

FOUNDATIONS OF HAIR & SCALP: ANATOMY & FUNCTION 1

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

This course provides a structured introduction to the anatomy, physiology and function of the hair and scalp, establishing essential foundations for understanding health and disease. Participants will examine the follicular unit and pilosebaceous anatomy together with vascular supply, innervation and the concept of immune privilege that protects follicles from autoimmune attack. The course also explores the hair cycle with its anagen, catagen, telogen and exogen phases and the key signalling pathways that regulate growth and shedding. By linking microscopic anatomy to clinical relevance, learners gain insight into how disruptions in follicular physiology contribute to conditions such as alopecia, folliculitis and scarring disorders. Designed for health professionals, the program combines academic theory with clinical application, preparing participants to apply knowledge in diagnostic reasoning and patient care. This foundation builds confidence in recognising pathology, guiding management and supporting further specialised learning in medical trichology.

This course is evidence-based, demonstrates best practice and is regularly updated.

RELEVANCE TO GENERAL PRACTICE:

Androgenetic alopecia (AGA), otherwise known as pattern hair loss, is the most common form of hair loss in both men and women. In brief, the hair cycle consists of 3 main phases: anagen (growth), catagen (transitional) and telogen (resting), with hair follicles cycling between these stages to produce and shed hair over time. The prevalence of AGA increases with age. Male pattern hair loss is thought to affect 80% of males by the age of 80. Female pattern hair loss affects approximately 12% of women aged between 20 and 29 years to 40% of women by age 50.¹

In Australia, hair loss—such as alopecia areata—is not rare; in primary care, new cases present at an incidence rate of about 0.278 per 1000 person-years, with a point prevalence of 0.13% as of late 2020. This underscores the need for general practitioners to be equipped with foundational knowledge in medical trichology for accurate recognition, management, and referral.²

1. Australian Prescriber, Male and female pattern hair loss, 2025, <https://australianprescriber.tg.org.au/articles/male-and-female-pattern-hair-loss.html>
2. Dermatology Republic, New Alopecia Areata Snapshot Offers National Insights, 2023, https://www.dermatologyrepublic.com.au/new-alopecia-areata-snapshot-offers-national-insights/2058?utm_source=chatgpt.com

LEARNING OUTCOME:

1. Differentiate between types of skin and types of hair and evaluate disorders.
2. Determine the anatomy of hair shafts, the hair cycle and assess problems.

PRESENTER:

This course is presented by Dr Ahmed Kazmi.

RECORDING:

Listen and learn about the foundations of hair and scalp: Anatomy & function part 1. The recording can be paused at

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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.

EVALUATION:

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

FUTURE PATHWAY OPTIONS:

Further topics relating to mental health can be viewed on 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. 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 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.			