

Course Unit	Dermopharmacy and Cosmetics		Field of study	-	
Bachelor in	Pharmacy		School	School of Health	
Academic Year	2023/2024	Year of study	3	Level	1-3
Type	Semestral	Semester	1	ECTS credits	4.0
Code	9549-803-3101-00-23				
Workload (hours)	108	Contact hours	T -	TP 30	PL 15
			TC -	S -	E -
			OT 7,5	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Isabel Cristina Jornalo Freire Pinto

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Conceptualize Dermatology emphasizing its importance and scope.
2. Review aspects of the physiology and morphology of the skin and hair.
3. Select and establish criteria on the dosage forms of application on the skin and hair.
4. Know the clinical aspects related to the main dermatological diseases.
5. Learn how to advise the products for topical for use cosmetology, according to dermatosis, lesion, dysfunction or skin type.
6. Determine the skin parameters through biometrics in order to characterize the skin type.
7. Know the relevant laws to the production and registration of cosmetic products

### Prerequisites

Not applicable

### Course contents

The Skin: Concepts and basic principles ; Young and Sensitive Skin; The Mature Skin: Aging Process; Skin in the Development and Maternity; Corrective Cosmetology; Alterations and Evaluation the State of the Skin; Cosmetics and its Natural formulations; Understanding General Formulation; Commercial Products and its Evaluation.

### Course contents (extended version)

1. The Skin: Concepts and basic principles
  - Definition; Importance and Actuation
  - Anatomic - Physiological bases of Skin
  - Types and States of skin
  - Observation and contact with the patient skin
  - Recognition of dermatological conditions
2. Young and Sensitive Skin
  - Acne
  - Seborrheic and Atopic Dermatitis
  - Rosacea
3. The Mature Skin: Aging Process
  - Hyperpigmentation
  - Wrinkles and fine lines
4. Skin in the Development and Maternity
  - Cellulitis
  - Streaks
5. Corrective Cosmetology
  - Corrective Cosmetology - Studies Cases
  - Observation and intervention in situations that require corrective cosmetology
6. Alterations and Evaluation the State of the Skin
  - Fungal skin diseases
  - Bacterial skin diseases
  - Viral skin diseases
  - Parasitic skin diseases
  - Psoriasis
  - Dressing materials
7. Cosmetics and its Natural Formulations
  - Dermopharmaceutic cleaning milks and cosmetics
  - Creams
  - Cosmetic treatment
  - Antiperspirants and deodorants
  - Cosmetic capillary
  - Solar radiation and skin protection
  - Oral hygiene
8. Understanding General Formulation
  - Main raw materials used in cosmetic preparations
  - Cosmetics, its applications and formulations
  - Specific raw materials
  - Vitamins with specific principles and their use in cosmetics
  - Problems of intolerance to cosmetics
  - Active cosmetic ingredients in nail polish
9. Commercial Products and its Evaluation
  - Criteria for quality of cosmetic products
  - Determination of the effectiveness of cosmetics
  - Safety in cosmetics

### Recommended reading

1. Arndt, K. A. , & Gontijo, B. (1984). Manual de terapêutica dermatológica (3ª ed. ). Rio de Janeiro, Brasil: Medsi.
2. Arnold, H. L. , Odom, R. B. , & James, W. D. (1994). Doenças da Pele de Andrews (8ª ed. ). São Paulo, Brasil: Manole.
3. Fitzpatrick, J. E. , & Aeling, J. L. (2000). Segredos em dermatologia. Porto Alegre, Brasil: Artes Médicas.
4. Prista, L. N. , Bahia, M. F. , & Vilar, E. (1992). Dermofarmácia e Cosmética (Vol. I). Maia, Portugal: Associação Nacional das Farmácias.
5. Wolff, K. , Johnson, R. A. , & Suurmond, D. (2006). Fitzpatrick Dermatologia Atlas e Texto (5ª ed. ). Brasil: McGraw-Hill.

**Teaching and learning methods**

Theoretical-Practical Learning methods: Expositive method Use of digital platforms where justified.

**Assessment methods**

1. Theoretical-Practical Teaching - (Regular, Student Worker) (Final, Supplementary)
  - Final Written Exam - 70% (Minimum grade applied according to the pedagogical regulation.)
  - Practical Work - 30% (Group work developed throughout the semester (10%)  
Oral presentation of a final working group (20%).)
2. Alternative 2 - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100%
3. Theoretical and Practical : - (Erasmus) - (Regular, Student Worker) (Final, Supplementary, Special)
  - Development Topics - 100% (A review article or other in the area of Dermatology.)
4. Theoretical and Practical - (Student Worker) (Final)
  - Final Written Exam - 100%

**Language of instruction**

1. Portuguese
2. Portuguese, with additional English support for foreign students.

**Electronic validation**

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21-11-2023	21-11-2023	21-11-2023	21-11-2023