



## **Guidelines for APRN's in Aesthetic Practice**

### **POSITION STATEMENT**

The Mississippi Board of nursing is a consumer protection agency with the authority to regulate the practice of nursing provided for by Mississippi Code of 1972, Annotated, Title 73, Chapter 15.

A position statement is a scope of practice determination made by the Board, as to whether performance of an action by a licensed nurse is within acceptable standards. Position statements are administrative and educational tools that can be used to assist providers, licensed nurses, and other interested parties in scope of practice determinations. Position statements of the Mississippi Board of Nursing are formulated in response to the Board's legally mandated charge to protect the public through safe nursing practice.

### **BACKGROUND**

Aesthetic practices provide patients with services primarily to improve or change certain aspects of their physical appearance. The main areas of service that might be included in an aesthetic practice would include the following services:

1. Microdermabrasion
2. Chemical Peels
3. Laser procedures
4. Fillers
5. Sclerotherapy

Currently aesthetic services are provided by a number of individuals and guidelines for the Advanced Practice Registered Nurse need to be clearly delineated so as to continue to provide the citizens of Mississippi with the highest level of care possible regarding these types of services.

### **SCOPE OF PRACTICE**

It is within the scope of practice for the advance practice registered nurse (APRN) who is duly qualified to provide aesthetic services. These services shall include microdermabrasion, chemical peels, laser procedures, fillers and sclerotherapy.

Aesthetic services can be provided as a sub-specialty role **for all but** the Psychiatric Nurse Practitioner, the Acute Care Practitioner and the Neonatal Nurse Practitioner. The APRN must be nationally certified as an APRN, with a valid, unencumbered MS license and must have completed a certification program for each skill requested that are approved by the board of nursing. This course must include both a didactic and hands on portion and the course must be approved by the Board.

The following services will be allowed, **provided** the APRN has received the proper certification for each area of skill from a nationally recognized and board approved program. The following parameters for practice shall apply to each skill:

**Microdermabrasion:** is a family of cosmetic procedures in which the stratum corneum (dead outermost surface of the skin) is partially or completely removed by light abrasion, to remove sun-damaged skin and to remove or lessen scars and dark spots on the skin.

The procedure is not very painful and requires no anesthetic. Microdermabrasion can be used medically for scar removal when the scar is raised above the surrounding skin, but is less effective with sunken scars. There is very little, if any, evidence that microdermabrasion stimulates collagen formation. Microdermabrasion can also be used for treatment of acne, but must be repeated periodically to be effective. **Microdermabrasion should not be used on patients who have taken Accutane in the previous twelve months.**

For the purposes of defining the parameters for practice in MS the procedure should be allowed for APRN's to perform with the boundary of **no more than 3 passes** allowed at any one visit.

**Chemical Peels:** is a treatment technique used to improve and smooth the texture of the facial skin using a chemical solution that causes the dead skin to slough off and eventually peel off. The regenerated skin is usually smoother and less wrinkled than the old skin. Chemical peels utilizing the most commonly approved agents will be allowed and these include but are not limited to glycolic acid, AHA or salicylic acid which are generally used for mild peels, and for medium depth peels

**Laser procedures:** involves the use of lasers to perform hair removal, Intense Pulsed Light (IPL), remove or decrease wrinkles thereby improving the texture and appearance of the skin and for acne, spider veins and pigmented lesions\*. Actinokeratosis and tattoo removal will also be included in this list.

\*Pigmented lesions that have been scrutinized by the collaborating physician and have been deemed non- malignant.

**Fillers:** aesthetic fillers are used to replenish the volume that is lost from the tissues of the face as aging occurs. The loss of volume causes lines and wrinkles and hollowing. Aesthetic Fillers restore the plump youthfulness back into faces taking away the telltale signs of ageing such as furrowed brows and laugh lines. Currently there are a number of products used to accomplish this and all may be utilized provided they are approved and they are commonly accepted practice.

**Sclerotherapy: Sclerotherapy:** may be defined as the injection of a chemical irritant into a vein to sclerose ("harden") it. The chemical irritates the lining of the vein, causing it to swell and the blood to clot. The vein turns into scar tissue that fades from view. Blood flow shifts to nearby healthy blood vessels. Sclerotherapy may be done to treat superficial varicose veins and spider veins. The

substances most commonly used for sclerotherapy in the United States are hypertonic saline or Sotradecol (sodium tetradecyl sulfate).

The advanced practice nurse who is approved to perform aesthetic practices by the board of nursing must collaborate with a physician who has like practice, has an unencumbered MS license and who has the same certifications that the advanced practice nurse has in specific skill areas.

## **MANAGEMENT**

The APRN must be nationally certified, licensed by the board to include approval of the collaborating physician and the site(s) and they must have successfully completed courses that certify them in the specific skill area(s) that they are requesting.

## **HISTORY**

Submitted: 12/4/2009

## **SOURCES**

1. American Society of the Association of Aesthetics, personal communication, Sept 17, 2009.
2. Aesthetic Surgery Journal, Commentary, 2009, 24(4), 318-319.

