate Diploma course is specially developed for busy health professionals. Formatted in 6 modules, each 6 weeks in duration; the course is designed to be practical and clinically focused.

MSc

The MSc runs over 1 calendar year, starting with an initial 12 week online module to develop their skills in critical appraisal and knowledge of research methodologies. Students then complete the professional project module which consists of a 1,200 word proposal and 10,500 word professional project.

Why Study Cosmetic Medicine with us?

Taught completely online, our Cosmetic Medicine courses have been developed with the express purpose of promoting and enhancing the professional knowledge underpinning practice in cosmetic medicine.

The courses are designed to complement RPL (Recognition of Prior Learning).

With Health Education England (HEE) adopting increasing regulatory requirements for aesthetic practice, individuals undertaking aesthetic procedures should have a formal postgraduate qualification. Therefore, these qualifications from our Cosmetic Medicine courses will be an important milestone in any healthcare practitioner's journey.

The Postgraduate Diploma and MSc courses are aimed at doctors, dentists and nurses. These roles are evolving with an increasing demand for a postgraduate qualification to help support their professional learning and clinical development.

Students may apply for the MSc in Cosmetic Medicine as a two year course, year one being the completion of the Postgraduate Diploma (120 credits), followed by second year as the MSc (60 credits).

Cosmetic Medicine Postgraduate Diploma

Course Modules

Our Postgraduate Diploma in Cosmetic Medicine has been designed to promote and enhance working professional's knowledge underpinning practice in cosmetic medicine.

The online Cosmetic Medicine Postgraduate Diploma lasts one calendar year and is a part-time distance learning course. It consists of 6 modules per year, each of 6 weeks' duration.

Module 1 - Anatomy, Physiology and Professional Issues Overview

Aim of the module:

- The aim of the module is to address the life sciences underpinning cosmetic medicine and the professional and ethical issues that arise in practice.

Synopsis of module content:

- Anatomy of the face - the skin, muscles, fat pads, blood vessels, nerves and bones within the face.
- Physiology and physiological changes relating to these structures.
- Facial structure functions and their relation to ageing.
- Facial assessments and treatment plans.
- Ethics for treating patients for financial gain (treatment dependent).

On completion of this module, students will be able to:

1. Critically apply in-depth anatomical and physiological knowledge of the face to the selection of appropriate cosmetic medical treatments.
2. Critically analyse the professional and ethical issues surrounding aesthetic medicine.

Module 2 - Toxin Treatments

Aim of the module:

- Address botulism as a disease and the pharmacology of botulinum toxins and treatments.

Synopsis of module content:

- Botulinum and botulism history.
- Botulinum toxin pharmaceutical history and licenses.
- Clostridia as bacteria.
- Indications for use, common complications and their treatment.
- Patient selection, injection techniques, indications, safety, adverse effects and combination treatments.

On completion of this module, students will be able to:

1. Critically apply the pharmacokinetics and pharmacodynamics of botulinum use in cosmetic and medical treatment.
2. Critically appraise the use of botulinum toxin in aesthetic treatments.

Module 3 - Dermal Fillers

Aim of the module:

- Teach candidates about facial fillers, volume loss, facial fat pads and how treatment of a volume depleted face can have an impact on the aging face.

Synopsis of module content:

- Anatomy of facial fat pads and physiological effects of ageing.
- Dermal fillers.
- Hyaluronic Acids (HA), different manufacturers, cross linking (BDDE), length of fibre, duration of effect, fibroblasts (HA production, hyaluronidase).
- Indications for Has, complications associated with the administration of Has and the treatment of complications.
- Avoiding complications.
- Managing patient expectations.
- Non HA fillers - permanent/ temporary, synthetic/ autologous.
- Dermal fillers for specific regions - lips, hands.

On completion of this module, students will be able to:

1. Critically analyse the evidence base for the augmentation of facial fat pads with dermal fillers.
2. Critically evaluate the use of dermal fillers in aesthetic treatments.



Little did I know that the MSc was going to be a significant stepping stone in my medical career! Both the diploma and MSc were invaluable in terms of expanding my knowledge and management of Diabetes Medicine, but also enhanced my critical thinking and writing skills.

- Dr Kevin Fernando

Module 4 - Skin Treatments

Aim of the module:

- Understand skin in terms of: Embryology, structure and function.
- To understand the effects of aging/ sun/ cigarette smoking upon the skin, and how treatments such as lasers and dermal peels can alter the skin elements.

Synopsis of module content:

- Normal skin anatomy and physiology - layers of epidermis, layers of dermis, functions of epidermal layers/ elements, function of dermis cells/ non cellular elements.
- How the skin changes with ageing and environmental damage in all aspects and layers.
- Different types of Fitzpatrick skin types, the effect of ultraviolet light on the skin, sun tanning, sun protection, sun damage on the skin, skin ablative treatments, skin non ablative treatments, lasers and intense pulsed light (IPL) treatments.
- IPL Treatments - what are they, how do they work what are the different parameters that can be used in laser treatments, dermal peels, and skin repair and emerging treatments.

On completion of this module, students will be able to:

1. Critically appraise the processes affecting damage to the skin.
2. Critically evaluate a variety of skin treatments.

Module 5 - Hair Disorders

Aim of the module:

- The aims of the module are to understand hair growth and hair loss and relate that to medical treatments for hair removal and hair replacement.

Synopsis of module content:

- Normal hair growth cycles.
- Hair colour and variations.
- Hair follicle anatomy, physiology and pathology, and how is this related to hair follicle pharmacological treatment.
- What medical conditions are related to unwanted hair - polycystic ovary syndrome, folliculitis barbae, hormonal conditions, etc.
- Hair aesthetics - hair removal with laser and IPL systems, specifically excluding mechanical hair removal (shaving, plucking, de-epilation, waxing, electrolysis, etc.)
- How does laser hair removal produce a reduction in hair growth, which lasers can be used, what is the difference between each type of laser, what is the difference between laser hair removal and IPL hair removal.
- Difference between hair reduction using "pain free" hair removal systems and using more traditional methods that have greater pain associated with them.
- What is hair loss - how does it manifest itself, what are the different types of male hair loss patterns, and how can they be treated. What are the non-surgical methods of treatment (light therapy, hair stimulation non-surgical therapy) and what evidence is there to suggest their efficacy.
- What drug treatments are available for hair loss, how do they work, how effective are they, what are their side effects, what are their pharmacological properties.
- What surgical methods are available for hair loss.

On completion of this module, students will be able to:

1. Critically apply knowledge of normal hair growth, hair follicle anatomy, physiology on a variety of hair pathologies.
2. Evaluate and appropriately recommend treatments used in hair removal.
3. Evaluate and appropriately recommend non-surgical methods used for the treatment of hair stimulation.

Module 6 - Other Aesthetic Approaches

Aim of the module:

- The module aims to develop an understanding of the hormonal mechanisms underlying ageing and other effective anti-ageing strategies.

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"When I enrolled into the course I had no idea about the opportunities it would provide me with. Having my first paper published through this course helped me overcome my apprehensions of academic writing and made me more confident to pursue it further. "

- Rutu Dave



Synopsis of module content:

- The physiology of aging including hormonal changes in testosterone, growth hormone and the menopause.
- Menopause, andropause and somatopause.
- Hormonal replacement as anti-ageing therapy.
- Vitamins and anti-ageing.
- The role of nutrition in anti-ageing.
- Role of exercise as an anti-ageing strategy.
- Exercise for the ageing person.
- Platelet-rich plasma infusions and their effect in aesthetics and ageing.
- Injection lipolysis, derma-rollers and micro needling.
- Ultrasonic therapies and radiofrequency.

On completion of this module, students will be able to:

1. Critically apply the scientific evidence base to appraise the interaction between the ageing process and the endocrine system.
2. Critically evaluate investigations and treatments available for age-related hormonal deficiencies.
3. Critically appraise a range of anti-ageing strategies.

Teaching Methods

Our courses are conducted entirely online through self-directed distance learning. However, you will receive guidance throughout with tutor-stimulated academic discussions, which are based on clinically-rich case scenarios. These usually occur within groups of 10-15 students, allowing you to clearly communicate with both your tutor and fellow students.

You will participate in a combination of group and individual activities, which are recorded in a reflective journal. This innovative teaching method enables you to envisage the translation of your studies into your every day work and practice.

Our dedicated Student Support Team are also available to help with any problems you may face. From navigating our online platform to advising you on deadlines, our team can assist with any questions or challenges you may have along the way.

Study skills week

Once you have secured your place on the course, you will be invited to a Study Skills week webinar. This will give you the opportunity to participate in workshops on Harvard referencing, scientific and reflective writings, and levels of evidence in preparation for your studies. It is not compulsory for you to attend our Induction Day but it is recommended, as it'll provide you with a sturdy introduction to the course.

Cosmetic Medicine Postgraduate Diploma

Entry Requirements

Applicants will be expected to meet the below criteria:

- A registered healthcare professional (e.g. doctor, dentist, nurse)
- Evidence of having undertaken at least 10 cosmetic procedures in the last 12 months.
- Current indemnification for cosmetic procedures.
- Students will typically have completed a recognised training course in aesthetic use of Botulinum toxins and Fillers but relevant/ suitable experience may be taken into consideration.

Health professionals working within a clinical setting, both UK and overseas, with a related Healthcare Science degree (including international qualifications) are eligible to apply for the Postgraduate Diploma in Cosmetic Medicine.

Applicants without the above academic criteria but relevant/ suitable experience can apply. Applications will be judged on the individual specifics of background and qualifications including ability to work at Postgraduate level (applicants may be asked to submit a piece of work for assessment to confirm that they are able to work comfortably at postgraduate level and demonstrate requisite clinical/ professional knowledge).

Applicants should submit copies of the following with their application:

- Qualification certificates
- One written reference



Cosmetic Medicine MSc

Course Modules

Module 1 - Research Methodologies and Critical Appraisal

This module is designed to help students recognise, understand, interpret and apply methods used in healthcare research and critically appraise the various methodologies specific to Cosmetic research.

Synopsis of module content:

- Terminology used in epidemiology and research studies such as prevalence, incidence, sensitivity, specificity, false positive and false negatives.
- Interpreting graphical representation of epidemiological and statistical data such as Kaplan-Meier Curves, Forrest Plots and Meta-analyses.
- Calculations used in the assessment of research data such as relative risk, absolute risk, number needed to treat.
- Statistical tests and their applications including t-Tests, ANOVA, Chi-Square.
- Qualitative research methods.
- Fundamentals of evidence based practice and its application into the clinical setting.
- Principles of health economics, audit and quality improvement / assurance systems.
- Establishing patient registers and the value of disease specific registers.
- Research into educational principles for both health care practitioner and patient.
- Understanding what may work for the patient as well as the educator.

On completion of this module, students will be able to:

1. Analyse and interpret research in cosmetic medicine.
2. Display a critical understanding of the clinical implications of research and its impact upon healthcare delivery and service development.

Module 2 - Professional Project

Aim of the module:

- To develop an ability to critically evaluate areas of professional practice.
- To critically appraise specific areas of clinical, research and organisational practice.
- To develop skills in independent research and study.
- To develop skills relevant to scientific publications.

Synopsis of the module:

The module will depend on the creation of a piece of work based upon a specific clinically related project relevant to the student's practice.

This project may comprise:

- Literature review and appraisal of the evidence.
- Audit of practice including organisational or clinical.
- Review and implementation of evidence-based practice.
- Qualitative or quantitative research (formal research involving human subjects is not anticipated).

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- Case(s)-based and quality of service review with critical appraisal.
- Case report, review of literature and organisational assessment.

On completion of this module, students will be able to:

1. Design and undertake research and development in order to produce an extensive piece of literature which may be suitable for peer-reviewed publication.
2. Critically evaluate practice and suggest improvements or change.
3. Incorporate knowledge of the research process in developing services appropriately.

Teaching Methods

Module 1 - Research Methodologies and Critical Appraisal

MSc teaching methods for this module are similar to the Postgraduate Diploma course modules, however it is run over 12 weeks.

Module 2 - Professional Project

To produce the professional project, students continue to use the online course; however much of the work is self-directed.

Students are expected in the first 8 weeks to interact with their tutor on a weekly basis. Students select a specific project and submit a project summary/ proposal (approximately 1,200 words).

Once the proposal has been approved, the professional project (10,500 words) itself is then completed through online guidance and supervision offered by the tutor. The student and tutor will interact regularly (weekly) on the dedicated students/ tutor discussion area or through any other means of communication deemed appropriate by both parties (telephone/ SKYPE/ email). Note of any verbal communication with the tutor is recorded in the student's journal by the student.

Entry Requirements

Entry to the 1 year MSc programme will require the successful completion of the Postgraduate Diploma in (120 credits) either from the University of South Wales or from another UK University.

Students may apply for the Master's as a two-year course consisting of 8 modules (180 credits), the first 120 credits of which being the Postgraduate Diploma. Applicants will also be expected to meet the below criteria:

- A registered healthcare professional (e.g. doctor, dentist or nurse)
- Evidence of having undertaken at least 10 cosmetic procedures in the last 12 months
- Current indemnification for cosmetic procedures

Students will typically have completed a recognised training course in aesthetic use of Botulinum toxins and Fillers but relevant/ suitable experience may be taken into consideration.

Applicants should submit copies of the following with their application:

- Qualification certificates
- One written reference

Graduates of this course will receive a Master of Science award from the University of South Wales, Diploma MSc's collaborative partner. The Cosmetic Medicine MSc course provides a progression route for the Postgraduate Diploma course in Cosmetic Medicine.



What do our students think?

Since 2010, over 1000 students have progressed their medical career by enrolling in one of our qualifications. We ourselves have learned a lot during this time and continually seek to improve the student learning experience. Here is what some of our previous students have said:

"I found the online learning very interesting. It enabled me to save money and time."

Dr Imad Eddin Rahamtalla, Doctor

"I strongly recommend Diploma MSc to all those busy physicians who are working in remote areas and wish to upgrade their knowledge."

Dr Junaid Zaffar, Diabetologist

"The learning was fun and enjoyable. The course was awesome and it increased my confidence."

Dr Sankar Nath Jha, Assistant Professor





"I found learning with Diploma MSc interesting, it helped to update my academic knowledge."

Dr Prasanth Kinattupurayil, Doctor

"I love that it was flexible and that I could log in at my convenience. I found this course to be very in-depth, informative, challenging and stimulating."

Kerri-Ann Best PGDip, RD



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