

# Postgraduate Diploma Esthetic Nursing





## Postgraduate Diploma Esthetic Nursing

- » Modality: online
- » Duration: 6 months.
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-esthetic-nursing](http://www.techtute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-esthetic-nursing)

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01

# Introduction

Aesthetic care is one of the most booming activities worldwide. People want to feel good about their appearance and know that treatments are available for every condition and imperfection. Thus, the practice of this discipline has experienced great growth, which has led to the emergence of numerous professional opportunities in the field of nursing. This degree, therefore, offers its students the possibility of up-to-date their knowledge in the field, so that they can offer new services to their patients, thus increasing their chances of advancing their careers.





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*Esthetic Nursing is booming. Your career could progress rapidly if you specialize and upgrade your skills"*

More and more people are deciding to receive some type of aesthetic treatment. Taking care of your appearance is therefore essential nowadays. This is not limited to issues related to fashion and clothing, but goes beyond, since millions of people go to their reference aesthetic clinics to correct defects, treat pathologies or simply , to recover their lost physical splendor.

Thus, the growth in the number of patients has also led to an increase in the demand for perfect care and innovative treatments. For this reason, nursing professionals working in this area must keep their knowledge up to date.

This Postgraduate Diploma in Esthetic Nursing offers its students all the tools and knowledge to be able to offer new services to their patients, so that they become highly demanded professionals and can, thus, advance their careers. To this end, this degree teaches all kinds of specialized content related to the skin, with the different conditions it can suffer and the techniques to alleviate them, as well as numerous methods and treatments that will make its students high-level nurses specialized in aesthetics.

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

- ♦ Developing practical cases presented by experts in Esthetic Nursing
- ♦ The graphic, schematic, and practical content 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



*Specialize in Esthetic Nursing and achieve all your professional goals"*

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*This Postgraduate Diploma is what you need to become a true specialist in Esthetic Nursing”*

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 a professional 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.

*Don't wait any longer: this degree is what you were looking for.*

*Esthetic Nursing is one of the most demanded disciplines nowadays: take this program and become a prestigious professional.*



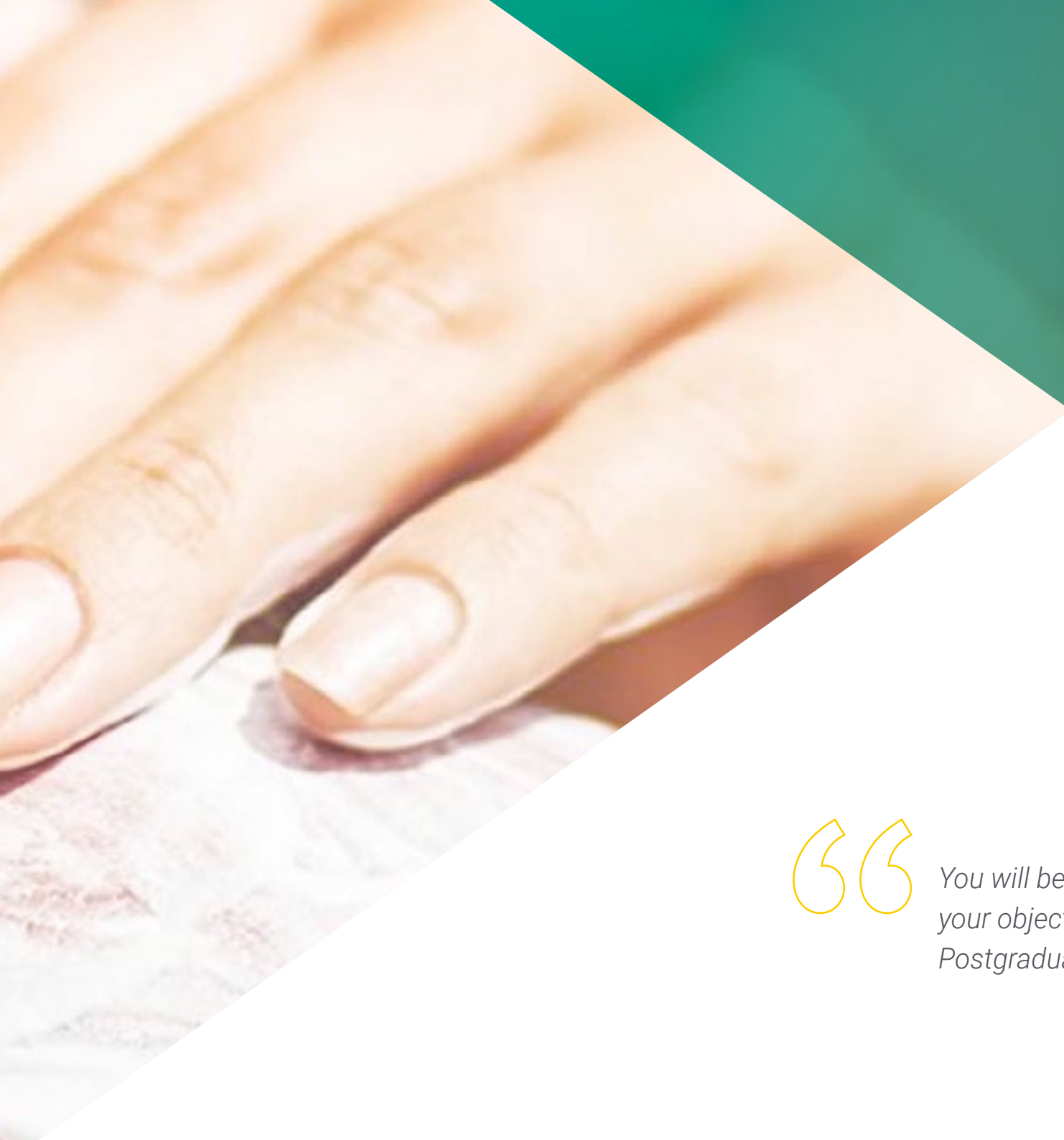


# 02 Objectives

The main objective of this Postgraduate Diploma in Esthetic Nursing is to provide students with the necessary skills and knowledge to be able to turn their professional careers around, so that they can provide their patients with new techniques and services. Thus, this degree has an eminently practical approach and its goal is that students can apply these contents to their professional practices, thus becoming specialized nurses in aesthetics.







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*You will be able to achieve all your objectives thanks to this Postgraduate Diploma"*



## General Objectives

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- ♦ Acquire the fundamental knowledge of all anti-aging modalities and esthetic treatments, incorporating the necessary tools to perform this specialty in daily practice
- ♦ Comprehensively manage the esthetic patient, being capacity to make an accurate diagnosis and apply the most appropriate treatment
- ♦ Up-to-date 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
- ♦ Reinforce the role of the nurse in the treatment of these pathologies
- ♦ Identify the role of treatments in the prevention and treatment of dermatological pathologies



*Update your knowledge and offer new services to your patients thanks to this degree"*





## Specific Objectives

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### Module 1. Esthetic Nursing

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

### Module 2. Aging and Cosmetic Assessment in Esthetic Nursing

- ◆ Present the historical background to anti-aging medicine
- ◆ Define and become familiar with the most frequently used concepts in anti-aging medicine
- ◆ Examine the most accepted theories of aging and interrelate them with each other
- ◆ Understand the aging mechanisms associated with mitochondria
- ◆ Define telomere-related aging processes
- ◆ Establish the relationship between immunosenescence, aging and disease onset
- ◆ Analyze the importance of circadian rhythms in aging and acquire the skills to treat their alterations in an appropriate manner
- ◆ Evaluate the importance of the exposome in aging and generate channels to adapt it to the needs and expectations of the individual

### Module 3. Skin

- ◆ 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 photo-protection
- ♦ Learn about the different types of Skin
- ♦ Understanding the basics of facial hygiene
- ♦ Know the different moisturizing techniques for the skin

#### Module 4. Most frequent dermatological pathologies

- ♦ Update knowledge on the different pathologies that can be consulted in the Community Pharmacy, analyzing the different existing therapeutic approaches, both for their treatment and prevention
- ♦ Develop a proposal of action protocols for each pathology described
- ♦ Define what is known as sensitive or reactive skin
- ♦ Analyze the different types of acne, and discover which ones we can address in the community pharmacy
- ♦ Delve into the study of alopecia, the differential characteristics between men and women and its evolution
- ♦ Approach the study of xerosis from a dermatological point of view, analyzing which diseases or treatments most commonly produce it, and what symptoms they present
- ♦ Differentiate existing treatments for hyperhidrosis
- ♦ Analyze the different types of dermatitis, their characteristics , and examine cases of each one





- ◆ Define the different pigmentation transients, their treatment and possible preventive measures
- ◆ Analyze rosacea and its different stages, in order to facilitate its recognition and make a correct indication
- ◆ Delve into the study of psoriasis , addressing all its types and stages, the different existing treatments and preventive measures
- ◆ Address other pathologies with pruritus such as urticaria and angioedema
- ◆ Differentiate between the different existing treatments for scalp desquamative conditions
- ◆ Define less frequent pathologies such as toxicoderma or hydrosadenitis
- ◆ Analyze the different types of skin lesions that can be encountered The Professional and how they can be approached by the community pharmacy
- ◆ Study the different types of pathogens that can cause skin infections or infestations
- ◆ List the various dermatological pathologies caused by pathogenic agents
- ◆ Address the different pathologies that may appear in the oral cavity
- ◆ Update the different treatments used in nail and phanera conditions

03

# Structure and Content

This degree is divided into 4 modules and offers students specialist content in Esthetic Nursing, so that they can learn everything about aging and treatments to alleviate it, about the skin and its most common pathologies and about dermocosmetics. Therefore, students will be able to develop knowledge that will make them true experts in Esthetic Nursing, and will have the best tools and skills to carry out an adequate professional performance.





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*The most specialized contents  
in Esthetic Nursing are here”*



## Module 1. Esthetic Nursing

- 1.1. Esthetic Nursing: New Developments in the Profession
- 1.2. PAE 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. The Ethical-Legal Aspect of Esthetic Nursing: Code of Ethics and Ethical Problems
  - 1.7.1. Criminal and Civil Liability of Nursing Personnel
  - 1.7.2. Liability Insurance
  - 1.7.3. Informed Patient Consent Forms: Guidelines and Generic Models
- 1.8. Quality Management in Esthetic Nursing Practice
- 1.9. Urgent Care in the Aesthetic Nurse's Practice
- 1.10. Complications in Esthetic Nursing

## Module 2. Aging and Cosmetic Assessment in Esthetic Nursing

- 2.1. History of Antiaging Medicine
- 2.2. Theories of aging. Pathophysiology
- 2.3. Species and Longevity
- 2.4. Mechanisms of Cellular Aging
- 2.5. Mitochondrias
- 2.6. Chronobiology I. Suprachiasmatic Pineal Nucleus. Circadian Rhythm
- 2.7. Chronobiology II. Sleep and Sleeplessness
- 2.8. Immunity. Immunosenescence
- 2.9. Telomeres and Telomerase
- 2.10. Exosome and Aging



### Module 3. Skin

- 3.1. Skin Anatomy and Structure of the Skin
- 3.2. Skin Appendages
  - 3.2.1. Hair
  - 3.2.2. Nails
  - 3.2.3. Sebaceous Glands
  - 3.2.4. Sweat Glands
- 3.3. Skin Functions and Elementary Lesions
  - 3.3.1. Protection
  - 3.3.2. Metabolism
  - 3.3.3. Temperature Regulation
  - 3.3.4. Sensory
  - 3.3.5. Excretory
  - 3.3.6. Energy Reserve
- 3.4. Skin Care in the Different Stages of Life: Neonatal, Pediatric, Adolescent, Adult, Geriatric, Pregnancy
  - 3.4.1. Neonatal
  - 3.4.2. Pediatric
  - 3.4.3. Adolescent
  - 3.4.4. Adult
  - 3.4.5. Geriatric
  - 3.4.6. Pregnancy
- 3.5. Embryology of the Skin and Skin Appendages
  - 3.5.1. Skin Development
  - 3.5.2. Hair Development
  - 3.5.3. Nail Development
  - 3.5.4. Skin Gland Development
- 3.6. Skin Types
  - 3.6.1. Density
  - 3.6.2. Skin Emulsion
  - 3.6.3. Skin Phototype
  - 3.6.4. Status

- 3.7. Skin Hygiene
- 3.8. Skin Hydration
  - 3.8.1. Manual Techniques
  - 3.8.2. Materials and Technical Methods
  - 3.8.3. Specific Cosmetics
  - 3.8.4. Equipment

### Module 4. Most frequent dermatological pathologies

- 4.1. Acne
- 4.2. Rosacea
- 4.3. Seborrheic Dermatitis
- 4.4. Atopic Dermatitis
- 4.5. Contact Dermatitis
- 4.6. Pigmentation Disorders. Hyperpigmentation
- 4.7. Pigmentation Disorders. Hypopigmentation
- 4.8. Psoriasis
- 4.9. Skin Infections and Infestations Caused by Pathogenic Agents: Bacteria
- 4.10. Skin Infections and Infestations Caused by Pathogenic Agents: Viruses
- 4.11. Ichthyosis
- 4.12. Urticaria and Angioedema
- 4.13. Scars



*Don't wait any longer and enroll: this Postgraduate Diploma will change your life"*

# 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.





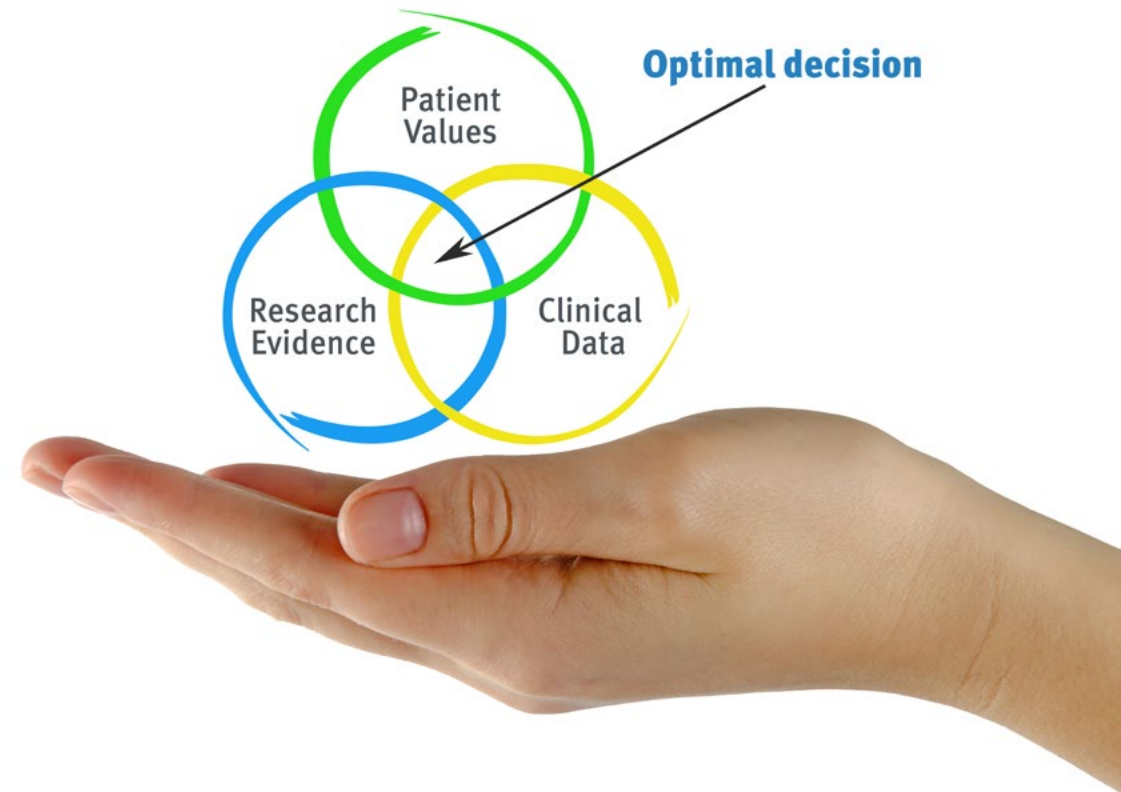
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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. Gérvas, 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.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.





05

# Certificate

The Postgraduate Diploma in Esthetic Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



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

This **Postgraduate Diploma in Esthetic Nursing** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Esthetic Nursing**

Official N° of Hours: **600 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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