REGULATIONS AND CURRICULUM GOVERNING

FELLOWSHIP IN COSMETIC DERMATOLOGY PROGRAM

(2024-25)

Name of the Constituent Unit/Centre: Yenepoya Medical College



YENEPOYA

Deemed to be University

Deralakatte, Mangalore, Karnataka.

YENEPOYA
Deemed to be University

NOTIFICATION FROM THE UNIVERSITY

YENEPOYA
(DEEMED TO BE UNIVERSITY)

A+ NAAC

YENEPOYA (DEEMED TO BE UNIVERSITY)

OFFICE OF THE REGISTRAR

No.: 56-ACM/05/2024 Date: 20.06.2024

NOTIFICATION

Sub: Starting of Fellowship in Cosmetic Dermatology – reg .:-

Ref: 1. Resolution of the Academic Council at its 56th meeting held on 15.05.2024 vide agenda-5.
2. Resolution of the Executive Council at its 3rd meeting held on 11.06.2024 vide agenda-03.

*****

Pursuant to the resolutions cited in the above references, the Yenepoya (Deemed to be University) hereby notifies the starting of Fellowship in Cosmetic Dermatology in the department of Dermatology Venereology and Leprosy under the Faculty of Medicine from the academic year 2024-2025.

The curriculum and regulations have also been approved by the above bodies.

REGISTRAR

mj

To:
PA to Vice Chancellor
Dean of Academics, Yenepoya (Deemed to be University)
Controller of Examinations
Dean, Faculty of Medicine
Professor & Head, department of Dermatology Venereology and Leprosy
File Copy

CONTENTS

YENEPOYA
Deemed to be University

S. No.	Particulars	Page numbers
1.	Preamble	03
2.	Goal	03
3.	Objectives /Outcomes	03
4.	Program specific Outcomes	04
5.	Syllabus/Course Content	05-10
6.	Assessment	10-11
7.	Recommended Books	12-13
	Annexure	
8.	Blue Print	14-16
9.	Model Question papers	17-18

YENEPOYA
Deemed to be University

Fellowship In Cosmetic Dermatology

Preamble

There has been an upward trend in patients seeking cosmetic treatments for concerns ranging from acne, pigmentation, wrinkles and aging. A significant number of patients attending dermatology OPD at YMCH present with these complaints. Hence, this fellowship in cosmetic dermatology aims at training dermatologists in various cosmetic procedures to enhance their skills and knowledge.

Goal:

To formally train dermatologists in the field of Cosmetic Dermatology so that the trained candidates

can practice and deal with various types of cosmetic concerns.

Aim of the program

To make fellows competent in cosmetic dermatology to handle various cosmetic problems, learn new procedures and develop new skills.

Objectives/Outcomes

- PO1- To acquire knowledge as regards to various cosmetological problems and procedures
- PO2 - To be aware of the recent trends in the field of cosmetic dermatology

- PO3 - To attain basic skills and techniques of performing cosmetological procedures like Lasers, injectables, chemical peels.
- PO4 - To develop techniques for counselling patients before and after the procedure.

Program specific Outcomes PSO -

PSO1	To make a diagnosis	Examine and assess the patient for cosmetic concerns regarding acne, pigmentation, aging and facial symmetry.
PSO2	To formulate a treatment plan	To identify the patient concerns, formulate the plan and execute the treatment such as conservative or procedural based.
PSO3	To counsel the patient	Explain the risks and benefits of cosmetic procedures vs conservative management and to take into account the patient's preferences and expectations.
PSO4	To Perform appropriate Procedures	To be able to assist /perform various cosmetic dermatology procedures
PSO5	To Manage or prevent Complications	To assess the probable complications of the procedure and to notify it

a. Eligibility for admission

Post MD (DVL)/DNB(DVL)/DDVL

b. Number of admissions:

2 per year

Syllabus / Course contents

Anatomy and Physiology

1. Classic anatomy
2. Topographical features and underlying bony and cartilaginous structures
3. Blood supply of the face
4. Sensory innervation of the head and neck
5. Motor innervation of the head and neck
6. Muscles of facial expression
7. Characteristics of the skin in different cosmetic unit
8. Relaxed skin tension lines, cosmetic units and junction lines
9. Physiology of the skin and soft tissues
10. Microscopic anatomy of the skin and subcutaneous tissues
11. Photo-aging and intrinsic aging

Basic principles of cosmetology

1. Introduction to Cosmetology
2. Documentation - Informed consent Form
3. Principles governing Cosmetological procedures
4. Subspecialities of Cosmetology (Protective, Decorative and Remedial or Active Cosmetology)

5. Dermatological disorders coming under the purview of cosmetology
6. Cosmeceuticals
7. Instruments, Equipments and Universal precautions
8. Adverse reactions to cosmetics
9. Professional ethics - The ideals of medicine
   - Personal integrity and accountability
   - Ethical accountability in physician-patient relationships
   - Boundary violations in physician-patient relationships
   - Professional accountabilitiy, licensing and discipline
   - The physician and public accountability
10. Moisturizers
11. Personal care and Cosmetic products
12. Household cosmetics
13. Nail aesthetics - Artificial nails
14. Medi Facials
15. Chemical peels - Superficial
    - Medium depth chemical peeling
    - Conventional peels
    - New and Combination peels
    - Peels for dark skin
    - Peels for acne skin
    - Peels for pigmentation

16. Cosmetic care and counselling for normal and problematic skin

17. Cosmetic camouflage

18. Adverse reactions in cosmetology

19. Common cosmetic techniques in beauty parlours

20. Managing a difficult patient - Body Dysmorphic disorders

Approach to cosmetic problems in dermatology

1. Acne and acne scars
2. Hirsutism
3. Pigmentary disorders
4. Cosmetic problems of nails
5. Hyperhidrosis/Bromhidrosis/Chromhidrosis
6. Aging skin problems

Procedures in cosmetology

1. Surgery for acne scars - Punch excision
   - Punch floatation
2. Electrosurgery - Hyfrecator
   - Electrofulgration
   - Electrodessication
   - Electroepilation
3. Radiofrequency - For removal of skin lesion

- For tissue tightening

4. Mole removal
5. Cryotherapy - Cryocan
   - Roller device
   - Dipstick method
6. Platelet rich plasma - For anti – aging
   - For acne scars
7. Iontophoresis
8. Dermaroller - For acne scars
   - Stretch marks
   - Skin Rejuvenation
9. Non ablative fractional CO2 lasers - Acne Scars
   - Keloids
   - Facial rejuvenation & tightening
10. Botulinum toxininjections - Facial Wrinkling
    - Hyperhidrosis
    - Mesobotox
11. Microblading
12. Threads- Anti ageing
    - Acne Scars
    - Alopecia
13. Laser Basics - Laser Hair Removal

- Fractional Lasers

- Q Switched Lasers

- CO 2 Lasers

14. Soft-tissue Fillers

1. Ideals of beauty

a. Mathematics of symmetry

b. Principles of facial shape and harmony

2. Facial anatomy and mapping

a. Facial aesthetics and changes associated with aging

b. The use of mathematical principles and proportions to achieve excellent filler results

c. Avoiding, diagnosing and treating complications

15. Chemical Lipolysis - Subcutaneous drug for nonablative local fat

Programme Structure

Duration of the course	13 months
Seminars/ Journal Clubs	1 hour per week
Practical and Clinics	6 hours per week
Contact hours	42 hours per week
InterDepartmental meetings (Anatomy, Endocrinology, Psychiatry, Plastic Surgery)	2 per year

Simulation-based	2 hours per month

Attendance requirements

After completing 13 months of course with 80% minimum attendance is required to appear for the University exam.

Academic Requirements

1. At least one presentation/poster in international/national/state conferences
2. Regular presentations in Local body dermatology meets.
3. Maintaining a LogBook of all Clinical work and Practice.

Scheme of Examination

University Examination

The final Examination will include the Theory and Practical Examination of 200 marks each.

a) THEORY PAPER: - Paper 1 and 2 (200 Marks)

Paper – I - Fundamentals of Cosmetology Anatomy & Physiology	100 Marks
Paper-II- Skin diseases & Cosmetic Procedures Recent advances in Cosmetic dermatology	100 Marks
Total	**200 Marks**

Nature and Number of Questions: Each theory paper will consist of 10 long essays

Duration of Theory Papers: 3 hours for each question paper

b) PRACTICAL: -

OSCE **(Objective Structured Clinical Examination)**	30 Marks
Practicals **- Long case X 1** **- Short case X 1**	 30 Marks 20 Marks
Viva Voce	20 Marks
Total	100

Criteria for Eligibility to Appear University Exam

- ✓ 80 % attendance
- ✓ Maintaining log book duly signed by the course director and coordinator
- ✓ Paper /poster presentation either in national or state conferences

Criteria for pass

Minimum 50 % marks in Theory

Minimum 50 % marks in Practical.

Declaration of results

Declared by the Yenepoya (Deemed to be University)/ Yenepoya Medical College

Logbook/Portfolio

The log book should be maintained, which must be countersigned by the course director.

YENEPOYA
Deemed to be University

Reference books and Journals

1. Mysore V, editor. ACS(I) Textbook of Cutaneous & Aesthetic Surgery. 2nd ed. New Delhi: Jaypee Brothers Medical Publishers (P) Ltd; 2017.

2. Vasudevan B, Chatterjee M, Shilpa K, editors. ACS(I) Procedural Dermatosurgery a step by step Approach. New Delhi: Jaypee Brothers Medical Publishers (P) Ltd; 2018.

3.Savant SS, editor.Textbook Of Dermatosurgery & Cosmetology: Principles and Practice. 3 rd ed. Mumbai: Bhalani Publishing House; 2018.

4. Tay YK, Chan YC, editors. Textbook Of Laser And Light Dermatology In The Asian Skin. Singapore: World Scientific Publishing Company; 2011.

5. .Baran R, Maibach H, editors. Textbook of Cosmetic Dermatology. 5th ed. Boca Raton: CRC Press; 2017.

List of recommended journals

1. Journal of cutaneous and aesthetic surgery
2. Lasers in Surgery and Medicine
3. Clinical, Cosmetic and Investigational Dermatology
4. Lasers in Medical Science
5. Journal of Cosmetic Dermatology
6. Journal of Clinical and Aesthetic Dermatology
7. International Journal of Cosmetic Science
8. Journal of Cosmetic and Laser Therapy

9. International Journal of Trichology

10. Journal of Cosmetic Science

11. Surgical and Cosmetic Dermatology

Any other information:

Course director:

Dr Manjunath Shenoy

Professor and HOD,

Department of Dermatology, venereology and Leprosy

Yenepoya (deemed to be) University,

Deralakatte, Mangalore - 575018

Course co ordinator:

Dr Vishal Amin

Professor,

Department of Dermatology, venereology and Leprosy

Yenepoya (deemed to be) University,

Deralakatte, Mangalore - 575018

Subject Experts (External)

1. Dr B S Chandrashekhar

Chief Dermatologist,

CUTIS Academy of Cutaneous Sciences & Founder of Epicorium

5/1, 4th Main, MRCR Layout,

Magadi Main Rd, Govindaraja Nagar Ward,

MC Layout, Vijayanagar, Bengaluru, Karnataka 560040

2. Dr K C Nischal

Nirmal Skin & Hair Clinic

17, 8th Cross Rd, Govindaraja Nagar Ward,

MC Layout, Vijayanagar, Bengaluru, Karnataka 560040

Annexures

Blueprint for Theory and Practical Examination

Theory Examination

Paper – I -

Topics	Number of questions	Marks
Fundamentals of Cosmetology		
- Structure and function of skin	1	10
- Visco elastic Properties of Skin including RSTL	1	10
- Skin aging	1	10
- Sunscreens, retinoids, moisturizers, de-pigmenting agents, antioxidants: Pharmacology and Uses.	2	10
- Cosmeceuticals	1	10
Anatomy & Physiology		
- Biology of eccrine and apocrine glands, hair follicle, sebaceous gland and nail.	1	10
- Muscles of facial expression	1	10
- Blood supply, sensory and motor innervation of the head and neck	1	10

YENEPOYA
Deemed to be University

Paper-II-

Topics	Number of questions	Marks
Skin diseases & Cosmetic Procedures		
- Acne and Scar management	1	10
- Pigmentary disorders	1	10
- Cosmetic problems of nails	1	10
- Hirsutism	1	10
-Dermatologic procedures – Chemical peeling, electrocautery, LASERS – Physics and application	2	10
- Botulinum toxin, fillers, Tattooing and tattoo removal	1	10
- Psychodermatology	1	10
Recent advances in Cosmetic dermatology	2	10

Blueprint for practicalExamination

Topics	Number of questions	Marks
OSCE		
a. Hirsutism	1	5
b. Acne and acne scars	1	5
c. Facial pigmentation	1	5
d. Brittle nails	1	5
e. Cutaneous Vascular anomalies	1	5
f. Congenital / acquired melanocytic nevus	1	5
Practicals		
- Long case		
Soft tissue loss in face	1	30

- Short case Aging skin problems	1	20
Viva Voce - Instruments - Therapeutics		 10 10

YENEPOYA
Deemed to be University

Question paper layout and Model Theory Question paper

YENEPOYA (Deemed to be University)

FINAL ASSESSMENT EXAMINATION

Fellowship in Cosmetic Dermatology - Paper I

DERMATOLOGY, VENEREOLOGY AND LEPROSY

Exam Date: Max Marks: 100

Time:

Your answers should be specific to the questions asked.

Draw neat labelled diagrams wherever necessary.

Short Essay (Marks: 10 x 10)

1. Enumerate the muscles of facial expression - Anatomy, blood supply and function.
2. Briefly describe fat compartments of the face. Add a note on SMAS.
3. Mechanism of skin aging. Describe intrinsic and extrinsic types of facial aging.
4. Sunscreens - types and uses. Add a note on oral sunscreens.
5. Write a note on the visco elastic properties of the skin including Relaxed Skin Tension Lines.
6. Describe the problems of aging skin
7. Cosmeceuticals - definition, indications and adverse effects.
8. What is cosmetic camouflage therapy - indications, adverse effects and limitations.
9. Describe contact sensitivity to traditional cosmetics.
10. Write a note on the art of handling complications in aesthetic practice.

YENEPOYA
Deemed to be University

FINAL ASSESSMENT EXAMINATION

Fellowship in Cosmetic Dermatology - Paper II

DERMATOLOGY, VENEREOLOGY AND LEPROSY

Exam Date: Max Marks: 100

Time:

Your answers should be specific to the questions asked.

Draw neat labelled diagrams wherever necessary.

Short Essay (Marks: 10 x 10)

1. Discuss the different types of lasers - tissue interactions and uses of lasers in different indications.
2. Write briefly on Body Dysmorphic Disorder
3. Soft tissue augmentation - Types, uses and techniques
4. Discuss structure, mechanism of action and different types of botulinum toxin
5. Discuss Non glycolic acid chemical peels : Structure, indications, method of use, complications, precautions to be taken and management of complications
6. Approach to a case of hirsutism.Write in detail about the medical and cosmetic management.
7. Facial rejuvenation - Role of mesotherapy
8. Mention the different types of artificial nails available. Add a note on the adverse effects related to nail care products.
9. Write briefly on microblading and its applications in dermatology
10. Types of acne scars and management.