Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**Homework: Provide manicure treatments, Provide Pedicure treatments, Provide and maintain nail enhancement**

**UV20470, UV20471, UV20399**

**INSTRUCTIONS TO LEARNERS:**

* You must write only in blue or black ink
* Answer all questions by marking an “**X**” in the appropriate box
* Please mark **ONE** answer
* Each question carries one mark
* This homework must be completed and handed in to your tutor or assessor or emailed directly to enrol@fingertipsandbeauty.com

**ADVICE TO LEARNERS:**

* Read each question carefully and answer all questions.
* Questions may be attempted in any order

**Outcome 1**

**Be able to prepare for manicure & pedicure/nail enhancement treatments**

**k) Identify nail and skin conditions. \*\***

1. Folliculitis, hypertricosis, ingrowing hairs, pediculosis capitis, seborrheic dermatitis
2. Eczema, psoriasis, paronychia, onycholysis, tinea corpis, onychomycosis, dermatitis
3. Conjunctivitus, stye, blepharitis, ocular herpes, cataracts, trachoma
4. Diabetes, high blood pressure, cancer, sun burn, skin tags, warts, moles, scars, birthmarks

**l) Describe the contra-indications which prevent or restrict manicure treatments. \*\***

1. Folliculitis, hypertricosis, ingrowing hairs, pediculosis capitis, seborrheic dermatitis
2. Eczema, psoriasis, paronychia, onycholysis, tinea corpis, onychomycosis, dermatitis
3. Conjunctivitus, stye, blepharitis, ocular herpes, cataracts, trachoma
4. High blood pressure, cancer, sun burn, skin tags, warts, moles, scars, birthmarks

**Outcome 2**

**Be able to provide manicure & pedicure/nail enhancement treatments**

**i) Describe health and safety working practices. \*\***

1. Adequate lighting and ventilation, sterilized tools, ongoing water temperate checks, use of disposable materials where required, checks for trailing wires and fault electrical items, avoidance of blocking fire exits, current and adequate health and safety training.
2. Always block fire exits so that the fire cannot escape, never use disposable items as they can be expensive, only carry out health and safety training once and it need not be repeated again.
3. Always ensure you greet the client immediately as they enter the salon, offer water, tea or coffee to ensure good customer care and always ensure that relaxing music is playing during the treatment.

**n) State the contra-actions that may occur during and following treatments and how to respond. \*\***

1. Allergic reaction - remove product immediately, apply a cold compress and record the response on the client consultation card.
2. Sweating – quickly apply more product, never apply a cold compress and ask the client to leave the salon.
3. Sunburn – apply a soothing lotion, massage the area and ask the client to come back when it has calmed down.
4. Laughing – the client may be ticklish or sensitive to the treatment. Apply numbing cream to lessen the sensitivity and continue with the treatment.

**r) Describe diseases and disorders of the nail and skin. \*\***

1. Folliculitis, hypertricosis, ingrowing hairs, pediculosis capitis, seborrheic dermatitis
2. Paronychia, onycholysis, tinea corpis, onychomycosis, in-growing nails, Beau lines
3. Conjunctivitus, stye, blepharitis, ocular herpes, cataracts, trachoma
4. Diabetes, high blood pressure, cancer, sun burn, skin tags, warts, moles, scars, birthmarks

**s) Describe the structure and functions of the nail and skin. Select the correct diagram.\*\* (Outcome 2 (r) UV20399 covered)**

**A**



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **A** | **CUTICLE/ EPONYCHIUM -**The cuticle function is to protect new nails from bacteria when they grow out from the nail root. | **D** | **LUNULA –** The lunula has a primary structural role in defining the free edge of the distal nail plate. | **G** | **LATERNAL NAIL FOLD –** Acts as a protective barrier, it protects and seals the matrix against bacteria and dirt. |
| **B** | **MATRIX –** The matrix creates new skin cells, which pushes out the old, dead skin cells to make nails. | **E** | **NAIL BED –** To supply nourishment and protection. | **H** | **NAIL PLATE –** To protect the living nail bed of the fingers and toes. |
| **C** | **NAIL WALL –** To protect the nail plate edges. | **F** | **FREE EDGE –** The function of the free edge is to protect the fingertip and the hyponychium. | **I** | **HYPONYCIUM –** Its function is to protect the nail bed from infection. |

**B**



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **A** | **MATRIX –** The matrix creates new skin cells, which pushes out the old, dead skin cells to make nails. | **D** | **HYPONYCIUM –** Its function is to protect the nail bed from infection. | **G** | **LUNULA –** The lunula has a primary structural role in defining the free edge of the distal nail plate. |
| **B** | **NAIL WALL –** To protect the nail plate edges. | **E** | **FREE EDGE –** The function of the free edge is to protect the fingertip and the hyponychium. | **H** | **CUTICLE/ EPONYCHIUM** The cuticle function is to protect new nails from bacteria when they grow out from the nail root. |
| **C** | **NAIL BED –** To supply nourishment and protection. | **F** | **NAIL PLATE –** To protect the living nail bed of the fingers and toes. | **I** | **LATERNAL NAIL FOLD –** Acts as a protective barrier, it protects and seals the matrix against bacteria and dirt. |

**C**



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **A** | **HYPONYCIUM –** Its function is to protect the nail bed from infection. | **D** | **MATRIX –** The matrix creates new skin cells, which pushes out the old, dead skin cells to make nails. | **G** | **LUNULA –** The lunula has a primary structural role in defining the free edge of the distal nail plate. |
| **B** | **FREE EDGE –** The function of the free edge is to protect the fingertip and the hyponychium. | **E** | **NAIL WALL –** To protect the nail plate edges. | **H** | **CUTICLE/ EPONYCHIUM** The cuticle function is to protect new nails from bacteria when they grow out from the nail root. |
| **C** | **NAIL PLATE –** To protect the living nail bed of the fingers and toes. | **F** | **NAIL BED –** To supply nourishment and protection. | **I** | **LATERNAL NAIL FOLD –** Acts as a protective barrier, it protects and seals the matrix against bacteria and dirt. |

**D**



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **A** | **MATRIX –** The matrix creates new skin cells, which pushes out the old, dead skin cells to make nails. | **D** | **LUNULA –** The lunula has a primary structural role in defining the free edge of the distal nail plate. | **G** | **HYPONYCIUM –** Its function is to protect the nail bed from infection. |
| **B** | **NAIL WALL –** To protect the nail plate edges. | **E** | **CUTICLE/ EPONYCHIUM** The cuticle function is to protect new nails from bacteria when they grow out from the nail root. | **H** | **FREE EDGE –** The function of the free edge is to protect the fingertip and the hyponychium. |
| **C** | **NAIL BED –** To supply nourishment and protection. | **F** | **LATERNAL NAIL FOLD –** Acts as a protective barrier, it protects and seals the matrix against bacteria and dirt. | **I** | **NAIL PLATE –** To protect the living nail bed of the fingers and toes. |

**t) Describe the structure and function of the muscles of the lower arm, leg, hand and foot. \*\***

A. The hand and lower arm has several muscles to allow small and broad smooth

 movements. The combination of the exterior and deep muscles of the hand and forearm

 that allow the hand to perform tasks. The majority of the leg muscles are long and can

 stretch long distances, they move skeletal bones to create movement of the leg. Smaller

 muscles in the foot stabilize joints, help rotate joints and facilitate other movements.

B. The lower arms, leg, hand and foot have their own pump system, separate from the rest of the body to deliver oxygen to the torso following exercise.

C. The bones of the arm and hand have important jobs of supporting the upper limb and

 providing attachment points for the muscles that move the upper limb. These bones

form joints that provide a wide range of motion and flexibility needed to manipulate carefully objects with the arm and hand. The lower leg bone (tibia) bears the most of the body’s weight, while the fibula supports the muscles of balance in the lower leg and ankle. The tibia forms the flexible ankle joint with the tarsal bones of the foot.

D. Veins are blood vessels that carry blood towards the heart. Most veins carry

deoxygenated blood from the tissues back to the heart. Exceptions are the pulmonary

and umbilical veins, both of which carry oxygenated blood to the heart. In contrast to veins, arteries carry blood away from the heart. The vessels of the arms are part of the circulatory system, which provides nutrients to the tissues. The arteries deliver freshly oxygen-depleted blood to the heart. The leg’s main femoral artery branches to the popliteal artery to supply blood to the knee, thigh and calf. It ends at the anterior and posterior tibial artery; this branch of the popliteal artery supplies oxygenated blood to the leg and sole of the foot.

**u) Describe the structure and function of the bones of the lower arm, leg, hand and foot. \*\***

A. The lower arms, leg, hand and foot have their own pump system, separate from the rest of the body to deliver oxygen to the torso following exercise.

B. The bones of the arm and hand have important jobs of supporting the upper limb and

 providing attachment points for the muscles that move the upper limb. These bones

form joints that provide a wide range of motion and flexibility needed to manipulate carefully objects with the arm and hand. The lower leg bone (tibia) bears the most of the body’s weight, while the fibula supports the muscles of balance in the lower leg and ankle. The tibia forms the flexible ankle joint with the tarsal bones of the foot.

C. The hand and lower arm has several muscles to allow small and broad smooth

 movements. The combination of the exterior and deep muscles of the hand and forearm

 that allow the hand to perform tasks. The majority of the leg muscles are long and can

 stretch long distances, they move skeletal bones to create movement of the leg. Smaller

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D. Veins are blood vessels that carry blood towards the heart. Most veins carry

deoxygenated blood from the tissues back to the heart. Exceptions are the pulmonary

and umbilical veins, both of which carry oxygenated blood to the heart. In contrast to veins, arteries carry blood away from the heart. The vessels of the arms are part of the circulatory system, which provides nutrients to the tissues. The arteries deliver freshly oxygen-depleted blood to the heart. The leg’s main femoral artery branches to the popliteal artery to supply blood to the knee, thigh and calf. It ends at the anterior and posterior tibial artery; this branch of the popliteal artery supplies oxygenated blood to the leg and sole of the foot.

**v) Describe the structure and function of the arteries and veins of the arm, leg, hand and foot. \*\***

A. The hand and lower arm has several muscles to allow small and broad smooth

 movements. The combination of the exterior and deep muscles of the hand and forearm

 that allow the hand to perform tasks. The majority of the leg muscles are long and can

 stretch long distances, they move skeletal bones to create movement of the leg. Smaller

 muscles in the foot stabilize joints, help rotate joints and facilitate other movements.

B. Veins are blood vessels that carry blood towards the heart. Most veins carry

deoxygenated blood from the tissues back to the heart. Exceptions are the pulmonary

and umbilical veins, both of which carry oxygenated blood to the heart. In contrast to veins, arteries carry blood away from the heart. The vessels of the arms are part of the circulatory system, which provides nutrients to the tissues. The arteries deliver freshly oxygen-depleted blood to the heart. The leg’s main femoral artery branches to the popliteal artery to supply blood to the knee, thigh and calf. It ends at the anterior and posterior tibial artery; this branch of the popliteal artery supplies oxygenated blood to the leg and sole of the foot.

C. The bones of the arm and hand have important jobs of supporting the upper limb and

 providing attachment points for the muscles that move the upper limb. These bones

form joints that provide a wide range of motion and flexibility needed to manipulate carefully objects with the arm and hand. The lower leg bone (tibia) bears the most of the body’s weight, while the fibula supports the muscles of balance in the lower leg and ankle. The tibia forms the flexible ankle joint with the tarsal bones of the foot.

D. The lower arms, leg, hand and foot have their own pump system, separate from the rest of the body to deliver oxygen to the torso following exercise.

**w) Describe the structure and function of the lymphatic vessels of the arm, leg, hand and foot. \*\***

A. The bones of the arm and hand have important jobs of supporting the upper limb and

 providing attachment points for the muscles that move the upper limb. These bones

form joints that provide a wide range of motion and flexibility needed to manipulate carefully objects with the arm and hand. The lower leg bone (tibia) bears the most of the body’s weight, while the fibula supports the muscles of balance in the lower leg and ankle. The tibia forms the flexible ankle joint with the tarsal bones of the foot.

B. Veins are blood vessels that carry blood towards the heart. Most veins carry

deoxygenated blood from the tissues back to the heart. Exceptions are the pulmonary

and umbilical veins, both of which carry oxygenated blood to the heart. In contrast to veins, arteries carry blood away from the heart. The vessels of the arms are part of the circulatory system, which provides nutrients to the tissues. The arteries deliver freshly oxygen-depleted blood to the heart. The leg’s main femoral artery branches to the popliteal artery to supply blood to the knee, thigh and calf. It ends at the anterior and posterior tibial artery; this branch of the popliteal artery supplies oxygenated blood to the leg and sole of the foot

C. The lower arms, leg, hand and foot have their own pump system, separate from the rest of the body to deliver oxygen to the torso following exercise

D. The lymphatic system functions to drain tissue fluid, plasma proteins and other cellular debris back into the blood stream, and is also involved in immune defense. Once this collection of substances enters the lymphatic vessels it is known as lymph. In the arm and the deep lymphatic vessels of the upper limb follow the major deep veins (radial, ulnar and brachial), terminating in the humeral axillary lymph nodes. They function to drain lymph joint capsules, periosteum, tendons and muscles. In the foot the deep veins drain the blood from the foot, and they accompany the matching arteries. Lymph is collected in superficial and deep lymphatic vessels that follow the veins. The lymphatic drainage occurs in the inguinal lymph nodes and then into the deep inguinal nodes.

**Provide and maintain nail enhancement - UV20399**

**Outcome 2**

**Be able to prepare for nail enhancement services**

**q) Describe the chemical process involved in the nail enhancement system \*\***

1. The chemical process is caused by the liquid and powder which hardens when mixed.
2. The monomer liquid is strong and makes the weakness of the powder form an acrylic.
3. The reaction of the monomer liquid with the polymer powder is the acrylic used in nail enhancement systems. The monomers containing in the liquid are microscopic chemical units which react together when mixed with chemicals in the powder.
4. There is no chemical process involved in nail enhancement system.

**s)**  **Describe the different natural nail shapes. \*\***

1. Fan, hook, oval, square, round
2. Fan, triangle, rectangle, circle
3. Almond, cashew, walnut, circle
4. Tall, long, short, wide, narrow

***TO BE COMPLETED BY MARKING ASSESSOR***

***ASSESSOR INITIALS:***

***ORAL QUESTIONING: Additional Comments:***

***PLEASE RE-SUBMIT:***

***RE-SUBMISSION RECEIVED:***