

# SKIN AGING PRINCIPLES

## INTRODUCING HEALTHCERT EDUCATION

HealthCert Education is a global professional education provider dedicated to saving lives and improving patient outcomes through accredited primary care education for medical professionals. HealthCert Education does not accept sponsorship or commercial interest investment when delivering course content.

### PREREQUISITES (MANDATORY)

There are no prerequisites.

### COURSE CONTENT

In this course, the process of skin aging is examined commencing with the function of the skin and what happens to skin structure as the skin ages, including skin of colour. Intrinsic and extrinsic factors that cause the skin to age are discussed. Assessment tools including the Fitzpatrick skin types, Glogau classification, Johnson's wrinkle scale, Weiss's, Merz scales and Lever are outlined. Quizzes are presented to encourage participants to familiarise with the most common assessment tools. Grading acne severity scales and Roberts hyper-pigmentation and scarring severity scales are discussed in detail. Skin analysers are introduced as a potential skin assessment tool. The content then moves to treatment planning information including prevention, medical, aesthetic and cosmeceutical options. This course is evidence-based, demonstrates best practice and is regularly updated.

### RELEVANCE TO GENERAL PRACTICE:

The concern that consumers often make rushed and ill-informed decisions to have these procedures done is real. As general practitioners (GPs), our role is to provide the best possible advice and care to our patients in all areas of their health. As such, GPs are in a key position to support patients who have cosmetic concerns. GPs need to be educated in how to safely support patient concerns in aesthetic medicine.

The need to educate GPs is further reinforced in the Ageing across the life span: time to think again article by GE Pierard. 'Over the past decades, understanding of ageing skin has considerably expanded, with a welcome emphasis on differentiating true chronological ageing changes from photoageing (Table 1) resulting from habitual chronic sun exposure. 18–21'.<sup>1</sup>

1. RACGP, 'RACGP submission to the Medical Board Australia: Registered medical practitioners who provide cosmetic medical and surgical procedures, 2015  
<https://www.racgp.org.au/FSDEDEV/media/documents/RACGP/Reports%20and%20submissions/2015/Registered-medical-practitioners-who-provide-cosmetic-medical-and-surgical-procedures.pdf>

### LEARNING OUTCOMES:

1. Categorise and assess common aesthetic presentations.
2. Analyse features of skin ageing and plan appropriate treatment.
3. Determine a professional approach to aesthetic patients for use in a clinical setting.
4. Determine key elements of a total facial assessment and select ways to manage patient expectations.

### PRESENTER:

This course is presented by Dr Jenny Kimmins. Dr Jenny Kimmins spent many years in General Practice before developing an interest in management and treatment of skin conditions. She has over 10 years' experience in cosmetic medicine, including the management of acne and rosacea, laser skin treatments, dermal fillers and anti-wrinkle injections. She is a lecturer and trainer in aesthetic medicine and injectable cosmetic treatments. Jenny completed a postgraduate Diploma in Dermatology with the Australian Institute of Dermatology and is a trained skin cancer physician with a special interest in sun-damaged skin. She was awarded a Fellowship of the Cosmetic Physicians College of Australasia.

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### RECORDING:

Listen and learn about skin aging principles and how they can be used to guide treatment. The recording can be paused at any point to reflect on content and has a sophisticated search option for locating specific topics. You can copy and paste key slides into your personal document for ongoing reference.

### RECOMMENDED READING:

There are recommended open access readings and articles to enhance learning.

### CASE DISCUSSIONS:

There are interactive case discussions to reinforce learning, where participants are encouraged to research, view other responses and discuss topics with other participants. Expert answers are provided once case discussions are submitted.

### ASSESSMENT:

There are two online multiple choice examinations for assessment:

- Knowledge-based questions.
- Scenario-based questions with a focus on cases of patient care in the clinical environment.

Assessment is not timed and can be repeated if the 80% pass mark is not achieved with the first attempt.

### ACCREDITATION:

HealthCert courses align with the continuing professional development accreditation requirements. This course qualifies for TBC hours for Educational activity and for TBC hours for Reviewing performance.

### EVALUATION:

An evaluation at the end of the course enables HealthCert Education to continually improve education content.

### FUTURE PATHWAY OPTIONS:

Further topics relating to aesthetic medicine can be viewed on [www.healthcert.com](http://www.healthcert.com). An online chat option on the web page provides you direct access to an Educational Advisor or, if you prefer email, [info@healthcert.com](mailto:info@healthcert.com). If you would like to speak to an educational advisor, please call 1300 856 695 (Australia) or +44 203 514 0688 (international).

### CONTACT HEALTHCERT

Please contact [admin@healthcert.com](mailto:admin@healthcert.com) with any questions.

### VERSION CONTROL TABLE

*All changes must be approved by the Head of Academic Standards or Head of Accreditation.*

| Version no. | Version date | Authorised officer | Amendment details |
|-------------|--------------|--------------------|-------------------|
| 1.          |              |                    |                   |
| 2.          |              |                    |                   |