

Programme Overview

This document contains everything prepared for you in this cohort.

Delivery Mode	Virtual
Dates	10th October - 25th October 2026
Your Trainer	Pharm. Amara Owunwa

What This Programme Covers (CORE CURRICULUM)

Five intensive training days, 15 cumulative hours across 5 days, weekends only.

PHASE ONE:

DAY 1

The Skin, Skin Barrier, Skin Types & Steroid Stewardship (for foundation and safe practice)

- Skin anatomy and physiology relevant to pharmacy practice
- Understanding the skin barrier
- Skin types and their practical implications
- Skin sensitivity
- Steroid stewardship and pruritus
- When to manage, co-manage, or refer

DAY 2

Inflammatory Skin Conditions

- Dermatitis spectrum
- Psoriasis
- Rosacea
- Pharmacy-appropriate management
- Red flags and referral thresholds

DAY 3

Acne & Pigmentary Disorders

- Acne assessment and treatment approach
- Common reasons acne treatment fails
- Post-inflammatory hyperpigmentation
- Other common pigmentary concerns (Dark knuckles, “sunburn”, AN etc)
- Skin-of-colour considerations
- Patient expectations and counselling

DAY 4

Common Skin Infections, Presentations and Lesions

- Common skin infections and treatment
- Differentiating between bacterial, fungal and viral presentations
- Common lesions pharmacists may encounter (skin tags)
- Appropriate pharmacy management

DAY 5

Skin Health Consultation + AI-Assisted Consultation

- How to read and interpret ingredient lists
- Rational ingredient combinations
- The SIMTI skin consultation framework that makes a pharmacy in Lagos 1.2 million in added revenue/year
- Practical use of AI in skin-health practice

Note: Cosmetic product literacy and case studies would happen across **ALL** modules.

By the end of this training, professionals learn to:

- Assess common skin presentations and select appropriate skincare products
- Read ingredient lists
- Understand what cosmetic ingredients actually do
- Make safer recommendations without guessing
- Identify inappropriate combinations
- Match products to skin type, condition, and treatment goals
- Recognize when a condition is out of scope and requires referral

- Use a structured consultation process in your pharmacy and **sell better** without compromising ethics

PHASE TWO: Practical Assignments

Learning continues after the live sessions. **Professionals will be assigned to small clinical circles**; these assignments are designed to reinforce learning through collaboration and problem-solving rather than passive revision.

PHASE THREE: SIMTI Research Challenge

Each team will receive a skin-health research question.

The objective is to learn how pharmacists contribute to evidence generation.

Exceptional teams may be invited to work with the SIMTI research team to further develop their work for potential submission to a peer-reviewed journal.

Your Session Schedule

This training is spread across multiple sessions so that you have time to absorb, practise, and return with questions.

Note: You will **collaborate with other participants** on research projects and case studies.

Come prepared to contribute actively and work effectively as part of a team.

SAFE IN MY SKIN TRAINING INSTITUTE

Barrier-First Science, Always