



Focus Awards Level 5 Certificate in Advanced
Mesotherapy for Skin Rejuvenation (RQF)
610/3533/6

Qualification Summary

Key Information

Level	Sector	Qualification Type
5	Service Enterprise	Vocationally-Related
Total Qualification Time	Credit Value	Guided Learning Hours
206	20	135
Status	Methods of Assessment	Minimum Age
Available to Learners	Portfolio of Evidence	19

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Focus Awards Level 5 Certificate in Advanced Mesotherapy for Skin Rejuvenation (RQF)

QRN: 610/3533/6

GLH: 135

TQT: 206

Credit: 20

Qualification Purpose

The Focus Awards Level 5 Certificate in Advanced Mesotherapy for Skin Rejuvenation (RQF) is aimed at learners who want to broaden their aesthetic knowledge and develop their practice within the health and beauty sector. The qualification is designed to prepare learners for employment in the sector.

Age Ranges

Learners must be at least 19+ to undertake this qualification.

Geographical Coverage

This qualification is available in England.

Learner Entry Requirements

Learners must have previously completed and achieved a minimum of:

- Level 4 regulated qualification in a related sector
- First Aid at Work qualification or equivalent
- Basic Life Support qualification
- Anaphylaxis qualification
- Minimum of 2 years' industry experience

In addition to the above, centres must ensure that learners meet the minimum competence requirements set by any legislative or regulatory body guidance.

Evidence of the above must be documented within the learner's portfolios.

Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Reasonable Adjustments and Special Considerations' policy. A copy is available for download from the Focus Awards website at the following URL:

<https://www.focusawards.org.uk/wp-content/uploads/2016/08/Reasonable-Adjustments.pdf>

Assessment Methods

This qualification is internally assessed. Each learner must create a portfolio of evidence that demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include some or all of the following:

- Assessor observation
- Witness testimony
- Learner product
- Worksheets
- Assignments / projects / reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

Grading

This qualification is graded on a 'Pass' / 'Fail' basis.

Progression Routes

Learners wishing to progress from this qualification can undertake the following qualifications:

- Focus Awards Level 5 Diploma in Aesthetic Practice (RQF)
- Focus Awards Level 5 Certificate in Hydro Dermabrasion and Radiofrequency Treatments (RQF)
- Focus Awards Level 5 Certificate in Radiofrequency Treatment (RQF)

Supporting Materials and Useful Websites

- <https://www.focusawards.org.uk/supportingmaterials>
- <https://ofqual.gov.uk>

Qualification Structure

To successfully complete the Focus Awards Level 5 Certificate in Advanced Mesotherapy for Skin Rejuvenation (RQF) learners must complete 4 mandatory units, to achieve 20 credits.

Mandatory Units

Unit Title	Unit Reference	Level	Credit	GLH
Management of Health and Safety, and Infection Control Protocols for Aesthetic Procedures	D/650/8956	5	3	20
Advanced Consultation, Skin Analysis and Assessment for Aesthetic Treatments	H/650/8958	5	6	40
Anatomy and Physiology	M/650/8960	5	3	20
Advanced Mesotherapy for Skin Rejuvenation	Y/650/8963	5	8	55

Units

Unit Title:	Management of Health and Safety, and Infection Control Protocols for Aesthetic Procedures		
Unit No:	D/650/8956		
Level:	5		
GLH:	20		
Credit:	3		
Unit Details: The aim of this unit is to develop learner knowledge and understanding of health and safety management and infection control procedures in aesthetic practice.			
Learning Outcome The learner will:		Assessment Criterion The learner can:	
1	Understand management of health and safety in aesthetic practice.	1.1	Explain the importance of managing health and safety in a clinical environment.
		1.2	Describe how to identify, assess, and control health and safety risks.
		1.3	Describe health and safety review systems.
		1.4	Analyse proactive monitoring systems for health and safety.
		1.5	Explain the risks of inadequate management of health and safety in aesthetic practice.
		1.6	Evaluate the health and safety emergency response systems and procedures in own workplace.
		1.7	Analyse the effectiveness of a risk assessment.
2	Understand infection control in aesthetic practice.	2.1	Explain the importance of infection control.
		2.2	Describe the risks associated with poor infection control.
		2.3	Evaluate infection prevention and control methods.
		2.4	Identify how infectious diseases are transmitted.
		2.5	Explain the difference between 'infectious' and 'contagious'.
		2.6	Analyse the purpose of personal protective equipment (PPE) in controlling the spread of infection.
3	Implement health and safety management and infection control protocols for aesthetic procedures	3.1	Perform a risk assessment prior to undertaking a clinical procedure.
		3.2	Implement risk control systems for the clinical environment.
		3.3	Follow infection control protocols to minimise the risk of spreading infections during aesthetic procedures.

		3.4	Demonstrate safe disposal of hazardous, single-use items and general waste.
		3.5	Review health and safety systems.
Unit Guidance			
<p>Practical Requirements:</p> <p>A minimum of 4 observations must be completed to meet the following criteria: 3.1, 3.2, 3.3 and 3.5.</p> <p>Criteria 3.4 to be met during all stages of practical treatments.</p>			

Unit Title:	Advanced Consultation, Skin Analysis and Assessment for Aesthetic Treatments		
Unit No:	H/650/8958		
Level:	5		
GLH:	40		
Credit:	6		
Unit Details: The aim of this unit is to develop learner knowledge and understanding of consultation, skin analysis and assessment for aesthetic procedures.			
Learning Outcome The learner will:		Assessment Criterion The learner can:	
1	Understand the importance of advanced consultation practices for aesthetic treatments.	1.1	Evaluate the importance of completing a detailed consultation for aesthetic treatments.
		1.2	Explore the consequences of not performing an advanced consultation.
		1.3	Describe the methods to use when completing an advanced consultation.
		1.4	Explain the obligation of completing a medical questionnaire when carrying out a consultation.
		1.5	Summarise the procedures for concluding information gathering during advanced consultations.
		1.6	Describe the information that must be given to the client prior to commencing aesthetic treatments.
		1.7	Evaluate the importance of scheduling advanced consultations for aesthetic treatments.
2	Understand the importance of advanced skin analysis and assessment procedures and practices for aesthetic treatments.	2.1	Explain the process of completing a skin analysis and assessment for aesthetic treatments.
		2.2	Summarise the purpose of completing a skin analysis and assessment.
		2.3	Describe the requirements for completing a skin analysis and assessment for aesthetic treatments.
		2.4	Analyse the consequences of not completing a skin analysis and assessment prior to aesthetic treatments.
		2.5	Evaluate the importance of scheduling a skin analysis and assessment prior to an aesthetic treatment.
		2.6	Summarise the information required to devise an aesthetic treatment plan.

3	Implement advanced consultation, skin analysis and assessment for aesthetic treatments.	3.1	Perform an advanced consultation in line with insurance and legal requirements for aesthetic treatments.
		3.2	Implement a service plan for the client following an advanced consultation, skin analysis and assessment for aesthetic treatments.
		3.3	Follow legal and statutory regulations when performing advanced consultations, skin analysis and assessments for aesthetic treatments.
		3.4	Perform advanced consultation, skin analysis and assessment for aesthetic treatments.
		3.5	Recommend suitable aesthetic treatments and service advice.
Unit Guidance			
<p>Practical Requirements:</p> <p>Advanced consultation, skin analysis, and assessment for aesthetic treatments must be completed for each practical treatment.</p>			

Unit Title:	Anatomy and Physiology		
Unit No:	M/650/8960		
Level:	5		
GLH:	20		
Credit:	3		
Unit Details: The aim of this unit is to develop learner knowledge and understanding of anatomy and physiology.			
Learning Outcome The learner will:		Assessment Criterion The learner can:	
1	Understand the functioning of the body systems.	1.1	Explain the roles and functions of the 11 primary organ systems.
		1.2	Explain how bones contribute to blood cell production and mineral storage.
		1.3	Discuss the role of cartilage, ligaments, and synovial fluid in joint function.
		1.4	Analyse the changes and changes that the skeletal system faces as individuals age.
		1.5	Explain the process of muscle contraction.
		1.6	Explore how muscles contractions differ between voluntary (skeletal) and involuntary (smooth and cardiac) muscles.
		1.7	Compare and contrast the roles and components of the central nervous system and peripheral nervous system.
		1.8	Describe the role of hormones in maintaining homeostasis in the human body.
		1.9	Discuss how the heart, blood vessels, and blood work together to maintain homeostasis.
		1.10	Explain the role of the integumentary system in maintaining homeostasis
		1.11	Describe the main components of the lymphatic system and their functions.
		1.12	Describe common respiratory disorders.
		1.13	Explain the impact of ageing on the skin, hair, and nails and the structural and functional alterations that occur.
		1.14	Describe the process of wound healing and how scar tissue forms.
		1.15	Discuss the factors that influence wound healing.

2	Understand the structural arrangement of the human body.	2.1	Describe the intricate structural arrangement of the human body.
		2.2	Outline the overall structure of the 11 major organ systems in the human
		2.3	Explain how various organ systems in the human body work together to maintain homeostasis.
		2.4	Analyse how the human body undergoes structural changes as it ages.
		2.5	Describe the impact of ageing on bones, muscles, and organs, and the implications for health and function.
		2.6	Describe the structure of a typical cell.
		2.7	Explain the roles of organelles within the cell
		2.8	Explain the mechanisms that ensure the stability of internal conditions in the body despite external changes.
		2.9	Explain the composition of the primary tissues in the body.
		2.10	Describe the functions of the main cell components.
		2.11	Outline the four primary tissue types found in the body and their respective functions in two specific organs
		2.12	Explain how two or more organ systems can collaborate and function in coordination
		2.13	Describe the collaborative functioning of tissues.

Unit Title:	Advanced Mesotherapy for Skin Rejuvenation		
Unit No:	Y/650/8963		
Level:	5		
GLH:	55		
Credit:	8		
Unit Details: The aim of this unit is to develop learner knowledge and understanding of Mesotherapy for skin rejuvenation and the relevant anatomy and physiology.			
Learning Outcome The learner will:		Assessment Criterion The learner can:	
1	Understand the fundamental principles and procedures of Mesotherapy for skin rejuvenation.	1.1	Explain Mesotherapy procedures and processes for skin rejuvenation.
		1.2	Describe how Mesotherapy improves skin condition and appearance.
		1.3	Describe the benefits and limitations of Mesotherapy for skin rejuvenation.
		1.4	Explore the equipment, methods, and products available for mesotherapy skin rejuvenation.
		1.5	Explain the primary skin concerns that mesotherapy skin rejuvenation can address.
		1.6	Describe the key ingredients commonly used in mesotherapy skin rejuvenation products and their benefits.
		1.7	Explain how Mesotherapy can stimulate collagen production and improve skin elasticity.
		1.8	Analyse the role of regulatory standards and guidelines in the safe and effective practice of Mesotherapy treatment for skin rejuvenation.
		1.9	Describe post-treatment skincare and sun protection recommendations for patients who have undergone Mesotherapy for skin rejuvenation.
		1.10	Explain the importance of, and methods for restoring the pH level of the skin following Mesotherapy treatment.
		1.11	Explore the various techniques and methods used in Mesotherapy for skin rejuvenation
		1.12	Explain the factors to consider when devising a mesotherapy treatment plan for skin rejuvenation.
		1.13	Outline the factors that influence the choice of injection depth and site in mesotherapy for skin rejuvenation.
		1.14	Analyse the safety protocols and guidelines to follow during mesotherapy procedures.

		1.15	Explain the practice of combining mesotherapy with other skin rejuvenation treatments
2	Understand complications relating to Mesotherapy skin rejuvenation.	2.1	Explain the potential risks associated with Mesotherapy skin rejuvenation.
		2.2	Explore the circumstances where it is not advisable to perform Mesotherapy skin rejuvenation.
		2.3	Analyse the role of regulatory standards and guidelines in the safe and effective practice of Mesotherapy skin rejuvenation.
		2.4	Explain the adverse reactions that can occur after undergoing a Mesotherapy skin rejuvenation.
		2.5	Describe the possible complications related with Mesotherapy skin rejuvenation.
		2.6	Review how practitioners can mitigate potential complications and risks related to mesotherapy procedures
3	Understand the relevant anatomy and physiology for Mesotherapy skin rejuvenation.	3.1	Explain the influence of the lymphatic and circulatory systems on the recovery and healing process following a chemical peel
		3.2	Explain the structure and function of the following systems in relation to Mesotherapy skin rejuvenation treatment: <ul style="list-style-type: none"> - Lymphatic system - Facial nerve and muscle system - Integumentary system - Circulatory system
		3.3	Analyse the underlying scientific principles and mechanisms associated with mesotherapy for skin rejuvenation.
		3.4	Explore how mesotherapy targets specific layers in skin rejuvenation.
		3.5	Explain how mesotherapy aims to counteract the effects of collagen and elastin degradation in the dermis.
		3.6	Analyse the potential effects of mesotherapy on the vascular and lymphatic systems, and precautions to take.
		3.7	Explain how mesotherapy influences the cellular processes involved in maintaining healthy skin, such as cell turnover, keratinisation, and wound healing.

4	Achieving comprehensive skin rejuvenation through advanced mesotherapy techniques.	4.1	Carry out a comprehensive consultation, analyse the skin thoroughly, and assess the client's needs in detail.
		4.2	Conduct the necessary skin preparation prior to mesotherapy skin rejuvenation treatments.
		4.3	Select the appropriate mesotherapy device and products to suit the client's skin condition and treatment objectives.
		4.4	Demonstrate professional standards in carrying out advanced mesotherapy techniques.
		4.5	Follow the mesotherapy procedure guidelines to achieve uniform coverage of the targeted area, while also adjusting techniques to accommodate the client's requirements.
		4.6	Monitor the client's comfort and well-being throughout the duration of the treatment.
		4.7	Inform the client of possible adverse effects, complications, and risks associated with advanced mesotherapy techniques.
		4.8	Establish a treatment plan for advanced mesotherapy treatment through mutual agreement with the client.
		4.9	Conduct advanced mesotherapy techniques in accordance with procedure protocol and relevant legal requirements.
		4.10	Provide comprehensive post-treatment care instructions.
Unit Guidance			
<p>Practical Requirements:</p> <p>Minimum of 3 observations using a series of superficial injections and 3 observations using electro mesotherapy.</p> <p>Combining treatments is not permissible.</p>			

Staff Requirements

All staff involved in this qualification, in addition to the specific requirements outlined below, must also hold:

- Level 4 regulated qualification in a related sector
- First Aid at Work qualification or equivalent
- Basic Life Support qualification
- Anaphylaxis qualification
- Minimum of 2 years' relevant industry experience in the procedures they will be involved with teaching, assessing, or internally quality assuring.
- A minimum of 30 hours CPD completed within the last 12 months relating to aesthetic practice.
- Appropriate indemnity insurance

In addition to the above, centres must ensure that staff meet the minimum competence requirements set by any legislative or regulatory body guidance.

Requirements for Tutors / Instructors

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Level 3, 4, or 5 in Education and Training, or a Certificate in Education. Focus Awards will consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area.

Requirements for Assessors

Assessors will be required to hold or be working towards a relevant assessing qualification. This includes qualifications such as:

- Level 3 Award in Assessing Competence in the Work Environment (RQF)
- Level 3 Award in Assessing Vocationally-Related Achievement (RQF)
- Level 3 Certificate in Assessing Vocational Achievement (RQF)

Focus Awards will consider other relevant assessing qualifications upon submission.

Assessors who only hold the Level 3 Award in Understanding the Principles and Processes of Assessment (RQF) will be required to complete an additional programme of study to achieve the relevant competency units required for one of the qualifications listed above.

Trainee assessors who do not hold an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor.

Assessors must also be able to show they are occupationally competent within the sector area.

Requirements for Internal Quality Assurers (IQA)

Internal Quality Assurers should hold or be working towards an IQA qualification. This may include qualifications such as the V1 (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice (RQF). Focus Awards will consider other relevant IQA qualifications upon submission.

Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence.

Useful Vocabulary

This table explains how the terms used in Focus Awards' qualification specification content are applied. Not all terms are necessarily used in this particular qualification.

Apply	Explain how existing knowledge can be used in new or different situations.
Analyse	Break the subject down into individual parts. Examine each, show how they fit together, whether they support each other and why they're important. Reference to current research or theory may add weight to your analysis.
Clarify	Clearly and concisely explain the information presented.
Classify	Organise in alignment with specified criteria.
Collate	Gather and organise information in a logical order (e.g., alphabetically, numerically, chronologically etc.).
Compare	Examine the subjects in detail to identify differences and similarities.
Critically compare	Similar to 'compare' above, but consider any positive aspects and/or limitations/restrictions arising from identified differences and similarities.
Consider	Think critically about a presented situation, problem, action or decision, and explain it. Also see 'explain' below.
Demonstrate	Describe or explain knowledge or understanding by providing examples or illustrations.
Describe	Write about the subject, presenting detailed information logically.
Develop...	Expand a plan or idea by adding more detail and/or depth of information.
Diagnose	Collate and consider appropriate evidence to identify the cause or origin of a situation or problem.
Differentiate	Identify the differences between 2 or more arguments, situations or subjects.
Discuss	Create a detailed account from a range of viewpoints, opinions or perspectives.
Distinguish	Explain the difference between 2 or more items, resources, pieces of information.
Draw conclusions...	Derive a reason or logic based decision or judgement.

Estimate	Use existing knowledge, experience and other relevant information to arrive at an approximate or 'best guess' opinion or judgement.
Evaluate	Examine strengths and weaknesses; consider arguments for and against, and/or similarities and differences. Assess any presented evidence from different perspectives and arrive at a valid conclusion or reasoned judgement. Reference to current research or theory may support the evaluation.
Explain	Present detailed information about the subject with reasons showing how or why it's included. Include examples to support these reasons where possible.
Extrapolate	Use existing knowledge and data to predict possible outcomes or results that might be outside the expected 'norm'.
Identify	Recognise and name the main points accurately. Additional description or explanation may be needed to aid clarity and attribute credibility.
Implement	Explain how to put an idea or plan into action.
Interpret	Explain the meaning of something.
Judge	Form an opinion or make a decision.
Justify	Provide a satisfactory explanation for actions or decisions.
Perform	Carry out a task or process to meet the requirements of the question.
Plan	Create and record (list) a logical, organised sequence of information, required resources and actions/events that enable a concept or idea to be crystalised and communicated.
Provide	Identify and deliver detailed and accurate information related to the subject.
Reflect	Consider actions, experiences or learning and how these may impact practice and/or professional development.
Review and revise	Look back over the subject and make corrections or changes to improve clarity or better demonstrate understanding.
Select	Make an informed choice for a specific purpose or required outcome/result.
Show	Supply evidence to demonstrate accurate knowledge and understanding.
State	Provide the main points clearly in sentences or paragraphs.
Summarise	Convey the main ideas or facts concisely.

Assessor Feedback

Student Name:	
Student Number:	
Course:	
Unit(s):	
Criteria:	
Date:	
Comments:	
Decision:	
Further Actions:	
Assessor:	
Position:	

IQA Report

IQA Report			
Qualification:			
Assessor:		IQA:	
Candidate Name	Unit(s) Sampled	Assessment Methods	Comments
		IQA Signature	
		Assessor Signature	