KLE ACADEMY OF HIGHER EDUCATION AND RESEARCH (KAHER) JAWAHARLAL NEHRU MEDICAL COLLEGE, BELGAUM

DEPARTMENT OF DERMATOLOGY, VENEREOLOGY AND LEPROSY

FORMAT FOR DESIGNING CURRICULUM FOR FELLOWSHIP PROGRAMME

- 1. Name of the subject: Fellowship in Medical Cosmetology
- 2. Please describe:
 - a. Preamble: Medical cosmetology is upcoming branch of dermatology, this course aims to empower professionals with necessary skills and knowledge in this domain.
 - b. Goals: To formally train dermatologists in the field of Medical Cosmetology
 - c. Duration: 12 months
 - d. Statement of objectives of the course
 - Knowledge: The students should acquire knowledge as regards to various cosmetological procedures and be aware of the recent trends in the field.
 - Skills and Attitudes: The students will have to acquire basic and advanced skills of performing cosmetological procedures like Lasers, injectables, chemical peels.
 - Communication abilities: Counselling the patients before the procedures and after the procedures
 - e. Course Contents (Syllabus) attached
 - Essential Knowledge:
 - Essential Investigation and diagnostic procedures
 - Procedural and Operative Skills
 - * Graded responsibility in care of patients and operative work (Structured Training Schedule) for Fellowship

	Name of the Procedure	Recommended Number in each Category							
			0		A		PA		PI
1	Laser								
	Hair removal laser	5		5		5		5	
	Scar lasers	5		5		5		5	
	Pigmentation lasers	5		5		5		2	
	Tattoo removal	5		5		5		2	
2	Chemical peels		15		15		15		15
3	PRP therapy		10		10		10		10
4	Radio – Cautery		15		15		15		15
5	Electro – Cautery		15		15		15		15
6	Skin – Biopsy		15		15		15		15
7	Cryotherapy		15		15		15		15
8	Acne scar surgery	15		15		15		15	
9	Botulinum Toxin injection	15		15		15		15	
10	Filler injections	15		15		15		15	

+ Key

O - Watches up and observes

A - Assisted a more senior Surgeon

PA – Performed procedure under the direct supervision of a senior specialist

PI – Performed independently

- f. Teaching / Learning Activities: The student should participate in Seminars, Journal club, Workshops, Demonstrations and Continued Medical Education programmes.
- g. (1). Participation in departmental activities:
 - 1. Journal review meetings 2 per month
 - 2. Seminars 2 per month
 - 3. Clinico Pathological Conferences one per month
 - 4. Inter Departmental Meetings one per month
 - 5. Community Work Camps / field visits one per month
 - 6. Clinical rounds NA
 - 7. Participation in Conferences / presentation of papers 4 per year
 - 8. Any other
 - (2). Rotation and Posting in other departments (Duration and Learning requirements to be specified for a, b, & c):
 - 1. Basic Medical Sciences related subjects general surgery 1week
 - 2. Applied Subjects Plastic surgery 3 weeks

- (3). Orientation Programme:
 - Eg. (a) Use of Library on day to day basis
 - (b) Laboratory Procedures on day to day basis
 - (c) National Programmes NLEP, observing programs like vitiligo day, Psoriasis Day
 - (d) Any other
- (4). Training in Teaching Skills and Research Methodology:

Hands-on training will be given to perform medical cosmetology procedures during the course of the study. The candidates will also be encouraged to conduct clinical research in the field of medical cosmetology and encouraged to publish papers.

- h. Monitoring of Teaching / Learning activities:
 - (a) Methods Written tests and Viva
 - (b) Frequency monthly
 - (c) Schedules or Checklists, log books, dairy will be checked weekly
- i. Scheme of Examination:

1. Theory : Two papers of 100 marks each

Content : 10 marks 10 questions each paper. **Paper-1** : Basic principles in cosmetology

Paper-2 : a) Approach to cosmetology problems in dermatology

b) surgical procedures in cosmetology

c) recent advances aesthetics

2. Clinical : Number & Type of cases: One long case and two short

cases (50, 25 and 25 Marks each)

3. Viva-Voce : 50 marks - Distribution

a) Instruments viva- 25marks b) OSCE -25marks

h. Recommended Books and Journals: attached

Signature of the	Signature of the
Programme Co-ordinator	Head of the Institution

Place:

Date:

DURATION OF TEACHING IN HOURS PRESCRIBED FOR FELLOWSHIP PROGRAM IN MEDICAL COSMETOLOGY

SYLLABUS (CURRICULUM)

Syllabus (curriculum) basic principles of cosmetology

1. 2.	Introduction to Cosmetology Documentation	- 2hrs - 2hrs
3.	Principles governing Cosmetological procedures	- 6hrs
4.	Subspecialties of Cosmetology (Protective, Decorative and	101
	Remedial or Active Cosmetology)	-10hrs
5.	Dermatological disorders coming under the purview of cosmetology	- 20hrs
6.	Cosmeceuticals	- 5hrs
7.	Instruments, Equipments and Universal precautions	- 5hrs
8.	Adverse reactions to cosmetics	- 5hrs
	Professional ethics	- 2hrs
	Moisturizers	- 3hrs
	Personal care and Cosmetic products	- 3hrs
	Household cosmetics	- 3hrs
	Facials	- 3hrs
	Cosmetic care and counselling for normal and problematic skin	- 3hrs
	Nonsurgical hair replacement	- 3hrs
	Cosmetic camouflage	- 3hrs
	Adverse reactions in cosmetology	- 6hrs
18.	Common cosmetic techniques in beauty parlours	- 6hrs
pro	each to cosmetic problems in dermatology	
1	Acne and it's scars	-10hrs

App

1.	Acne and it's scars	-10hrs
2.	Diffuse non-scarring alopecia	- 4hrs
3.	Androgenic alopecia	- 6hrs
4.	Hirsutism	- 6hrs
5.	Dandruff	- 6hrs
6.	Pigmentary disorders	-15hrs
7.	Palmo-planter keratoderma	- 4hrs
8.	Cosmetic problems of nails	- 6hrs
9.	Hyperhidrosis/Bromhidrosis/Chromhidrosis	- 4hrs
10	. Aging skin problems	- 6hrs

Surgical procedures in cosmetology

1.	Surgery for active acne	- 6hrs
2.	Electroepliation	- 4hrs
3.	Mole surgery	- 2hrs
4.	Ear and Nose piercing	- 3hrs
5.	Ear lobe repair	- 3hrs

6.	Decorative Cosmetic tattooing	- 3hrs
7.	Iontophoresis	- 2hrs
8.	Electric Stimulation of skin (ESS)	- 2hrs
9.	Non ablative radio frequency	- 2hrs
10.	Non ablative lasers	
11.	Botulnum toxin and filler injections	- 5hrs
12.	Microblading	-1 hr
	Total	200 hrs

LIST OF RECOMMENDED BOOKS FOR MEDICAL COSMETOLOGY FELLOWSHIP

- 1. ACS (I) Textbook of Cutaneous and Aesthetic surgery, Jaypee Publications, New Delhi, 2017
- 2. Acs(I) Procedural Dermatosurgery A Step By Step Approach Jaypee Publications, New Delhi, 2016
- 3. Textbook Of Dermatosurgery & Cosmetology Principles and Practice Dr Satish Savant
- 4. Textbook Of Laser And Light Dermatology In The Asian by <u>Yong-Kwang</u> <u>Tay</u> (Editor), <u>Yuin-Chew Chan</u> (Editor)
- 5. Textbook of Cosmetic Dermatology, Fourth Edition, Robert Baran

LIST OF RECOMMENDED JOURNALS FOR MEDICAL COSMETOLOGY FELLOWSHIP

- 1. Journal of cutaneous and aesthetic surgery
- 2. Lasers in Surgery and Medicine
- 3. Clinical, Cosmetic and Investigational Dermatology
- 4. Lasers in Medical Science
- 5. Journal of Cosmetic Dermatology
- 6. Journal of Clinical and Aesthetic Dermatology
- 7. International Journal of Cosmetic Science
- 8. Journal of Cosmetic and Laser Therapy
- 9. International Journal of Trichology
- 10. Journal of Cosmetic Science
- 11. Surgical and Cosmetic Dermatology

List of Books cosmetic Dermatology:

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No	Name	Edition	Editor	Publication	Year
				Jaypee	
	Cutaneous &			Brothers	
1	Aesthetic Surgery	2nd	Mysore Venkataram	Medical	2017
	Treatment Of Dry				
2	Skin Syndrome		Marie Loden - Maibach	Springer	2013
	The Manual Of		11100110 20 0011 1110010 0011	- Sp1111801	
3	Dermatology		Cafardi	Springer	2013
	Evidence -Based		Calarai	Opringer	2010
	Procedural				
4	Dermatology		Alam	Springer	2013
	Rook's Textbook of		main	Wiley-	2010
5	Dermatology	8th	Tony Burns, Stephen	Blackwell	2010
	Interesting cases in	Oth	Tony Burns, Stephen	IJCP Academy	2010
6	Dermatology			of CME	2014
0	Concise Textbook of				2014
7		1 - 4	V:-11-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-	Wiley-	0010
- 1	Dermatology	1st	Vishalakshi Viswanath	Blackwell	2012
	N. 1		D (01 1 11:	Prof	
	Modern Cosmetic	1 .	Prof Chakarvathi	Chakarvathi	0015
8	Dermatology	1st	Srinivas	Srinivas	2015
	Cosmetic			Tata Mcgraw-	
9	Dermatology	2nd		Hill	2009
	Dermatologic				
	Surgery with			Taylor &	
10	Radiofrequency		Bipin Deshpande	Francis	2018
	100 Interesting				
	cases in			IJCP Academy	
11	Dermatology		Dr.Koushik Lahiri	of CME	2009
	Europen Handbook				
	of Dermatological		A.D.Katsambas &		
12	Treatments	2nd	T.M.Lotti	Springer	2005
	Dermatology in				
13	General Medicine	7th	Dr.Stephen Katz's	Fitzpatrick's	2008
	IADVL Textbook of				
14	Dermatology	4th	S.Sacchidanad	Bhalani	2015
15	Contact Dermatitis 6		Margaret Holmes	CBS	2008
	Year Book of				
	Dermatology &				
	Dermatologic				
16	Surgery		Bruce.H	Mosby	2005
	Advances In			-:2000 <i>j</i>	
17	Dermatology		William D. James	Mosby	2004
- 1	Dermatosurgery			1.1000	4001
18	Cosmetology	2nd	Satis s Savant	ASCAD	2005
10	Coomerons	2110	Saus & Savaiit	Jaypee	4000
	Infections in		Archana Singal &	Brothers	
19	Dermatology		Chander Grover	Medical	2015
19	Dermaiology		CHARLET GLOVEL	ivicuicai	4010

	Cosmetic				
00	Dermatology &	14	Niti Khunger & Mukta	N/ - 1- 4 -	0010
20	Surgery Cosmetic	1st	Sachdev	Mehta	2010
21	Dermatology		Dirk M Elston	Elesvier	2009
41	IADVL Book on		DIIK W EISTOII	Elesviei	2009
	Medical Ethics &				
22	CPA	1st	Putta Srinivas	IADVL	2007
23	History of the IADVL	150	Uday Khopkar	IADVL	2010
43	The Sanford Guide		Oday Khopkai	IADVL	2010
	to Antimicrobial				
24	Therapy	36th	David n.Gilbert	B.I	2006
	Signs & syndromes	0 0 0 0 0	Laxman Mavrkar And		
25	In Dermatology	1st	Inamadar	Fulford	1996
26	Color Atlas of Nails		Antonella Tosti	Springer	2010
	00101110100 01110110		1111001101101	Current	
	Dermatology-The		Giles Dunnil, Jane	Technical	
27	year in Review 2002		McGregor	Literature	2002
	Atlas & Synopsis of				
	Contact &			Jaypee	
	Occupational			Brothers	
28	Dermatology	1st	Sanjay Ghose	Medical	2008
29	Laser and Light	1st	David J Goldberg	Elesvier	2006
	Color Atlas of		M. Roecken, G.	Georg Thieme	
30	Allergic Diseases	International	Grevers, W. Burgdorf	Verlag	2006
0.1	Monthly Index of		Dr. Chandra M.	Dr. Chandra	0010
31	Medical Specialities		Gulhati	M. Gulhati	2010
	Dermatologic Therapy- Wound				
32	Healing	#1	Michael D. Tharp	Blackwell	2007
54	Dermatologic	πι	Michael D. Haip	Diackwell	2001
	Therapy-Diagnosis				
33	& Treatment Of	#2	Michael D. Tharp	Blackwell	2007
			•	Jaypee	
	Study of Clinical			Brothers	
34	Cosmetology-1	1st	Sonia Tekchandani	Medical	2015
	Cutaneous Laser				
35	Therapy		Niwat Polnikorn	Holistic	2000
				Jaypee	
26	Cutaneous &	1	Manager Manager	Brothers	
36	Aestheic Surgery Transforment Of Strip	1st	Mysore Venkataram	Medical	
37	Treatement Of Skin Disease	3rd	Mark G Lebwohi, Warren R Heymann	Elesvier	
31	Infections of the	Jiu	Raza Aly & Howard	Churchill	
38	Skin		I.Maibach	Livingstone	
- 50	Complication in		1.11141544011	21viiigotofic	
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	Dermatology			Brothers	
39	Crafting cures	1st	Ganesh s Pai	Medical	
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	Sclerotherapy in		Sacchindanand s	Brothers	
40	Dermatology	1st	/Nagesh TS	Medical	

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61	Treatment	2nd	Pia De Padova	Francis
	Manual		Kenneth	Lippincott
	Dermatologic		A.Arndt/Jeffrey T.S.	Williams &
62	Therapeutics	7th	Hsu	Wilkins
			S	Jaypee
			Sacchidanada/Savitha	Brothers
63	Nail & Its Disorders	1st	AS	Medical
	Guidelines for			
64	Dermatosurgery		D.M Thappa	Medknow
	Fundamentals of			
65	Pathology of Skin	3rd	Venkataram Mysore	B.I
	Clinical Pediatric			
66	Dermatology		Thappa	Elesvier
	Psoriasis and other			Jaypee
	Common			Brothers
67	Dermatoses	1st	Miniatlas	Medical
			Arun	
	Signs & Syndromes		Inamada/Laxman	
68	in Dermatology	1st	Mavarkar	Ahuja
69	Patch Testing		Sanjay Ghosh	IAISD
	Dermato-Venereo-		3-5	-
70	Leprology	1st	K. Pavithran	V
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71	Clinical Dermatology	10th	Berger	Elesvier
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	Dermatology Drug		S.Sacchidanad/Savitha	Tree Life
72	Therapy		A S	Media
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	Dermatology Secrets		Fitzpatrick/Joseph G	
73	In Color	3rd	.Morelli	Elesvier
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74	Photodermatology		S.Criton	
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76	Dermatology	3rd	Hurley	Company
	Skintrospection			
77	Bangalore		A :1 A 1 1	
77	Dermatology Society		Anil Abraham	

• Functional limitation:

Need to work upon the follow,

- i. Need dedicated & trained faculty with certificate course in laser aesthetics
- ii. Need clarity on venue & time to conduct training of fellows
- iii. Upgradation of Q-switched & NdYAG lasers to active laser for laser toning
- iv. Need for Diode laser for hair reduction
- v. Need for Cryogun + Cryocan,
- vi. Microblading with dye's
- vii. Cost of consumables, like botulinum toxin, fillers, threads, peels, etc.

EQUIPMENT LIST FOR FELLOWSHIP IN MEDICAL COSMETOLOGY

Therapeutic equipments

Sl no	Type of equipment	Details	Equipment availability in the department
1	Phototherapy	1. Full body UVB chamber	✓
		2. Hand and foot UVB & UVA	×
		unit	
		3. Targeted phototherapy	×
		4. Excimer LAMP	√
2	Lasers	1. Intense Pulse light - 4	1 hand pieces
		hand pieces	
		2. High intensity Focused	×
		Ultrasound	
		3. Diode Laser	×
		4. Q S NdYAG laser	×
		5. Fractional CO2	✓
		6. Microneedling	✓
		Radiofrequency	
3	Chemical	1. Glycolic acid 30 and 50%	
	Peels	2. Salicylic acid 30%	
		3. Sesglico peel KH	
		4. Jessners peel 1	×
		5. Modified Jessners peel	×
		6. Mandelic peel	
		7. lactic acid peel	
		8. Melaspeel KH	×
		9. Retinol peel	×
		10. Nomelan phenol peel	×
		11. Ferulic peel	
4	Dermaroller		
5	Platelet rich	1. Vacutainers	
	plasma	2. Centrifuge	
	therapy	3. PRP kits	×
6	Electro	2 units	1 units
	cautery		
7.	Radiosurgery	2 units	1 units

8	Cryotherapy	Cryogun and liquid nitrogen Cryocan	×
10	Surgical	1. Towel Clips, Hole towels	✓
	instruments	2. BP handles	✓
		3. Forceps- Adsons, toothed	✓
		& Non toothed, jewellers	
		4. Artery forceps, Strait &	✓
		curved, mosquito, all sizes	
		5. Scissors – Iris, curved,	
		strait, suture cutting,	
		Castroviejo's, all sizes	
		6. Needle holders- all sizes	✓
		7. Skin graft blades	
		8. Skin hooks	<u>√</u>
		9. Chalazion clamps	<u>√</u>
		10. Cheatle forceps	<u>√</u>
		11. Curettes	√
		12. Manual dermabraders	√
		13.Comedone extractors	✓
		14. Diamond fraize	×
		dermabraders	
11	Nail Surgery	1. Nail spatula	<u>√</u>
		2. Nail plate cutter	✓
12	Skin Biopsy	Skin Biopsy punches	✓
13	Vitiligo	Epidermal cell suspension-	*
	Surgery	reagents, incubator	
		Motorized dermabraders with	
		various burrs	
14		Bins – all sizes	✓
		Trays – all sizes	

LIST OF EQUIPMENT FOR FELLOWSHIP IN MEDICAL COSMETOLOGY Diagnostic Equipments

Sl no	Type of equipment	Equipments availability in the department	
1	Light Microscope	√	
2	Woods lamp	√	
3	Trichoscope	*	
4	Dermatoscope- polarised and non polarised	✓	
5	USB microscope	*	
6	Magnifier	√	
7	KOH mount		
8.	Slides, cover slips		