



L7 BULLETIN NO.2

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No 2

CLINICAL

The Integration of AI in
Comprehensive Facial
Assessments

ACADEMIC

A.I. (Artificial Intelligence)

JOURNAL CLUB

"Augmented Reality and
Plastic Surgery Training: A
Qualitative Study"

SUCCESS

Success Stories from our
Graduates

EVENTS

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REFERRAL REWARDS

Learn, Share, Earn



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The use of AI and Other Tools in Facial Assessments

Introduction

At any point in your Aesthetic Medicine career, objectively assessing a patient's requirements and translating this into a functional and reasonable treatment plan is often challenging. Questions asked on training days and delegate contact often surround treatment planning options.

Usually, on level 7 mentoring days or any access within training with Acquisition Aesthetics, the most commonly desired learning outcome is always:

'Gain more confidence in treatment planning'

This, therefore, begins the conversation surrounding the use of tools, AI and otherwise, to see if there is a standardised way of facial assessment alongside treatment planning. Would this work within our patient-centred speciality, which is balanced between emotional relation to appearance and well-being and our treatment plan with many different treatment options and modalities?

The Role of AI in Facial Assessment

Several AI tools are available for facial assessment in facial aesthetics. These tools utilise artificial intelligence to analyse various aspects of the face, including symmetry, proportions, wrinkles, skin texture, and facial expressions. They can also provide personalised recommendations for treatments or adjustments based on individual preferences, budget constraints, and desired outcomes.

For instance, EntityMed has developed patented artificial intelligence software that predicts the results of facial aesthetic procedures.

QOVES offers a Facial Assessment Tool that can define race, age, skin health, and ageing, among other parameters. There is also a functionality for patients and practitioners to morph faces using Photoshop.

Additionally, The AEDITOR by AEDITION is another AI app that allows both patients and practitioners to simulate facial cosmetic procedures using 3D facial editing technology.

AI technology is transforming aesthetic medicine by enabling doctors to determine the ideal treatment options for patients based on the analysis of their facial features. This is available for both practitioners and patients.

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Limitations of AI Technology

Privacy Concerns

Facial recognition technology can raise significant privacy concerns. It may lead to questions about who can access the collected facial data and for what purposes. Patients may worry about the potential misuse of their facial information.

Accuracy Challenges

The accuracy of AI in detecting specific facial characteristics or expressions can be compromised by various factors:

- **Scarcity of Databases:** Limited datasets can hinder AI system's ability to recognise diverse facial features accurately.
- **Confounding Factors:** Environmental factors, lighting conditions, and facial accessories (e.g., glasses, masks) can affect AI's accuracy.
- **Medical Conditions:** Some medical conditions can alter facial shape and mobility, making it challenging for AI to provide accurate assessments. In addition, regarding treatment planning, some patients may be unsuitable for treatments because of medical conditions.
- **Algorithmic Recommendations:** AI technology generates recommendations and assessments based on algorithms and machine learning techniques. While valuable, these recommendations may only sometimes align with individual patient preferences and desired outcomes. The subjective nature of aesthetics can make it difficult for AI to capture personal preferences fully.

Ethical Concerns:

The use of AI in facial assessment also raises ethical concerns, such as

- **Informed Consent:** Patients should be well-informed about using AI technology in their treatment and have the opportunity to consent.
- **Bias and Fairness:** AI systems may inadvertently introduce bias, leading to unfair or inequitable assessments, which can be ethically problematic.
- **Management of Expectations:** Many patients may use an AI assessment tool with the view that this is the outcome they will achieve; however, aesthetic treatment is performed by a practitioner who will be performing treatment with their remits and capability, and this may be far from the perceived outcome that AI has predicted.

While AI technology holds great promise in transforming the field of aesthetic medicine and facial assessment, it may be a far cry from your choices and treatment planning in your practice.

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The Alternative: Facial Global Ranking Scale (GRS)

Jain, R., Huang, P. and Ferraz, R.M. (2017), A new tool to improve the delivery of patient-engaged care and satisfaction in facial treatments: the Aesthetic Global Ranking Scale. *J Cosmet Dermatol*, 16: 132-143. [Body](#)

When I assess patients in the clinic, I must standardise my assessment. I use the Facial Global Ranking scale, which was developed in 2016.

The GRS (Guide for Patient Assessment) is a tool for clinicians providing minimally invasive facial aesthetic procedures. Its purpose is to ensure consistent and high-quality patient assessments and consultations. Qualitative research indicates that using the GRS improves the likelihood of patients achieving results that align with their desires, leading to increased satisfaction with aesthetic treatments. However, formal confirmation of these findings is necessary through a patient survey.

In my experience, it also allows ease in record keeping, objectivity and an easier formation of a treatment plan from the identified severity of treatment needs.

Global Ranking Scale

For the four categories below, please:

- Grade the severity of each feature using the "Severity Evaluation Scale".
- Link the dots to better visualize your patient's treatment needs.

Severity Evaluation Scale

0 none 1 mild 2 moderate 3 severe

Comprehensive skin analysis

Skin quality

Please grade the severity of each feature:

Scars 0 1 2 3

Visible pores 0 1 2 3

Pigmentation 0 1 2 3

Vasculature 0 1 2 3

Skin type

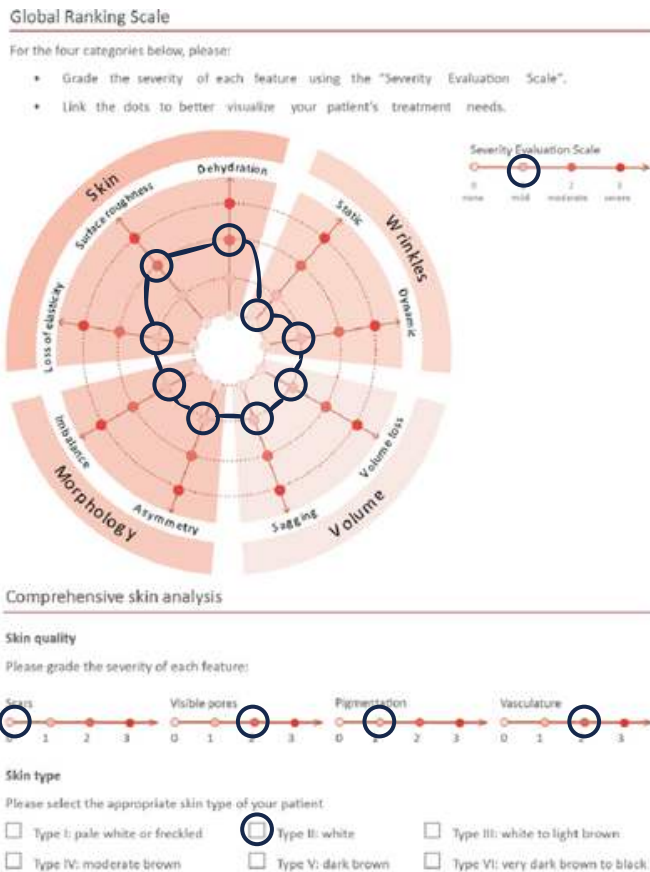
Please select the appropriate skin type of your patient

<input type="checkbox"/> Type I: pale white or freckled	<input type="checkbox"/> Type II: white	<input type="checkbox"/> Type III: white to light brown
<input type="checkbox"/> Type IV: moderate brown	<input type="checkbox"/> Type V: dark brown	<input type="checkbox"/> Type VI: very dark brown to black

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The Accessibility and Tangibility of the Scale

Here is an example of a treatment plan using the GRS and a treatment plan associated with it:



Facial GRS Point	Point of Concern	Treatment Plan
Skin	<ul style="list-style-type: none">• Dehydration• Surface Roughness• Visible Pores• Vasculature	<ul style="list-style-type: none">• Topical Skin recommendations: Hydration, Pore reduction, Retinol, improves in barrier• Injectible Skinboosters/ PRP
Wrinkles	<ul style="list-style-type: none">• Dynamic Wrinkles	<ul style="list-style-type: none">• Upper Face Toxin treatment• Treatment of DAOs• Treatment of Platysmal bands
Morphology	N/A	
Volume Loss	<ul style="list-style-type: none">• Volume Loss	<ul style="list-style-type: none">• Periform Fossa Dermal filler• Prejowl Sulcus Dermal Filler

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Embracing Objectivity for Holistic Care

The importance of a holistic and patient-centred approach cannot be overstated in the ever-evolving landscape of aesthetic practice. As aesthetic practitioners, we aim to enhance our patients' natural beauty while ensuring their emotional well-being and satisfaction. This commitment to holistic care goes beyond mere physical transformations; it encompasses understanding our patients' desires, concerns, and the emotional aspects of aesthetic treatments.

In this context, the Facial Assessment Scale is a valuable ally. While aesthetics involves subjective judgments of beauty, the Facial Assessment Scale provides an essential foundation of objectivity. It offers a standardised method to evaluate various aspects of the face, such as symmetry, proportions, and skin quality. It removes potential biases and allows for a consistent and data-driven assessment.

By incorporating the Facial Assessment Scale into our practice, we align ourselves more closely with the holistic care philosophy. It empowers us to have informed and objective discussions with our patients, ensuring their treatment plans are tailored to their unique facial features and desires. This objectivity enhances the quality of our assessments and reinforces our patients' trust and confidence in our expertise.

Conclusion

As aesthetic practitioners, we find ourselves at the intersection of patient well-being, appearance, perception and science. While AI research is advancing and may hold potential in the future, we must also recognise the immediate value of tools available to us today.

By incorporating the Facial Assessment Scale in our practice, we enhance our ability to provide patient-centred care that respects individual preferences, maintains objectivity, and achieves aesthetic goals while prioritising emotional well-being.

Ultimately, our patients' satisfaction and well-being remain at the forefront of our practice, and the Facial Assessment Scale is a stepping stone towards achieving these goals.

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A.I (ARTIFICIAL INTELLIGENCE)

Technology enhancing processes are at the forefront of education and AI-powered services are becoming part of our everyday lives. As a result, we are finding that AI is increasingly being used in healthcare and education.

Benefits

AI has been recognised as being beneficial in healthcare to automate some of the problem-solving carried out by medical professionals to minimise human error.

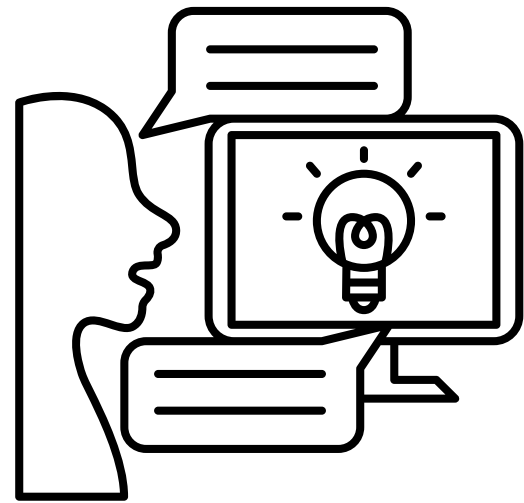
It has been trialed in assessing medical imaging, learning to emulate what radiologists do when assessing images to turn into a diagnosis. Pooling data from hundreds of hospitals to aid in the diagnosis of rarer diseases.

Remote monitoring; for example continuous glucose monitors.

Streamlining administrative processes; automating billing, scheduling, record-keeping and correspondence. Some of which you may already be using in your aesthetic practice now!

Disadvantages

Ethical dilemmas, when liability comes into question.



Data protection, when it comes to storing patient information. Any misuse or unauthorised access could result in data leaks.

Job displacement.

Lack of human empathy and creativity.

Coursework

The use of ChatGPT has become increasingly more popular in the academic world. However we need to ensure we are still participating in independent learning.

- Ensuring we are referencing peer-reviewed journal articles.
- Mastering the concepts and arguments written in our own work.
- Involving assessors when we face challenges with assignments.

Augmented Reality and Plastic Surgery Training: A Qualitative Study

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Summary

This study investigates the utilisation of Augmented Reality (AR) for plastic surgery training during the COVID-19 pandemic in the United Kingdom. The paper explores the potential of AR as an educational tool in circumstances where traditional face-to-face training has become challenging.

Materials and Methods

The Proximie® AR platform was employed for webinars, visual libraries, and streamed procedures. Experiences of trainers and trainees were explored through ten individual interviews, followed by a thematic analysis of the data.

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Results

AR was favorably received for facilitating remote theatre access and visual learning. Its potential in remote coaching and telementoring was acknowledged. The study identified key themes including AR as a substitute for hands-on learning, its role in theoretical learning, and specific considerations for streamed procedures using Proximie®. The study also touched on general technology use considerations in surgical training.



Key Findings and Implications

- **Challenges Overcome by AR:** The COVID-19 pandemic disrupted traditional plastic surgery training methods, leading to the adoption of AR technologies to maintain educational standards.
- **AR in Surgical Training:** The study focused on four main areas: hands-on learning substitution, theoretical learning, streamed procedures, and general technology considerations

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- **Hands-On Learning and AR:** AR was seen as a valuable tool for "seeing" operations and engaging with the surgical team, supplementing traditional hands-on learning. It was particularly useful for rare procedures and trainee engagement
- **Theoretical Learning Enhancement:** AR's potential in storing operative material for revision and creating a comprehensive multimedia library was highlighted. The study emphasised the importance of learner engagement and the quality of remote teaching.
- **Streamed Procedures and Team Collaboration:** Optimising streamed operations required a well-coordinated team, including an in-theatre moderator and a remote moderator. This setup ensured comprehensive learning and efficient operation management



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The adoption of Augmented Reality (AR) in surgical training, as explored in this study, holds significant potential to revolutionise the future of surgical and also aesthetic medical procedure training in the future.



1. **Enhanced Remote Learning:** AR technology enables detailed, interactive remote learning experiences. This is particularly beneficial for medical aesthetics training, where visual and practical aspects are paramount. Trainees can observe procedures in high detail and interact in real-time with trainers, despite geographical constraints.
2. **Increased Accessibility and Flexibility:** AR platforms like Proximie® can facilitate access to a wide range of procedures and expert techniques, making high-quality training more accessible. This could democratise learning opportunities in medical aesthetics, especially for trainees in remote or resource-limited areas.
3. **Substitute for Hands-On Experience:** While hands-on practice remains essential, AR provides a valuable supplement, especially in situations where physical training opportunities are limited. This could lead to a more blended learning approach, combining traditional methods with advanced technology.
4. **Theoretical Learning and Revision:** AR can store and replay aesthetic procedures, allowing trainees to revisit complex techniques and theoretical elements at their convenience. This feature can enhance understanding and retention of critical concepts in medical aesthetics.

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5. Standardisation and Quality Assurance: By providing access to standardised procedures and techniques, AR can help ensure uniformity in training quality. This could be crucial in medical aesthetics, where the current lack of regulation and formal training pathways has led to a huge variation in skill-set.

6. Customised Learning Pathways: AR technology can cater to different learning styles and needs, offering personalised learning experiences. This adaptability is particularly beneficial in medical aesthetics, where individualised training can significantly impact skill development.

7. Medicolegal and Ethical Considerations: The use of AR necessitates careful consideration of consent, confidentiality, and data security. Incorporating these considerations into training will be crucial for future medical aesthetic practitioners.



SUCCESS STORY

Congratulations to Dr Oke Oteri for achieving her Level 7 Diploma!



We asked Dr Oteri to share a little about her journey with us. Here is what she had to say.

Can you share your background and your journey into aesthetics?

I'm a dentist and even from being an undergraduate I was interested in facial aesthetics. Over the Covid period, when dental practices were shut it gave me a chance to really evaluate what I wanted to do with my career and I booked onto the Foundation and Advanced Botox and Dermal Filler course with Acquisition Aesthetics.

SUCCESS STORY

What inspired you to pursue the Level 7 Diploma in Aesthetics with Acquisition Aesthetics?

I really enjoyed the Foundation and Advanced courses and they helped confirm that aesthetics was something I definitely wanted to pursue. I felt the Level 7 would help me gain further knowledge and skills. I thought the trainers were really knowledgeable and supportive which made me want to continue with Acquisition Aesthetics.

What was your experience like overall? Did you encounter any challenges and how did you overcome them?

Overall generally good, the challenges were at the mentoring session you never know what requirements you would get on the day but Shannon was very helpful in getting me organised into an extra session so I could meet my requirements.

What advice would you give current delegates?

Give yourself enough time for the coursework. I found it easier to attempt a question or 2 a day than trying to tackle whole sections. Listen to the Level 7 webinars as there's some really good advice!

What's a success in your aesthetics journey you're most proud of?

I wanted to do more aesthetics alongside my dentistry and get a separate job in an aesthetics and I have achieved that!



COURSES WITH AVAILABILITY

- Saturday 17th February 2024 - Foundation - Birmingham
- Sunday 18th February 2024 - Advanced - Birmingham
- Sunday 18th February 2024 - Tear Trough - London
- Saturday 24th February 2024 - Foundation - London
- Sunday 25th February 2024 - Advanced - London

Book via your Level 7 Dashboard

MENTORING SESSIONS BOOK UP FAST SEE BELOW FOR UPCOMING SESSIONS WITH AVAILABILITY

- Saturday 6th April 2024 - Mentoring- London
- Saturday 20th April 2024 - Mentoring- London
- Saturday 11th May 2024 - Mentoring - London
- Saturday 18th May 2024 - Mentoring - London
- Saturday 1st June 2024 - Mentoring - London

Book via your Level 7 Dashboard

DIPLOMA SESSIONS

- Tuesday 6th February 2024 - Using Tools for a Full Facial Assessment on Your Patients. Live Demonstration - with Dr Bryony Elder
- Monday 19th February 2024 - Using AI in Research and Your Diploma - with Dr Emmaline Ashley

Book via your Level 7 Dashboard

LAUNCH OF BRING YOUR OWN MODEL MENTORING SESSIONS

- Thursday 22nd February 2024
- Thursday 18th April 2024
- Thursday 16th May 2024
- Thursday 20th June 2024
- Thursday 25th July 2024
- Thursday 19th September 2024
- Thursday 12th October 2024
- Thursday 28th November 2024

Book via your Level 7 Dashboard

We are thrilled to share a tailored opportunity for your professional growth - the launch of Bring Your Own Model (BYOM) Mentoring Sessions, focusing on personalised patient learning and logbook cases.

Key Details

Dates: Thursdays

Location: Our London HQ

Spaces: Limited to 4 delegates per session for an optimal personalised learning experience.

Booking Process: To secure your place, please visit the Level 7 Dashboard and book your preferred session. Following your confirmation, a form will be sent to you for your model details. This form is crucial for our trainers and team to prepare adequately, and allows us to confirm times for your model to attend.

Benefits of BYOM Mentoring Sessions:

1. Personalised Guidance: Tailored advice for your unique model treatment.
2. Real-World Application: Direct application of mentoring to your real-world patient scenarios for a meaningful learning experience.
3. Problem-Solving: Address specific challenges with the assistance of experienced trainers.
4. Diverse Learning: Exposure to diverse approaches, methodologies, and techniques from fellow delegates and trainers in the aesthetics field.
5. Networking: Connect with peers in the aesthetics field, fostering potential collaborations and idea exchanges.
6. Comprehensive Treatment: Treat your own patient from start to finish, observing fellow delegates treating their models.
7. Logbook Cases: Apply the treatments in these sessions towards your logbook cases, contributing to your professional development and Level 7 Diploma.

With only four spaces available per session, we encourage you to secure your spot promptly to ensure a tailored and impactful learning experience and valuable contributions to your logbook cases.

REFERRAL REWARDS

Embark on a rewarding journey with our referral program designed just for you.

If you refer a friend or colleague, you both stand to benefit immensely!

Existing Level 7 Delegates, seize the opportunity to **earn £100 credit** for each successful referral, a token of appreciation for your loyalty and trust.

Graduates, your network is your strength! Enjoy **£100 credit towards any future courses** for every friend or colleague you introduce to our community.

Newcomers, the door to exclusive savings opens with a friend's referral! Sign up today with a friend's recommendation and relish **an exclusive £100 discount** on your first course, making your educational voyage both enriching and economical.

Spread the word, share the benefits, and let the cycle of knowledge and rewards flourish. It's a win-win for everyone!

Join hands with us as we cultivate a community of learners, where education is not just an investment but a lifelong adventure.

Referral rewards await – because learning together is the greatest reward of all!

