



Practice directions assist practical nurses in understanding their responsibilities and legal obligations, enabling them to make safe and ethical decisions within their practice. Practical nurses are expected to comply with the information disseminated in practice directions. Failure to do so may result in investigation for misconduct and/or an audit of the nurse's practice.

Purpose

Aesthetic nursing is a growing area of practice for licensed practical nurses (LPNs) in Manitoba. As with all emerging areas of practice, it is essential for LPNs to understand the conditions that must be met in order to provide safe and competent nursing services in these contexts.

The administration of injectable drugs or substances and the application of laser treatments for aesthetic purposes fall within the scope of practice of a Manitoba LPN, provided that the limitations and conditions set out in this practice direction are met. The roles and responsibilities of a nurse performing aesthetic nursing procedures vary by jurisdiction. It is the responsibility of a nurse who receives aesthetic nursing education in another jurisdiction to be familiar with the scope of practice in Manitoba.

The Procedures

Procedures referenced in this practice direction include, but are not limited to:

- injectable treatments for soft tissue augmentation (using Health Canada approved products only) including cosmetic neuromodulators such as Botulinum Toxin Type A and absorbable dermal fillers,

- laser energy and light-based therapies for skin resurfacing (including the application of laser for removing hair; reducing hyperpigmentation, rosacea, acne scars, and port wine stains; and minimizing the appearance of facial veins and surface spider leg veins), and
- platelet rich plasma (PRP) injections (as approved by Health Canada).

Aesthetic procedures that are not within the scope of an LPN include:

- laser treatments that cut tissue, and
- sclerotherapy, other than for superficial veins.

Cosmetic services (e.g., facials, waxing, piercings, tattooing) do not need to be performed by an LPN. The CLPNM does not consider such activities to meet the definition of nursing as outlined in *The Licensed Practical Nurses Act*, and an individual performing such services cannot use the title LPN, nor count these hours as LPN practice.

Nursing practice and the delivery of healthcare services are dynamic and rapidly changing. This document does not include all aesthetic procedures performed by an LPN. If the procedure in question is not included, please

refer to the CLPNM *Determining Appropriate LPN Practice* Document.

The Nurse

LPNs are not taught to perform aesthetic procedures in basic nursing programs, but they have the foundational knowledge necessary to undertake the additional education required to perform aesthetic nursing procedures. LPNs are required to undertake education before performing aesthetic procedures to ensure that they have the knowledge, judgment, and skill necessary to perform the procedures competently and safely. Note that any acceptable education must include evaluation and confirmation of competence by an experienced, competent and authorized healthcare professional. An LPN practising in the specialized area of aesthetic nursing must be competent and must be able to show the CLPNM, upon request, how competency was attained and is being maintained.

CLPNM does not endorse any specific training course related to the field of aesthetic nursing. Each LPN is required to obtain the educational preparation and current clinical competency necessary to perform aesthetic procedures in a safe and effective manner. The LPN should have documented educational preparation, supervised clinical practice experience, and ongoing competency validation appropriate to their responsibilities, the procedures provided, and the client population served. The documentation must be readily available in the nurse's personal file and/or employer's file.

To ensure patient safety, the LPN must minimally gain and demonstrate the following knowledge and skill before engaging in aesthetic procedures including (but not inclusive to):

- age-specific anatomy, physiology, and microbiology that pertains to any body part

or system that is the focus of the aesthetic procedure, including but not limited to:

- integumentary system and supporting structures
- muscular system and supporting structures
- vascular system and supporting structures
- nervous system and supporting structures
- skeletal system, supporting structures, and associated landmarks and prominences
- proper technique for each aesthetic procedure
- proper client selection, history taking, physical assessment parameters, indications, and contraindications for treatment
- pharmacology, including drug actions/interactions, side effects, contraindications, and unexpected effects
- proper selection, maintenance, and utilization of equipment (e.g., LPNs must use lasers in compliance with existing standards and occupational health and safety regulations and must refer to CSA Z386-2014 *Safe use of lasers in health care*, and ANSI Z136.3-2018 *Safe use of lasers in health care* for current laser safety standards)
- ability to articulate realistic and expected outcomes of the procedure
- ability to describe potential complications and side effects
- nursing care required and appropriate nursing interventions in the event of complications or unexpected outcomes (e.g., administering the appropriate antidote(s) for the injection of dermal fillers as needed)
- management of complications or adverse reactions

- infection control standards pertaining to aesthetic procedures
- use of sterile technique to ensure patient safety and reduce the risk of contamination at any point in aesthetic procedure processes (e.g., PRP involves multiple steps in the handling of sterile blood products, and LPNs must ensure that they have the proper training, equipment, and ability to perform all sterile PRP procedural steps without contamination during one patient visit, and that all blood product handling precautions are observed)
- medication administration and care of the aesthetic client
- safety precautions (e.g., LPNs must have a thorough understanding of the procedures for establishing and maintaining a safe environment during laser procedures), and
- documentation appropriate to the type of procedure being performed.

Although the LPN is expected to work as part of a team, or have access to a team, when performing aesthetic procedures, the LPN always remains accountable for their own clinical decisions and practice.

LPNs who are self-employed or operate an independent nursing practice to provide aesthetic procedures will have additional responsibilities including but not limited to, information management, quality improvement, risk management, policy management, collecting payment for services, and acquiring additional liability protection. LPNs who are self-employed for the purpose of providing aesthetic treatments, and/or operating their own aesthetic clinic, must also meet all requirements set out in the CLPNM's Practice Direction on Self-Employed Practice.

The Team

An LPN who practises aesthetic nursing must do so in the context of a team. At minimum, the LPN must collaborate with another regulated health practitioner (physician or nurse practitioner) who:

- is authorized by their respective regulatory body to prescribe aesthetic treatments, and
- possesses specific knowledge, skills, and abilities in aesthetic procedures.

Prior to the performance of aesthetic procedures, the LPN must confirm the following.

- The client has been assessed by the authorized prescriber.
- There is documentation of a valid order by the authorized prescriber, for both the procedure(s) and the antidote(s), as applicable
- The authorized prescriber is available to the LPN for consultation.
- For subsequent aesthetic treatments that involve new injection sites, new treatment sites, or dose adjustments, the authorized prescriber must re-assess the client.

In addition, it is advised that an LPN only provide aesthetic treatments when appropriate medical, nursing, and support services are available, since interventions to manage the adverse effects of aesthetic treatments may go beyond the scope of practice of the individual LPN performing the procedure.

The regulated health practitioner (physician or nurse practitioner), as the authorized prescriber, is the health care team member most responsible for care, and LPNs must ensure that the physician or nurse practitioner is available to attend within a reasonable time, consistent with the nature of a complication, at the same location as the aesthetic procedure is

performed should the LPN require assistance to manage complications of the procedure.

The Practice Setting

An LPN who performs aesthetic nursing procedures must do so within a practice setting that supports the delivery of safe care. LPNs are regulated health care professionals who have been educated and licensed to deliver nursing care in accordance with professional standards. The practice setting must match this level of professionalism.

Prior to performing aesthetic procedures, the LPN is responsible for ensuring that the practice setting meets the following criteria:

- Reasonable precautions must be in place to protect the privacy, safety, and well-being of the client.
- The necessary protocols and equipment to address complications must always be available and must be utilized when required.
- The practice setting must be in the best interest of the client, so that client care is safe and ethical. Given the potential risks associated with aesthetic procedures, delivering such services within a home or social setting (e.g., "Botox party") is not deemed to be in the public interest or compatible with the standards of the LPN profession.
- Infection control standards must always be utilized.
- There must be established policies and protocols within the practice setting that are consistent with applicable standards of practice, and evidence-based practice, which provide direction on:
 - the use of equipment
 - patient monitoring, and
 - how to deal with complications of procedures.

- Policies and procedures for the storage of aesthetic products including temperature control of drug products during storage and transportation must be in place.
- Policies must also be in place to address the need for periodic re-evaluation and documentation of the nurse's competence with respect to the aesthetic procedures performed.

Documentation

Documentation criteria for aesthetic procedures includes (but is not limited to):

- review and verification of informed consent that clearly informs the patient of the LPN's qualifications, licensure, and expected outcomes of the procedure
- assessment data including past medical, surgical, allergy and medication histories
- skin typing/classification
- sun exposure history
- current cosmetic/dermatologic product usage
- exclusion from treatment criteria
- identification of and evaluation of test site as indicated
- name and lot number of product used for a procedure (if applicable)
- specifics of procedure performed and patient response to procedure, and
- directions for referral back to or consultation with the duly authorized prescriber of procedure.

The nurse must document and provide the patient with written pre and post procedure education which includes, but is not limited to, self-care instructions and follow-up recommendations including continued and emergent care needs.

Titles and Abbreviations

LPNs who practice aesthetic nursing must accurately and honestly represent to the public the level of education and formal credentialing they have attained. While the CLPNM authorizes LPNs, who meet the requirements outlined in this practice direction, to perform aesthetic procedures, the CLPNM does not maintain a specialized practice register or grant a specialized designation to nurses performing aesthetic procedures. As such, the CLPNM does not authorize the use of formal titles or abbreviations that convey, either directly or by implication, that an LPN has attained a specialized professional designation in aesthetic nursing.

Conclusion

As aesthetic nursing is an emerging area of practice for Manitoba's LPNs, the CLPNM's practice guidance and directions may be further refined as additional information becomes known. LPNs practising in this area of practice must ensure they stay current on their professional requirements, as they evolve.

For More Information

Visit our website at www.clpnm.ca for more information and resources.

Contact us with questions at
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About the CLPNM

The CLPNM is the governing body for the licensed practical nursing profession in Manitoba. Mandated to govern its members in a manner that serves and protects the public

interest, the CLPNM establishes practice requirements for the provision of safe and effective nursing care.

Resources

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