

INTRODUCTION TO TRICHOLOGY: A CLINICIAN'S GUIDE

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 trichology as a paramedical science of hair and scalp health, bridging dermatology, endocrinology, nutrition, psychology, and cosmetic science. Participants will learn the trichologist's scope of practice, including scalp analysis, hair loss evaluation, management of common scalp disorders, and guidance on hair care, nutrition, and lifestyle. The course highlights key consultation techniques such as trichoscopy, hair pull and wash tests, and trichogram analysis. Emphasis is placed on non-medical treatment advice, patient education, and the psychosocial aspects of hair concerns. Learners will also explore effective doctor–trichologist collaboration, cultural competency in Afro-textured hair care, and the importance of personalised hair care advice. By the end, participants will understand trichology's clinical relevance, recognise hair and scalp concerns beyond dermatologic disease, and apply multidisciplinary, patient-centred approaches to improve care and communication.

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

RELEVANCE TO GENERAL PRACTICE:

Hair and scalp disorders are common in general practice. Australian data show alopecia areata has an incidence of 0.278 per 1,000 person-years and a prevalence of 0.13%.¹

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 50.²

The role of the general practitioner is paramount in establishing the diagnosis, setting achievable therapeutic goals and navigating the psychosocial comorbidity associated with this chronic condition. It supports early recognition, accurate diagnosis, and appropriate use of tools such as trichoscopy.³

1. Dermatology Republic, New Alopecia Areata Snapshot Offers National Insights, 2023, <https://www.dermatologyrepublic.com.au/new-alopecia-areata-snapshot-offers-national-insights/2058>
2. Australian Prescriber, Male and female pattern hair loss, 2025, <https://australianprescriber.tg.org.au/articles/male-and-female-pattern-hair-loss.html>
3. AJGP, Female pattern hair loss, 2018, <https://www1.racgp.org.au/ajgp/2018/july/female-pattern-hair-loss>

LEARNING OUTCOME:

1. Evaluate hair types and provide advice regarding general hair care.
2. Recommend and manage afro hair practice.

PRESENTER:

This course is presented by Dr Ahmed Kazmi.

RECORDING:

Listen and learn about the introduction to trichology: A clinician's guide. 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.

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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.			