

Application for Recognition as an IADVL Observership Centre-2017

1	Specialty (Laser/aesthetic dermatology)	
2	Program director (Should have at least 5 years' experience following postgraduation)	
a	Name Dr Geraldine Jain	
b	Qualification (including year of passing) MBBS-1984, DVD-1989, Ph.D-2006	
c	Experience/expertise in the field 23 Years	
d	Working hours 10am to 7pm	
3	Other faculty	
a	Name Dr Manisha Nijhawan	
b	Whether full time or part time (working hours if part time) PART TIME (5PM-7PM)	
c	Qualifications MBBS, MD(SKIN)	
4	Department DERMATOLOGY	
5	Institution PUNARNAWAH MEDICAL & RESEARCH CENTRE	
6	Address G-7, GAURAV SQUARE, GUARAV NAGAR, CIVIL LINES, JAIPUR(RAJ)	
7	University affiliation for Dermatology/Venereology/Leprology and for fellowship specialty (<i>if applicable</i>) NO	Yes/ <u>No</u>
8	Does the institute have specific restrictions on fellowship candidates? (<i>If Yes, please give details</i>) NO	Yes/ <u>No</u>
9	Does the fellowship entail any financial implication for the candidates other than that stipulated by the IADVL? (<i>If Yes, please give details</i>) Yes.The candidate pays for consumables used while training	<u>Yes</u> /No
10	Number of days a week that the OPD runs 6 DAYS	
11	Approximate daily attendance of patients in the department	

a	OPD attendance 120 PATIENTS	
b	Inpatient attendance NIL	
12	For departments with other faculty, will the candidate be allowed access to the OT/equipment on the days of other faculty? YES	<u>Yes/No</u>
13	Faculty who will be in charge if the program director goes on long leave or quits the department Dr MANISHA NIJHAWAN	
14	Number of years for which the department /institution has been carrying out similar work N/A	
15	In house details	
a	<p>Equipment (for lasers, please specify the types of machines and their utility)Name of machine Indications</p> <p>List of Machines and their indications Name of machine Indications of Use</p> <p>RF + Cavitation Seborrhoeic keratosis, Acrochordons, Molluscum contagiosum, Verrucae, Syringomas, Small angiomas</p> <p>Microdermabrader Fine lines, Scar revision, Skin rejuvenation, Acne scar reduction, Age spots, Sun damage</p> <p>Intensed Pulse Light + RF Rosacea, Photoaging,Photo-rejuvenation, Age spots, Acne & Acne scarring, Post-surgical scars, Stretch marks, Telangectasia, Hair removal</p> <p>Diode + RF Hair Removal, Skin tightening, Stretch mark correction, Cellulite correction, Acne scars</p> <p>Fractional CO₂ Revision of Acne scars, Photo-rejuvenation, Naevus, Verrucae, Pigmented lesions, Warts, Ingrown Toe-nails, Alopecia, Acne</p> <p>Q-Switch ND-YAG Lentiginos, Cafe-au lait macules, Naevus, Melasma, Photoaging, Tattoo removal</p> <p>RF + Cavitation Non ablative Body Contouring, Skin tightening, Skin rejuvenation, Rhytids</p>	
b	Facilities (e.g. library) YES	
c	Space 1200 sq ft	
d	Opportunities for basic or clinical research YES	

e	<p>Details of weekly academic activities undertaken by department</p> <p>MONDAY- PCOS Clinic</p> <p>TUESDAY- Histopathology</p> <p>WEDNESDAY- Trichology Clinic</p> <p>THURSDAY- Onychology Clinic</p> <p>FRIDAY- Pigmentary Clinic</p> <p>SATURDAY- Psoriasis/Vitiligo Clinic</p>	
f	<p>Details of presentations/publications/research in the specialty from the department/ institution in the last 2 years</p> <p>Faculty at various national & international conferences</p>	
16	<p>Has similar training been offered by the department? <i>(If Yes, please give details)</i> In process. As training centre for National Council of Laser Certification</p>	<u>Yes/No</u>
17.	<p>Are hostel facilities available? <i>(If Yes, please indicate the charges)</i> NO</p>	<u>Yes/No</u>
18	<p>Brief description of the intended training program(daily and weekly routine), including details of the curriculum</p> <p>DAILY PROGRAMME</p> <p>All working days</p> <p>10am-12noon: Outdoor</p> <p>12noon-2pm: Case discussions + academic activities</p> <p>5pm-7pm: Hands on training</p> <p>Course Curriculum- Attached</p>	
19.	<p>Will trainees get hands on training? YES</p>	<u>Yes/No</u>

Signature and stamp:

Name of the Program Director & Centre: Dr Geraldine Jain,
Punarnawah Medical & Research Centre

Contact no: 9982640000

Email address: geraldine.jain@gmail.com

Address: G-7, Gaurav Square,

Gaurav Nagar,

Civil Lines,

Jaipur (Rajasthan)

Course Module –

Module 1 : Skin Conditions, Classification and Analysis As a cosmetic physician, deciding the right treatment for the right client is of vital importance. Therefore a thorough understanding of various skin conditions and analysis techniques is essential. This module will focus on

- Pathophysiology of skin conditions
- Analysis of different skin types
- Criteria for client selection
- Skin classification techniques and indicators
- Case Study review
- How to optimize the results of any skin rejuvenation procedure with appropriate skin conditioning program

Module 2 : Peels and Peeling Agents Chemical peels are one of the fastest growing aesthetic procedures because of their immediate results and their wide range of aesthetic applications. If the client desires to reduce or eliminate fine lines and wrinkles, acne scarring or uneven pigmentation, or simply to rejuvenate the skin, chemical peels offer a quick and relatively inexpensive solution. This module will focus on

- Skin Conditioning
 - Indications and Contraindications
 - Side effects
 - Results
 - Skin regime
- Clinical Peeling
 - Indications and patient selection
 - Contraindications
- Peeling Chemistry
 - Glycolic acid
 - Salycilc Acid
 - Resorcin
 - Pyruvic
- Phenol Peelings
- Combination Peels
- Complications
- Live demonstration and hands-on

Module 3 : Lasers and Light Devices in Aesthetic Practice Lasers are increasingly finding their way into today's aesthetic clinics. Their wide range of aesthetic applications along with their relative ease in handling has made them a very popular aesthetic tool. This module will focus on

- Laser Physics and light based tissue interaction

- Types of lasers
- Indication based laser classification
- Laser safety and Machine Handling
- Contraindications
- Pre and Post Procedure Care
- Introduction to latest technologies
- Laser Skin Rejuvenation
- Laser Hair Removal
- Laser Acne Treatment
- Hands On training

Module 4: Aesthetic Clinic Essentials, At Pun we believe that overall development of the participating student will ensure their success in the long run. To take their practice to the next level, they not only have to be good doctors but also good at selling, negotiating and marketing treatments and activities within their clinics. This module will focus on

- Doctor etiquette and grooming
- Documentation in aesthetic practice
- Cosmetic clinic set up guidelines
- Soft skills training and client management
- How to market practice and build customer base

Module 5: Other Cosmetic Indications Participants will also receive theoretical and applied skills in other cosmetic indications and applications such as microdermabrasion and cauterisation which today are the basic tools of any cosmetologist.

Module 6: Mesotherapy Concept of Medicine which consists in injecting micro doses of drugs close to the site of therapeutic effect inside the dermis.

- History of Mesotherapy
 - Definition
 - Characteristics
- Injection techniques
 - Manual
 - Gun
- Pharmacology: Selecting medication to use in Mesotherapy
- Aging skin and Mesolift
- Mesohair
- Mesoacne
- Traditional Indications
 - Cellulite
 - Localized obesity
- Stretch marks
- Pain management

- Pharmacology
 - Techniques
 - Sites of application
 - Herpes zoster
- How to market your practice and build customer base
 - Live workshop and hands-on

Module 7: Botulinum Toxin and Dermal Fillers Botulinum toxin and dermal filler injections have become the number one cosmetic procedure in the world. Lack of pain and downtime has made them popular among clients seeking youth and rejuvenation. This module will focus on

- Facial wrinkles classification
- Botulinum toxin Type A (BTA)
 - Introduction
 - Indications and consent
 - Selection of patients
 - Complications
 - Advice pearls
 - Live demonstration and hands on
- Skin fillers
 - Introduction
 - Indications and consent
 - Selection of patients
 - Complications
 - Advice pearls
 - Live demonstration and hands on

Module 8: PRP Platelet Rich Plasma is one of the latest entrants in Aesthetic Practice. Newer insights with practical demonstration of techniques of processing and injecting.

- Principles of PRP
- Using PRP in your Practice
- PRP and Face Rejuvenation
- Learn the Easy Way of PRP Preparation
- Demonstration and Hands on

Module 9: Facial Thread Lifts

- Introduction to the world of thread lift
 - What are suture lifts?
 - Ageing and the role of suture lifts in aesthetic medicine
 - Clinically oriented facial anatomy and danger zones

- Types of threads on the market: permanent vs. non-permanent
- Pre-operative considerations
 - Patient selection
 - Pre-operative guidelines
 - Local and regional anaesthesia for suture lifts
- Non Barbed Suture Lifts
 - Concept
 - Materials and instruments
 - Step-by-step technique: temporal, brow, midface, lower face, neck
 - Aftercare and results
- Barbed Suture Lifts
 - Concept: anchored vs. free-floating sutures
 - Materials and instruments
 - Step-by-step technique: brow, midface, lower face, neck
 - Aftercare and results
- Coned Suture Lifts
 - Concept and design
 - Materials and instruments
 - Step-by-step technique: brow, midface, lower face, and neck
 - Aftercare and results
- Stimulating Threads
 - Concept and materials
 - Indications and insertion
 - Results and complications
- Complications of thread lift techniques
- Defining your practice: which thread lift technique should I use?
- Combination approaches with threads for best results: botulinum toxins, fillers, skin resurfacing and rejuvenation
- Live Demonstration & Hands on Training