



## Course Book

<b>Course Description</b>	This lecture is intended as an assistant textbook in English language and its applications in learning medical terminology techniques in applied academic medical graduate programs. The lecture may also be of interest for the large number of professional medical terms, who in their daily occupations deal with medical terms and have a need to improve their understanding of terms in the field cosmetics and to all medical postgraduate programs.				
<b>Course objectives</b>	This lecture is based on notes that we developed over the past years of teaching medical terms to students in nursing cosmetic techniques department at the institute of medical technology. It contains two chapters, each chapter covering a specific group of subjects related to medical terminology that form the basic knowledge required from professionals working in different medical terms in cosmetic fields.				
<b>Student's obligation</b>	In contrast to other English specialties, such as art, language, studies of modern medical terminology attract a much broader base of professionals including graduate students in medical terms residents and technology students in learning medical terms educational programs. All these professionals have a common desire to improve their knowledge of the medical terms that underlies the application of terms in learning.				
<b>Required Learning Materials</b>	lecture halls with data show equipment for lecture presentations, white board, overhead projector, posters				
<b>Evaluation</b>	<b>Task</b>	<b>Weight (Marks)</b>	<b>Due Week</b>	<b>Relevant Learning Outcome</b>	
	Paper Review	-			
	Assignments	Homework	%10		
		Class Activity	%2		
		Report	%5		
		Seminar	%10		
		Essay	-		
		Project	-		
	Quiz	%8			
	Lab.	-			
Midterm Exam	%25				

	Final Exam	%40		
	Total	%100		
<b>Specific learning outcome:</b>	1- 2- 3- 4- Covering a specific group of subjects related to English Skills that form the basic knowledge required from professionals working in different medical terms fields. 5- All these professionals have a common desire to improve their knowledge of the medical terms that underlies the application of terms in learning the English language.			
<b>Course References:</b>	1- 2-			
<b>Course topics (Theory)</b>		<b>Week</b>	<b>Learning Outcome</b>	
<b>A Comprehensive Lecture on Medical Terminology for the Aesthetic &amp; Cosmetic Professional</b> <b>Lecture Objective:</b> <b>Section 1: The Foundation - Why Medical Terminology Matters</b> <ol style="list-style-type: none"> <li>1. <b>Precision &amp; Clarity:</b></li> <li>2. <b>Professional Communication:</b></li> <li>3. <b>Patient Safety</b></li> <li>4. <b>Credibility &amp; Trust:</b></li> <li>5. <b>Documentation:</b></li> </ol>		1		
<b>Section 2: The Building Blocks - Anatomy of a Medical Term</b> <b>Root:</b> <b>Prefix:</b> <b>Suffix:</b> <b>Combining Vowel:</b> <b>Putting it Together:</b>		2		
<b>Section 3: Essential Roots for Aesthetics</b> <b>Anatomy Roots</b> <b>Cutane/o, Derm/o, Dermat/o:</b> <b>Aden/o:</b> <b>Seb/o:</b>		3		

<b>Pil/o, Trich/o:</b>		
<b>Onycho/o:</b> <b>Lip/o:</b> <b>My/o:</b> <b>Oste/o:</b> <b>Rhytid/o:</b> <b>Condition &amp; Description Roots</b> <b>Melan/o:</b> <b>Erythem/o, Erythemat/o:</b> <b>Xer/o:</b> <b>Kerat/o:</b> <b>Scler/o:</b> <b>Cyano/o:</b>	4	
<b>Midterm Exam</b>		
<b>Section 4: Key Prefixes and Suffixes</b> <b>Prefixes (Location &amp; Direction)</b> <b>Intra-:</b> Within → <b>Intradermal</b> (in the skin) • <b>Sub-:</b> Under, Below → <b>Subcutaneous</b> (under the skin) • <b>Supra-:</b> Above → <b>Supraorbital</b> (above the eye orbit) • <b>Infra-:</b> Below → <b>Infraorbital</b> (below the eye orbit) • <b>Inter-:</b> Between → <b>Interciliary</b> (between the eyebrows/eyelashes) • <b>Epi-:</b> Upon, Over → <b>Epidermis</b> (outer layer upon the skin) • <b>Para-:</b> Beside, Near → <b>Paranasal</b> (beside the nose) • <b>Contra-:</b> Against → <b>Contralateral</b> (on the opposite side) • <b>Ipsi-:</b> Same → <b>Ipsilateral</b> (on the same side)	5	
<b>Suffixes (Procedures &amp; Conditions)</b> • <b>-plasty:</b> Surgical repair or reshaping → <b>Rhinoplasty</b> (nose job), <b>Blepharoplasty</b> (eyelid surgery) • <b>-ectomy:</b> Surgical removal → <b>Rhytidectomy</b> (facelift),	6	

<p><b>Lipectomy</b> (fat removal)</p> <ul style="list-style-type: none"> <li>• <b>-tomy:</b> Cutting into, incision → <b>Dermatome</b> (instrument for cutting skin grafts)</li> <li>• <b>-lysis:</b> Destruction, breaking down → <b>Lipolysis</b> (fat destruction), <b>Chemolysis</b> (chemical destruction)</li> <li>• <b>-therapy:</b> Treatment → <b>Laser</b> therapy, <b>Electrotherapy</b></li> <li>• <b>-osis:</b> Abnormal condition → <b>Dermatosis</b> (skin condition), <b>Necrosis</b> (tissue death)</li> <li>• <b>-itis:</b> Inflammation → <b>Folliculitis</b> (inflamed hair follicles), <b>Cellulitis</b> (serious skin infection)</li> <li>• <b>-oma:</b> Tumor, mass → <b>Hematoma</b> (mass of blood), <b>Sarcoma</b> (malignant tumor of connective tissue)</li> <li>• <b>-pathy:</b> Disease → <b>Neuropathy</b> (nerve disease)</li> </ul>		
<p><b>Section 5: Putting It All Together - Terminology in Practice</b></p> <p><b>A. Facial Anatomy &amp; Injection Points</b></p> <p>Glabella:</p> <p>Nasolabial Fold (NLF): The crease running from the side of the nose to the corner of the mouth. (Naso=nose, labial=lip).</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Marionette Lines: The vertical lines from the corners of the mouth down to the chin.</li> <li><input type="checkbox"/> Mentalis: The muscle in the chin that causes chin dimpling.</li> <li><input type="checkbox"/> Orbicularis Oculi: The circular muscle around the eye. (Target for crow's feet treatment).</li> <li><input type="checkbox"/> Frontalis: The forehead muscle. (Target for horizontal forehead line treatment).</li> <li><input type="checkbox"/> Corrugator Supercilii: The muscle that draws the eyebrows together, creating vertical lines between them.</li> </ul>	7	
<p><b>B. Common Procedures &amp; Conditions</b></p> <ul style="list-style-type: none"> <li>• <b>Chemical Peel (Chemoexfoliation):</b> Using a chemical solution to cause controlled destruction (<i>-lysis</i>) of the epidermis and dermis to improve skin texture.</li> <li>• <b>Dermal Fillers:</b> Substances injected into the dermis to add volume. Common types: <ul style="list-style-type: none"> <li>○ <b>Hyaluronic Acid (HA):</b> A glycosaminoglycan naturally found in the skin.</li> <li>○ <b>Calcium Hydroxylapatite (CaHA):</b> A biostimulatory filler.</li> </ul> </li> <li>• <b>Neuromodulators (e.g., Botox, Dysport):</b> Neurotoxins that temporarily paralyze muscles by blocking the</li> </ul>	8	

release of acetylcholine. Used to treat **hyperkinetic** lines (lines from excessive movement).

• **Microdermabrasion:** A mechanical form of exfoliation that uses a abrasive surface or crystals to remove the outermost layer of the skin. (Derm=skin, Abrasion=scraping).

• **Laser Treatments:**

○ **Ablative Laser:** Removes (*ablat*) the epidermal layers. (e.g., CO2, Erbium).

○ **Non-Ablative Laser:** Heats the underlying dermis without damaging the epidermis.

○ **Fractional Laser:** Treats only a fraction of the skin, leaving microscopic treatment zones surrounded by healthy tissue for faster healing.

• **Common Skin Conditions:**

○ **Acne Vulgaris:** Common acne.

○ **Rosacea:** Chronic condition causing facial redness and pimples.

○ **Hyperpigmentation:** Excess pigment (melanin) in the skin.

○ **Hypopigmentation:** Lack of pigment in the skin.

○ **Telangiectasia:** Dilated blood vessels on the skin surface (spider veins).

**Assist, Prof Dr. Sarwar Ibrahim Aesthetic and Cosmetic Medical Terminology Aesthetic Nursing Department – First Stage**

○ **Ptois:** Drooping of an organ or part, e.g., eyelid ptosis (a potential side effect of neuromodulators).

○ **Ecchymosis:** Medical term for a bruise. (Caused by the escape of blood into the tissues).

**Section 6: The Professional Lexicon - Speaking the Language**

**Adjectives:** Learn the adjectival forms. It sounds more professional.

• *Nasal* (of the nose), *Buccal* (of the cheek), *Orbital* (of the eye), *Cervical* (of the neck), *Mental* (of the chin).

**Abbreviations & Symbols:**

• **OD:** *Oculus Dexter* (Right Eye)

• **OS:** *Oculus Sinister* (Left Eye)

• **OU:** *Oculus Uterque* (Both Eyes)

• **FH:** Family History

• **CC:** Chief Complaint

• **Tx:** Treatment

<ul style="list-style-type: none"> <li>• <b>Hx:</b> History</li> <li>• <b>S/P:</b> Status Post (after a procedure, e.g., S/P rhinoplasty)</li> </ul>		
<b>Final Exam</b>		
<b>Practical Topics</b>	<b>Week</b>	<b>Learning Outcome</b>
<b>Fundamentals of Medical Language and Word Construction</b> <ul style="list-style-type: none"> <li>• <b>Study Topic:</b> The structure and origins of medical terminology, focusing on etymology, root words, prefixes, and suffixes.</li> </ul>	<b>Week 1</b>	<ul style="list-style-type: none"> <li>• Students will be able to deconstruct complex medical terms into their linguistic components to accurately define and understand professional healthcare vocabulary.</li> </ul>
<b>Clinical Anatomy and Skin Physiology</b> <ul style="list-style-type: none"> <li>• <b>Study Topic:</b> Anatomical positioning (e.g., anterior, posterior, medial) and the physiological layers of the skin (epidermis, dermis, and subcutaneous tissue).</li> </ul>	<b>Week 2</b>	Students will be able to use standardized anatomical language to describe body locations and explain how cosmetic procedures interact with specific layers of the skin.
<b>Cosmetic Procedures and Aesthetic Interventions</b> <ul style="list-style-type: none"> <li>• <b>Study Topic:</b> Categorization of surgical and non-surgical procedures, including rhinoplasty, blepharoplasty, Botox injections, and microdermabrasion.</li> </ul>	<b>Week 3</b>	<ul style="list-style-type: none"> <li>• <b>Learning Outcome:</b> Students will be able to identify and differentiate between various aesthetic treatments, explaining their primary functions and the specific terminology</li> </ul>

		used in patient consultations.
<b>Skincare Products and Sun Protection</b> <ul style="list-style-type: none"> <li><b>Study Topic:</b> Common ingredients found in skincare (such as emollients and preservatives) and the vocabulary used for sun protection (UVA/UVB).</li> </ul>	<b>Week 4</b>	<ul style="list-style-type: none"> <li><b>Learning Outcome:</b> Students will be able to identify basic skincare ingredients and explain the importance of sun protection to patients using clear, professional language.</li> </ul>
<b>The Aesthetic Consultation and Patient History</b> <ul style="list-style-type: none"> <li><b>Study Topic:</b> Techniques for professional interviewing, including building rapport, using active listening, and asking open-ended vs. closed-ended questions.</li> </ul>	<b>Week 5</b>	Students will be able to conduct a professional patient consultation in English, accurately gathering a patient's medical history and aesthetic goals while building trust.
<b>Explaining Aftercare and Managing Expectations</b> <ul style="list-style-type: none"> <li><b>Study Topic:</b> The language of patient education, focusing on how to explain post-procedure protocols, common side effects (e.g., "downtime," "swelling"), and realistic results.</li> </ul>	<b>Week 6</b>	Students will be able to provide clear, patient-friendly instructions in English for post-treatment care and manage patient expectations using professional, reassuring language.
	7	
	8	
	9	

## Questions Example Design

Q1/ Define the followings.

Q2/ Fill the following blanks.

Q3/ Solve the following mathematical question.

Q4/ Enumerate the followings.

Extra notes:

## External Evaluator

دوای پیداچونهوی کورس بوکی ( د . سه روه ابراهيم صالح ) له بابته زماڼی ښکلزي و له نه نجامدا بوم دهرکهوت بابته و ناوښانی وانهکان به گشتی له روی زانستی و زمانه و انیوهه گونجاوه له گهل وانهکه و زانیاری قوتابیان پر دهکاته وه له و بواره ی که قوتابیان سوودی لی ببینن له پیشه که یاندا.

م . سهوزه صباح

مستر له ښکلزي / په یمانگای ته کنیکی پزشکی