

Subject Outline: Cosmetic Dermatology I



Course: Graduate Certificate in Cosmetic Dermatology

Subject: Cosmetic Dermatology I: An Introduction to Cosmetic Dermatology

Credit Points: 3

Year/Semester Delivered: 1

Pre/Co-requisites: Research Methods I*

Subject Outline:

This subject will provide the student with an overview of the knowledge, skills and practice in the domain of cosmetic dermatology. Areas covered include but are not limited to, an understanding of the basic structure of the skin, ageing of the skin and associated issues and the concepts associated with beauty and appearance.

Topic areas covered in this subject may be divided into three (3) sections:

1. Introduction and Cutaneous Anatomy
 - a. Definition, scope and delineation of procedural and cosmetic dermatology
 - b. Cutaneous anatomy
 - i. The cutaneous layers
 - ii. Facial cosmetic units, junction lines and lines of preferential incision
 - iii. Facial surface anatomy
 - iv. Facial muscles and their relevance
 - v. Facial blood vessels and their relevance
 - vi. Danger zones in the face.
2. Ageing and Photo-ageing:
 - a. Cutaneous ageing
 - i. Intrinsic (chronological ageing)
 - ii. Extrinsic (environmental agents including but not limited to; solariums, smoking and photo-ageing)
 - b. Facial structural ageing – includes structural anatomy, fat compartments
 - c. Menopausal related events
 - d. Ageing of special sites including but not limited to:
 - i. Hair
 - ii. Nails
 - e. Evaluation of the ageing face
 - f. Ageing across ethnicities
 - g. Ageing according to gender
 - h. Anti-aging strategies

3. Concepts of beauty and appearance
 - a. Defining beauty – why facial beauty matters
 - b. Concept of universal beauty
 - c. Sexual dimorphism
 - d. Assessment of facial structure of the aesthetic face including but not limited to:
 - i. Proportions of facial beauty
 - ii. Other beauty and handsomeness indicators
 - iii. The surface and beauty
 - iv. Facial movement, expressions, wrinkles
 - v. Volume and beauty
 - e. Body Image and self-esteem and influencing factors including but not limited to:
 - i. Species
 - ii. Sex
 - iii. Ethnic/cultural groups
 - iv. Social standing/sociocultural standards
 - f. Value society places on beauty and appearance.

Successful completion of this subject will provide the student with a foundation for the subsequent subjects that make up the Graduate Certificate in Cosmetic Dermatology.

This subject is supported by an online module containing topic content, additional resources (including but not limited to, additional readings and/or pre-readings, online references, self-diagnostic quizzes images etc.).

Subject Learning Outcomes:

After completing this subject, students will be able to:

- SLO 1:** Categorise the field of Cosmetic Dermatology and differentiate it from associated disciplines
- SLO 2:** Demonstrate the development of an in depth understanding of healthy and ageing skin
- SLO 3:** Differentiate extrinsic and intrinsic changes in skin of all types
- SLO 4:** Utilise the concepts of beauty and appearance in developing a comprehensive understanding of the aesthetic aspects of the anatomy of the face
- SLO 5:** Synthesise an in depth knowledge of cutaneous anatomy and the concepts of beauty and appearance to evaluate the ageing face
- SLO 6:** Demonstrate an in depth critical understanding of sexual dimorphism
- SLO 7:** Assess the impact of sexual dimorphism on individuals, their families and the practice of Cosmetic Dermatology
- SLO 8:** Critically reflect on current research and practice in Cosmetic Dermatology to inform practice.

The online module may also, where appropriate, contain additional related learning outcomes specific to the component sections.

Student Workload:

Reference should be made to the ACD Academic Awards Framework Policy to provide a guide as to the minimum time a full time student should spend working on this subject.

In general, “Over a semester, a 3 Credit Point (CP) subject will have a total of at least **36 hours timetabled teaching/student contact time associated with it.**”

Generally, this time will be comprised of a mix of online virtual classroom teaching sessions (approx. 80%) and work-place based instruction and/or assessment if or where appropriate.

“1CP will equate to a minimum of 2.5 hours **personal study** time per week for the full time student. Over a semester (20 weeks) this equates to 150 hours of personal study time for a 3 CP subject”.

As this graduate certificate course is essentially an online course with respect to ‘interaction with content/theoretical concepts’, students will be expected to spend a considerable portion of their personal study time per week over the semester period of 20 weeks working in the respective subject online support modules.

Timetabled student contact/teaching time will be focused on extension of the content of the course that is provided via the online modules.

Teaching:

- Weekly scheduled virtual F2F classroom teaching sessions (utilizing synchronous webinar technology and asynchronous discussion space systems where appropriate)
- Access to topic specific recorded lectures via e-learning portal
- Student self-study using online content support materials
- Work-placed based instruction and/or assessment if and when appropriate.

Assessment:

Assessment of the student outcomes may utilise any or all of the tools listed as appropriate.

- Formal MCQs
- Written Assignment(s) (Reports/reflections etc.,)
- Virtual classroom contributions
- Case based discussion/report (Topics nominated from sections)
- Research/Journal paper analysis/reflection

Assessment task	Weight	Subject Learning outcomes assessed	Curriculum Learning Outcomes	Due date
MCQ Exam/Quizzes	50%	SLO 1 - 7	CLO 1 - 6	TBA
Assignment 1: Case Report(s)/ Logbook: Topic Area 1	15%	SLO 1 - 7	CLO 2 - 6	TBA
Assignment 2: Case Report(s)/ Logbook: Topic Area 2	15%	SLO 1 - 7	CLO 2 - 6	TBA
Assignment 3: Reflection/critique on research paper(s) from nominated topic area	10%	SLO 8	CLO 7	TBA
Assignment 4: Virtual classroom presentation	5%	SLO 1 - 7	CLO 2 - 6	TBA
Virtual Classroom participation/contribution	5%	SLO 1 - 7	CLO 1 - 6	Weekly

* **Case reports must** be comprehensive and must as a minimum include:

- Patient history summary
- Examination findings/ assessment and consequent differential diagnoses
- Treatment plan(s)
- Risk analysis
- Images if appropriate (consented)

Refer also to the Portfolio/Logbook Assessment/Evaluation Rubric for more detailed guidance on requirements.

Recommended Resources:

General (Covering all sections)

- Cosmetic Dermatology: Alam, Hayes, Gladstone and Tung. ISBN: 978-0-7020-3143-4
- Surgery of the Skin; Robinson et al.
- Procedures in Cosmetic Dermatology Series

Section Specific resources:

Cutaneous Anatomy

- Robinson J.K et al., Surgery of the Skin 2nd Edition. 2010 Elsevier, **Chapter 1**.
- Robert P Chilcott, Shirley Price; Principles and Practice of Skin Toxicology. 2008 John Wiley & Sons, **Chapter 1**.
- Stuart J. Salasche, Gerald Bernstein; Surgical Anatomy of the Skin. 1988 Appleton & Lange, **Chapter 2**.
- Procedures in Cosmetic Dermatology Series: Carruthers & Carruthers. Soft Tissue Augmentation 3rd Ed. 2013. Elsevier London **Chapter(s) 1, 2**
- Procedures in Cosmetic Dermatology Series: Botulinum Toxin 3rd Ed. 2013. **Chapter 1**
- Refer to the online module for additional Journal Readings

Ageing and photo-ageing

- Robinson JK, Hanke CW, Siegel DM, Fratila A (Ed), Surgery of the Skin. 2010 Mosby, UK, 2nd Edition. **Chapter 22**
- Burgess C. (Ed), Cosmetic Dermatology. 2005 Springer Publishing, USA.
- Procedures in Cosmetic Dermatology Series: Soft Tissue Augmentation 3rd Ed. 2013. **Chapter 2**
- Refer to the online module for additional Journal Readings

Concepts of beauty and appearance

Books

- Goodman GJ. Ch 3: Facial attractiveness and the central role of volume. In: Carruthers, Dover, Carruthers and Alam (eds). *Soft tissue augmentation*. Elsevier.
- Robinson JK, Hanke CW, Siegel DM, Fratila A (Ed), Surgery of the Skin. 2010 Mosby, UK, 2nd Edition. **Chapter 21**
- Procedures in Cosmetic Dermatology Series: Botulinum Toxin 3rd Ed. 2013. **Chapter 20**

Journals:

- Pallett PM, Link S, and Lee K. New “Golden” Ratios for Facial Beauty. *Vision Res.* 2010 January 25; 50(2): 149. doi:10.1016/j.visres.2009.11.003.
- Bashour M. History and Current Concepts in the Analysis of Facial Attractiveness. *Plast. Reconstr. Surg.* 118: 741, 2006.
- Magro AM. Evolutionary-derived anatomical characteristics and universal attractiveness. *Perceptual and Motor Skills* 1999: 88, 147-166.
- Perret DI, Lee KJ, Penton-Voak I, Rowland D, Yoshikawa S, Burt DM, Henzi SP, Castles DL, Akamatsu S. Effects of sexual dimorphism on facial attractiveness. *Nature.* 1998 Aug 27;394(6696):884-7.

- Johnston C, Orlagh Hunt O, Burden D, Stevenson M, Hepper P. The influence of mandibular prominence on facial attractiveness. *Eur J Orthodontics* 27 (2005) 129–133.
- Wolbring T, Riordan P. How beauty works. Theoretical mechanisms and two empirical applications on students' evaluation of teaching. *Soc Sci Res*. 2016 May;57:253-72. doi: 10.1016/j.ssresearch.2015.12.009. Epub 2016 Jan 14.
- Weeks DM, Thomas JR. Beauty in a multicultural world. *Facial Plast Surg Clin North Am*. 2014 Aug;22(3):337-41. doi: 10.1016/j.fsc.2014.04.005. Epub 2014 Jun 10.
- Swift A, Remington K. BeautiPHlcation™: a global approach to facial beauty. *Clin Plast Surg*. 2011 Jul;38(3):347-77, 2011.03.012.

Websites

- Physical attractiveness. Home page. Available from URL https://en.wikipedia.org/wiki/Physical_attractiveness (Accessed 19 Oct 2016.)
- Gary Meisner. Golden Ratio Overview. Home Page. Available from URL <https://www.goldennumber.net/golden-ratio> (Accessed 19 Oct 2016.)
- Gary Meisner. Facial analysis and the beauty mask. Home page. Available from URL <http://www.goldennumber.net/beauty/> (Accessed 19 Oct 2016.)

Curriculum Mapping:

CDI: Introduction to Cosmetic Dermatology and Cutaneous Anatomy

Overview of the field of cosmetic dermatology including but not limited to an understanding of ageing, beauty and sexual dimorphism

Course Learning Outcomes

- CLOC 1:** Demonstrate the development of an appropriate knowledge base in the field of Cosmetic Dermatology.
- CLOC 2:** Demonstrate a comprehensive understanding of the cosmetic consultation, patient selection and rights.
- CLOC 3:** Demonstrate a comprehensive understanding of the treatment options available to the cosmetic patient.
- CLOC 4:** Utilise an evidence based approach to analysis of patient needs.
- CLOC 5:** Formulate cosmetic treatment plans by synthesizing a detailed knowledge of facial anatomy and a comparison of treatment modalities.
- CLOC 6:** Distinguish between cosmetic treatments by assessing their probable outcomes against potential risks.
- CLOC 7:** Critically appraise current practice and/or research in the domain of cosmetic dermatology and its various sub-domains

Subject Learning Outcomes

- SLO 1:** Categorise the field of Cosmetic Dermatology and differentiate it from associated disciplines.
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- SLO 8:** Demonstrate the ability to critically reflect on current research and practice in Cosmetic Dermatology to inform practice.

* Research Methods I: Basic Elements of Evidence Based Medicine. (This subject is subject is a component of the ACD Master of Dermatology (Course) program and is one of three designed to provide training in Research Methodology)