

Course Unit	Option I - null		Field of study	Health	
Master in	Applied Health Sciences - Community Intervention		School	School of Health	
Academic Year	2023/2024	Year of study	1	Level	2-1
Type	Semestral	Semester	2	ECTS credits	4.5
Code	5055-668-1203-04-23				
Workload (hours)	121,5	Contact hours	T -	TP -	PL -
			TC -	S -	E -
			OT -	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. Understand the structural features of the skin;
2. To study pharmacokinetic aspects in dermatocosmetology;
3. Identify situations that require intervention and dermopharmaceutical counseling;
4. Contribute to a global vision of the development and the creation process of a cosmetic product (CP);
5. Analyze the cosmetic forms, formulation criteria, conservation and control of CP;
6. Know the precepts of Advertising and Marketing Strategies of CP;
7. Know the legal framework of the CP;
8. Prepare some cosmetic forms, identify key procedures for quality control and skin efficacy assessment.

### Prerequisites

Not applicable

### Course contents

1. Skin physiology and its regulation and characterization 2. Pharmacokinetic Aspects in Dermatocosmetology 3. Pharmaceutical Intervention in Dermatological Affections 4. Study of the Cosmetic Forms of the Cosmetic Products (C Ps) 5. R&D in Cosmetics 6. Advertising and Marketing of CPs 7. Legal Framework for CPs 8. Laboratorial content: Preparation of cosmetic forms; Quality control; Determination of skin parameters

### Course contents (extended version)

1. Skin physiology and its regulation and characterization
2. Pharmacokinetic Aspects in Dermatocosmetology
3. Pharmaceutical Intervention in Dermatological Affections
4. Study of the Cosmetic Forms of the Cosmetic Products (CPs)
  - Preparation of the CPs
  - Quality Control of CPs
  - Compounding in Community Pharmacy: Preparations for Mucocutaneous Affections
5. R&D in Cosmetics
6. Advertising and Marketing of CPs
7. Legal Framework for CPs
8. Laboratorial content
  - Preparation of different cosmetic forms
  - Conduction of quality control procedures
  - Determination of skin parameters through Cutaneous Biometry techniques

### Recommended reading

1. Proença da Cunha A et al (2008). Plantas e Produtos Vegetais em Cosmética e em Dermatologia. Fundação C. Gulbenkian.
2. Prista L, Alves A, Morgado R (2011). Tecnologia Farmacêutica. Vol I, II e III, Fundação C. Gulbenkian Formulário Galénico Português (2009). ANF
3. Formulário Galénico Português (2009). ANF. - Farmacopeia Portuguesa VIII (2008), INFARMED. - Prista LN, Bahia MF & Vilar E (1992). Dermofarmácia e Cosmética. Vol. I, Maia, Portugal: ANF
4. JM de Moragas, Montserrat Pérez (1988). Atlas dermatológico clínico-terapêutico. Publicação: Salvat. -Kenneth AA ; trad. B. Gontijo (1984). Manual de terapêutica dermatológica. Publicação: Medsi.
5. M. Celeste Lopes, M. Leonor Pateira (1986). Indústria de cosméticos. Publicação: Direção-Geral da Indústria. - HL Arnold, RB Odom, W D James (1994). Doenças da pele de Andrews. Publicação: Manole.

### Teaching and learning methods

TP expositive classes, with illustrations and diagrams in audiovisual suport, with interactive discussion. In the PL classes, experimental protocols are performed for the preparation of some cosmetic forms, with identification of the main procedures in quality control. Teaching in collaboration with IPGuarda, using videoconferencing.

### Assessment methods

- Unique alternative - (Regular, Student Worker) (Final, Supplementary, Special)
- Final Written Exam - 70%
- Laboratory Work - 30% (Performance in laboratory classes and their written reports)

### Language of instruction

Portuguese, with additional English support for foreign students.

### Electronic validation

Isabel Cristina Jornalo Freire Pinto	Ana Maria Gerales Rodrigues Pereira	Luis Migue Fernandes Nascimento	Adília Maria Pires da Silva Fernandes
27-03-2024	16-04-2024	17-04-2024	23-04-2024