

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			
		O	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
Programme Co-ordinator

Signature of the
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. Introduction to Cosmetology | - 2hrs |
| 2. Documentation | - 2hrs |
| 3. Principles governing Cosmetological procedures | - 6hrs |
| 4. Subspecialties of Cosmetology (Protective, Decorative and 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 |
| 9. Professional ethics | - 2hrs |
| 10. Moisturizers | - 3hrs |
| 11. Personal care and Cosmetic products | - 3hrs |
| 12. Household cosmetics | - 3hrs |
| 13. Facials | - 3hrs |
| 14. Cosmetic care and counselling for normal and problematic skin | - 3hrs |
| 15. Nonsurgical hair replacement | - 3hrs |
| 16. Cosmetic camouflage | - 3hrs |
| 17. Adverse reactions in cosmetology | - 6hrs |
| 18. Common cosmetic techniques in beauty parlours | - 6hrs |

Approach to cosmetic problems in dermatology

- | | |
|---|--------|
| 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. Electroepilation | - 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 Yong-Kwang Tay (Editor), Yuin-Chew Chan (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 :

SL No	Name	Edition	Editor	Publication	Year
1	Cutaneous & Aesthetic Surgery	2nd	Mysore Venkataram	Jaypee Brothers Medical	2017
2	Treatment Of Dry Skin Syndrome		Marie Loden - Maibach	Springer	2013
3	The Manual Of Dermatology		Cafardi	Springer	2013
4	Evidence -Based Procedural Dermatology		Alam	Springer	2013
5	Rook's Textbook of Dermatology	8th	Tony Burns, Stephen	Wiley-Blackwell	2010
6	Interesting cases in Dermatology			IJCP Academy of CME	2014
7	Concise Textbook of Dermatology	1st	Vishalakshi Viswanath	Wiley-Blackwell	2012
8	Modern Cosmetic Dermatology	1st	Prof Chakarvathi Srinivas	Prof Chakarvathi Srinivas	2015
9	Cosmetic Dermatology	2nd		Tata Mcgraw-Hill	2009
10	Dermatologic Surgery with Radiofrequency		Bipin Deshpande	Taylor & Francis	2018
11	100 Interesting cases in Dermatology		Dr.Koushik Lahiri	IJCP Academy of CME	2009
12	European Handbook of Dermatological Treatments	2nd	A.D.Katsambas & T.M.Lotti	Springer	2005
13	Dermatology in General Medicine	7th	Dr.Stephen Katz's	Fitzpatrick's	2008
14	IADVL Textbook of Dermatology	4th	S.Sacchidanad	Bhalani	2015
15	Contact Dermatitis 6		Margaret Holmes	CBS	2008
16	Year Book of Dermatology & Dermatologic Surgery		Bruce.H	Mosby	2005
17	Advances In Dermatology		William D. James	Mosby	2004
18	Dermatosurgery Cosmetology	2nd	Satis s Savant	ASCAD	2005
19	Infections in Dermatology		Archana Singal & Chander Grover	Jaypee Brothers Medical	2015

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

41	Ferri's Fast Facts in Dermatology		Fred F Ferri	Elesvier
42	IADVL Textbook of Trichology	1st	BS Chandrashekar	Jaypee Brothers Medical
43	IADVL Textbook of Dermatology	4th	S.Sacchidanad	Bhalani
44	Skin Clinical Dermatology	1st	Nilendu Sarma	Jaypee Brothers Medical
45	Clinical Guideline alopecia		Dirk M Elston/elizabeth cw Hughes	
46	Sensitive Skin Syndrome	2nd	Golara Honari/Rosa M. Andersen	Taylor & Francis
47	A Treatise on Topical Corticosteroids in Dermatology		Koushik Lahiri	Springer
48	Atlas of Pigmentary Disorders		Thierry Passeron	Springer
49	Textbook and Atlas of Dermatology		Michael Tirant	Kothari
50	Medico-Legal Aspects of Dermatology & Plastic Surgery	1st	Venkataram/Satish Bhat/Subodh	Jaypee Brothers Medical
51	Hand Book of Eczema for Dermatologists	2nd	Kabir Sardana	CBS
52	Tattoo-The Invaluable Compendium for dermatologists		Shashikumar BM/Savitha AS/	Jaypee Brothers Medical
53	Textbook of Dermatosurgery & Cosmetology	2nd	Satis s Savant	Association of Science
54	Clinical Dermatology	8th	Kluas Wolff/Richard Allen Johnson	McGraw Hill Education
55	Laser in Dermatology and Medicine	2nd	Keyvan Nouri	Springer
56	Dermoscopy & Trichoscopy in Diseases Of the Brown Skin	1st	Uday Khopkar	Jaypee Brothers Medical
57	IADVL Handbook for Dermatology Residents		Uday Khopkar	IADVL by Medknow
58	Hair Loss and Restoration	2nd	Jerry Shapiro/Nina Otberg	Taylor & Francis
59	Dermoscopy of the Hair and Nails	2nd	Antonella Tosti	Taylor & Francis

60	Chemical Peels	2nd	Niti Khunger	Jaypee Brothers Medical
61	Acne Scars- Classification & Treatment	2nd	Antonella Tosti/Maria Pia De Padova	Taylor & Francis
62	Manual Dermatologic Therapeutics	7th	Kenneth A.Arndt/Jeffrey T.S. Hsu	Lippincott Williams & Wilkins
63	Nail & Its Disorders	1st	S Sacchidanada/Savitha A S	Jaypee Brothers Medical
64	Guidelines for Dermatosurgery		D.M Thappa	Medknow
65	Fundamentals of Pathology of Skin	3rd	Venkataram Mysore	B.I
66	Clinical Pediatric Dermatology		Thappa	Elesvier
67	Psoriasis and other Common Dermatoses	1st	Miniatlas	Jaypee Brothers Medical
68	Signs & Syndromes in Dermatology	1st	Arun Inamada/Laxman Mavarkar	Ahuja
69	Patch Testing		Sanjay Ghosh	IAISD
70	Dermato-Venereo-Leprology	1st	K. Pavithran	V
71	Diseases of The Skin Clinical Dermatology	10th	William D. James/Timothy G Berger	Elesvier
72	Handbook of Dermatology Drug Therapy		S.Sacchidanad/Savitha A S	Tree Life Media
73	Dermatology Secrets In Color	3rd	James E. Fitzpatrick/Joseph G .Morelli	Elesvier
74	Perspectives in Clinical Dermatology Photodermatology		S.Criton	
75	Perspectives in Clinical Dermatology Systemic		Sandipan Dhar	
76	Dermatology	3rd	Samuel L.Moschella/Harry J. Hurley	W.B.Saunders Company
77	Skinintrospection Bangalore 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 hand pieces	1 hand pieces
		2. High intensity Focused Ultrasound	✗
		3. Diode Laser	✗
		4. Q S NdYAG laser	✗
		5. Fractional CO2	✓
		6. Microneedling Radiofrequency	✓
3	Chemical Peels	1. Glycolic acid 30 and 50%	
		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 plasma therapy	1. Vacutainers	
		2. Centrifuge	
		3. PRP kits	✗
6	Electro cautery	2 units	1 units
7.	Radiosurgery	2 units	1 units

8	Cryotherapy	Cryogun and liquid nitrogen Cryocan	✕
10	Surgical instruments	1. Towel Clips, Hole towels	✓
		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	✓
		9. Chalazion clamps	✓
		10. Cheatle forceps	✓
		11. Curettes	✓
		12. Manual dermabraders	✓
		13. Comedone extractors	✓
		14. Diamond fraize dermabraders	✕
11	Nail Surgery	1. Nail spatula	✓
		2. Nail plate cutter	✓
12	Skin Biopsy	Skin Biopsy punches	✓
13	Vitiligo Surgery	Epidermal cell suspension- 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	✓

