



ANBLPN

Association of New Brunswick Licensed
Practical Nurses

AIAANB

L'Association des Infirmier(ère)s Auxiliaires
Autorisé(e)s du Nouveau-Brunswick

The Association of New Brunswick Licensed Practical Nurses is the regulatory body for Licensed Practical Nurses (LPNs) in New Brunswick. Our mandate is protection of the public by promoting the provision of safe, competent, ethical, and compassionate care by its registrants.

Fact Sheet: Aesthetic Nursing

Recently, nursing professionals have been entering into the practice area of aesthetics in growing numbers. This fact sheet will address the most common questions surrounding aesthetic nursing and what you should consider prior to engaging in this practice.

What are aesthetic nursing services?

Aesthetic nursing services refers to the delivery of specialized procedures for the purpose of cosmetic treatments. These treatments include, but are not limited to; dermal fillers, volume enhancers, collagen stimulators, lipolysis, and neuromodulators (i.e., Botox).

Aesthetic nursing services differ from personal aesthetic services. Personal aesthetic services may include applying make-up, providing facials, manicures or pedicures, body or ear piercing or methods of body hair removal. These types of cosmetic services do not need to be performed by a nursing professional.

Do I need to obtain additional education before taking part in aesthetic nursing services?

Yes, aesthetic services are considered a beyond entry-level competency for Licensed Practical Nurses (LPN) as this education is not part of the practical nursing curriculum. LPNs wishing to engage in these practices must ensure they obtain the required education and clinical mentorship in collaboration with their employer.

Where can I obtain the education required for medical aesthetic nursing?

As a regulator, ANBLPN does not offer, endorse, or recommend a specific training course for this area of practice. It is the responsibility of the nursing professional to ensure that the education they receive includes the core competencies required to administer aesthetic procedures safely (CLPNA, 2020).

It is recommended that LPNs collaborate with their employer to ensure they receive the theory and clinical mentorship in areas such as:

- Anatomy and physiology;
- Specific assessments of the dermatology client;
- Medications, pharmacology, and technique for specific treatments;
- Management of expected outcomes of client receiving services; and
- Management or unexpected outcomes (complications, adverse events) of client receiving services.

Once I obtain the necessary education and mentorship, can I practice these procedures independently?

No, a physician or nurse practitioner, who specializes in dermatology treatments, must be on site for immediate consultation with the LPN as necessary. Due to the practice context of this area, it is not appropriate to obtain this consultation via telephone or electronic methods. The physician or nurse practitioner must physically be on site during the aesthetic procedures in the event that immediate consultation is required.

Who can prescribe aesthetic nursing services?

Before administering dermal fillers, neuromodulators, volume enhancers, collagen stimulators or lipolysis there must be a direct order or medical directive in place. The order or medical directive can only be prescribed by an authorized prescriber; a physician or nurse practitioner who specializes in dermatology treatments.

The medical directive must be written and provide the following information:

- Name and description of the procedure/treatment/intervention being ordered;
- Specific client clinical conditions/circumstances that must be present prior to the treatment being implemented;
- Clear identification of any contraindications for implementing the directive; and
- The name and signature of the authorizing prescriber who is approving and taking responsibility for the directive (CSASN, 2015).

Am I required to obtain consent prior to administering the aesthetic service?

Yes, obtaining informed consent is required prior to implementing any intervention or treatment on a client. As with any other nursing intervention, clients must first understand the risks, benefits and expected outcomes of the treatment (CLPNA, 2020). Consent must be informed which includes an explanation of the intervention, alternative procedures, benefits and potential risks or complications (CSASN, 2015). Consent must be voluntary, and the client must be given the opportunity to ask questions pertaining to the treatment.

Am I required to document the aesthetic services I perform?

Yes, LPNs are required to document any procedures they have performed. LPNs are expected to follow their [Documentation](#) standards and ensure their documentation is accurate, timely, factual, and confidential. LPNs are also expected to follow any employer policies that are in place pertaining to documentation.

Does aesthetic nursing services count towards my active LPN practice hours?

Any hours worked providing medical aesthetic services can be counted towards your active LPN hours providing your practice meets the definition of nursing services (NSCN, 2020). Personal aesthetic services such as facials, manicures, tattooing, body hair removal etc. that do not require administration by a regulated health professional may not be used towards active LPN hours.

References

- Canadian Society of Aesthetic Specialty Nurses (2015). *Proposed Standards and Guidelines for RNs, RPNs and NPs administering Aesthetic Injections*. Retrieved from: <https://csasn.org/wp-content/uploads/2018/07/2015-Practice-Guideline-and-Standards.pdf>
- College of Licensed Practical Nurses of Alberta (2020). *Aesthetic Nursing in Alberta Frequently Asked Questions*. Retrieved from: <https://www.clpna.com/2018/09/aesthetic-nursing-in-alberta-frequently-asked-questions/>
- Nova Scotia College of Nurses (2020). *Nurses Who Provide Aesthetic Services to Clients Q&A*. Retrieved from: <https://cdn1.nscn.ca/sites/default/files/documents/resources/NursesWhoProvideAestheticServicesToClients.pdf>