

TELOGEN EFFLUVIUM

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 introduces Telogen Effluvium (TE), the second most common cause of hair loss after androgenic alopecia. It provides a structured approach to understanding the condition through eight key units: introduction to the hair cycle, pathophysiology, triggers, history taking and clinical presentation, diagnostic approach, differential diagnosis, management strategies, and clinical case correlations. Participants will learn to recognise acute and chronic TE, identify common triggers such as stress, systemic illness, medications, and nutritional deficiencies, and distinguish TE from other forms of alopecia using clinical, trichoscopic, and laboratory tools. Evidence-based management is emphasised, covering patient reassurance, lifestyle and nutritional interventions, medical therapies, and newer treatment modalities. Case studies illustrate real-world applications, supporting critical thinking and practical decision-making. By completion, learners will confidently diagnose TE and implement tailored, patient-centred management plans.

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

RELEVANCE TO GENERAL PRACTICE:

Recent Australian literature confirms that telogen effluvium (TE) is a common non-scarring alopecia increasingly recognised in primary care. A 2020 *Australian Journal of General Practice* case report highlighted acute TE following SARS-CoV-2 infection, underlining its relevance in post-viral presentations seen by GPs.¹

The Australasian College of Dermatologists notes TE is among the most frequent causes of diffuse hair loss in Australia, often triggered by stress, illness, medications, or nutritional deficiencies, and commonly encountered in general practice before referral.² By integrating this knowledge, GPs can confidently diagnose TE, provide reassurance, manage underlying triggers, and reduce unnecessary dermatology referrals.

1. AJGP, Acute telogen effluvium associated with SARS-CoV-2 infection, 2020, <https://www1.racgp.org.au/ajgp/coronavirus/acute-telogen-effluvium-associated-with-sars-cov-2>
2. The Australasian College of Dermatologists, Telogen effluvium, 2019, <https://www.dermcoll.edu.au/atoz/telogen-effluvium>

LEARNING OUTCOME:

1. Diagnose Telogen Effluvium.
2. Manage Telogen Effluvium with evidenced based treatments.

PRESENTER:

This course is presented by Dr Eeshara Vithana.

RECORDING:

Listen and learn about telogen effluvium. 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:

TELOGEN EFFLUVIUM

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.			