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An advisory opinion adopted by AZBN is an interpretation of what the law requires. While an advisory opinion is not law, it is more than a recommendation. In other words, an advisory opinion is an official opinion of AZBN regarding the practice of nursing as it relates to the functions of nursing. Facility policies may restrict practice further in their setting and/or require additional expectations related to competency, validation, training, and supervision to assure the safety of their patient population and/or decrease risk.

OPINION: MEDICAL ESTHETIC PROCEDURES BY NURSES (previously described in AO's; Dermatological Procedures Performed by Registered Nurses; Laser (Pigment and Vascular Specific) for Cutaneous Procedures; Visual Sclerotherapy)
APPROVED DATE: 7/26/11
REVISED DATE: 1/13, 1/15
ORIGINATING COMMITTEE:
SCOPE OF PRACTICE COMMITTEE,
COSMETOLOGY BOARD

Within the Scope of Practice of X RN X LPN

ADVISORY OPINION MEDICAL ESTHETIC PROCEDURES PERFORMED BY LICENSED NURSES

STATEMENT OF SCOPE

It is within the Scope of Practice of a Licensed Nurse to perform medical esthetic procedures on the appropriate client population as defined in this opinion. Medical Esthetic procedures shall be performed under the supervision of a licensed independent practitioner (LIP) who has medical/surgical training and possesses specific knowledge, skills and abilities in medical esthetics/cosmetic procedures.

R-4-19-101 defines supervision as the direction & periodic consultation provided to an individual to whom a nursing task or patient care activity is delegated.

A three tiered system of classification based on risk to the patient is utilized to define the scope of practice for LPNs & RNs:

Level I procedures are strictly cosmetic in nature

Level II procedures are intermediate in nature

Level III procedures meet the definition of the practice of medicine & nursing

All employees of a medical spa who perform any type of procedure of any level must be currently licensed by the appropriate Board of Registration, including Medicine, Nursing, Electrology or Cosmetology.

Refer to 32-516	Cosmetologist	Nail Tech	Aesthetician	Electrologist	LPN	RN	APRN	MD / DO/ND
LEVEL I - Cosmetic in nature								
<i>Electricity Examples</i>								
Galvanic Current				X				
Galvanic Current – skin care only	X		X					
Thermolysis (skin care only)	X		X	X				
Blend for hair removal				X				
Iontophoresis	X		X					
Cryoelectrophoresis	X		X					
Electrotherapy	X		X					
Cathodermie	X		X					
<i>Ultrasonic's</i>								
Therapeutic (excludes use for diagnostic and/or surgical purposes)								
<i>Heat Therapy</i>								
Saunas Thermolysis	X		X					
<i>Mechanical Modalities</i>								
Exfoliation – (non-invasive)	X		X					
Microdermabrasion – (non-invasive)	X		X					
Dermaplane Exfoliation – (non-invasive)	X		X					
Lymphatic Drainage Superficial (non-invasive)	X		X					
Non-Invasive Cellulite Treatment – Superficial (non-invasive)	X		X					
<i>Massage (hand to elbow and feet to knee)</i>	X	X	X					
Face (non-therapeutic)	X		X					
Full Body Massage (non-therapeutic)	X		X					
Full Body Wraps	X		X					
<i>Chemical</i>								
Exfoliation – Superficial (non-invasive)	X		X					
Chemical Peels – Superficial (non-invasive)	X		X					
Hair Coloring & Perming	X							
<i>Light</i>								
Light Emitting Diodes (LED)	X		X					
<i>Application of Cosmetic Preparations</i>								
Clean, manipulate & stimulate skin via facials, face masks, body wraps	X		X					
Clean, manipulate & stimulate skin via paraffin wraps	X	X	X					
<i>Depilation (Hair Removal – Mechanical)</i>								
Tweezing	X		X					
Waxing	X		X					
Threading	X		X					
Sugaring	X		X					
<i>Beautification</i>								
Make Up Application & Artistry	X		X					
Manicures & Pedicures	X	X						
Nail Care	X	X						
Artificial Nails & Polish	X	X						
Hair Dressing	X							
Scalp Care	X							

*Nurses with demonstrated competency can do Level I procedures

Refer to R4-10-112 (0) 1&2	Cosmetologist	Nail Tech	Aesthetician	Electrologist	LPN *	RN	APRN	MD / DO/ND
LEVEL II – Intermediate in nature								
LASER, LIGHT & ENERGY BASED DEVICES								
<i>Laser</i>								
Non Ablative, Non Vaporizing for Hair Removal only	X		X	X	X	X	X	X
Non Ablative, Non Vaporizing for Treatment of Skin (e.g. brown spots, pigmentary disorders, facial vessels & redness, tattoos)	X		X		X	X	X	X
<i>Light</i>								
Light Emitting Diodes (LED)	X		X		X	X	X	X
Intense Pulsed Light Therapy (IPL) for Hair Removal e.g. Brown spots, facial vessels and redness	X		X	X	X	X	X	X
<i>Radio Frequency Devices</i>								
<i>(For Skin Tightening & Photo-Rejuvenation Only)</i>					X	X	X	X
Mono-polar (non-invasive)	X		X		X	X	X	X
Bi-Polar	X		X		X	X	X	X
Combination	X		X		X	X	X	X
Temperature controlled Invasive procedures (i.e. Thermi RF)							x	x
<i>Combination Modalities</i>								
Laser & Radio Frequency					X	X	X	X
Intense Pulsed Light & Radiofrequency					X	X	X	X
Ultrasound for Esthetic Procedures					X	X	X	X
<i>Mechanical</i>								
Exfoliation (superficial & non superficial) (non-invasive)	X		X		X	X	X	X
Microdermabrasion (superficial & non superficial) (non-invasive)	X		X		X	X	X	X
Dermaplane Exfoliation (superficial & non superficial) (non-invasive)	X		X		X	X	X	X
Lymphatic Drainage	X		X		X	X	X	X
Whole body superficial(non-invasive)	X		X		X			
Microneedling (0.25mm - .5mm)					X	X	X	X
<i>Chemical</i>								
Chemical Peels (non-invasive)	X		X		X	X	X	X
<i>Cold/Heat</i>								
Destruction of fat with Non Invasive methods (i.e. Coolsculpt)					x	x	x	x

***LPNs – Please note that LPNs who have appropriate training can do level II procedures but must have onsite supervision by an RN, APRN , or MD/DO/Naturopathic. The patient assessment must be done by an RN or Licensed Independent Provider.**

	Cosmetologist	Nail Tech	Aesthetician	Electrologist	LPN *	RN	APRN	MD / DO/ND
LEVEL III – Practice of Nursing & Medicine								
<i>Laser & Light</i>								
Laser – Total Ablative, Vaporizing, Laser resurfacing						X	X	X
Laser – Ablative, Epidermis Only					X	X	X	X
<i>Fractionated Laser</i>								
Non Ablative					X	X	X	X
Epidermis Only					X	X	X	X
Ablative						X	X	X
Photo Dynamic Therapy using ALA (interrupts dermis in whole or in part) (Aminolevulinic Acid also known as Levulan and Kerastick)					X	X	X	X
<i>Injectables **</i>								
Neuromodulators (botulinum exotoxins) **						X	X	X
Tissue/Dermal Fillers ** / Tissue Volumizers** May use blunt catheters or cannulas						X	X	X
Sclerotherapy **						X	X	X
Plasma Rich Injectables**						X	X	X
<i>Tissue Alteration ** Soft tissue</i>						X	X	X
<i>Mechanical</i>								
Dermabrasion								X
Microneedling (1.mm & Up)						X	X	X
<i>Chemical</i>								
Chemical Peels – TCAs of any concentration *					X	X	X	X
Remove Skin Tags						X	X	X
Hormone Pellets						X	X	X

***LPN – please note: LPNs with appropriate training can do these procedures but must have onsite supervision. The assessment must be done by an RN, APRN or MD/DO/Naturopathic.**

** RN – please note: Injectables and tissue Alteration only pursuant to a prescription issued by a duly authorized prescriber and who is available for medical supervision by telecommunication methods for consultation and/or referral, and who can assess a client within 4 hours of the treatment when requested by the nurse or client/patient.

I. GENERAL REQUIREMENTS

- A. A person who provides medical aesthetic services shall have sufficient and appropriate training, continuing education, and supervision as required by this advisory opinion.
- B. Written policy & procedure maintained by the employer.
- C. Documentation of satisfactory completion of:
 - 1) Instructional program; Such as certification by AZ Radiation Regulatory Agency (ARRA) accredited program for laser use or light radiation emitting devices certification.
 - 2) Supervised clinical practice.
- D. Medical Esthetic procedures shall be performed only in a licensed facility, and exempt private office, hospital, or clinic.

II. COURSE OF INSTRUCTION

- 1. Level I procedures: Nurses/Nurse Practitioners without a cosmetology or electrologist training/license, wishing to perform any of the procedures of Level I, will be required to demonstrate competence in performing these functions. Competency means: successful completion of training which at a minimum includes a comprehensive didactic component and a supervised practicum where each of the procedures is evaluated by a qualified practitioner who is duly licensed as a cosmetologist, electrologist, nurse or physician, and in possession of the necessary credentials to provide education. A training course must include at a minimum:
 - Knowledge & understanding of anatomy, physiology & dermatological conditions where and when these modalities may be applied;
 - Knowledge and understanding of how to manage simple and anticipated side effects such as swelling, minor burning or infections that do not require medical intervention, and when to refer to the appropriate medical provider;
 - Knowledge and understanding of any and all products and/or equipment used in the delivery of these modalities
- 2. Level II Procedures: For Non-Ablative Laser & Light Sources Devices – Evidence sufficient to demonstrate compliance with Level II basic performance competency criteria earned through an approved CME or electrology/aesthetic/nursing CEU program no less than eight hours focusing on:
 - Knowledge & understanding of anatomy, physiology & pathology and how the modality is appropriately used;
 - Wound healing & repair;
 - Basic physics & safety issues relating to the use of the particular device/modality;
 - OSHA & ANSI standards as applicable to the device and/or modality;
 - Device/modality management including indications, contraindications and evaluation of outcomes;
 - Knowledge and understanding of how to manage simple and anticipated side effects such as swelling, erythema, minor burning or simple infections/inflammations that do not require medical intervention, and when to refer to the appropriate medical provider;

- Additionally, attendance at, and successful completion of a faculty-supervised and/or precepted practicum no less than 8 hours on each different device(s)/modalities where the demonstration of competency can be comprehensively assessed by the qualified faculty person/preceptor using standardized outcome measures, and who will attest to the competency of the trainee/preceptee.
3. Level II Procedures: For Microdermabrasion, Chemical Peels, Exfoliation, Cryotherapy & Electrocautery - Evidence sufficient to demonstrate compliance with Level II basic performance competency criteria earned through an approved CME or electrology/aesthetic/nursing CEU program no less than 8 hours focusing on:
- Knowledge & understanding of anatomy, physiology & dermatological conditions where and when these modalities maybe applied;
 - Knowledge and understanding of how to manage simple and anticipated side effects such as swelling, minor burning or infections that do not require medical intervention, and when to refer to the appropriate medical provider;
 - Knowledge and understanding of any and all products and/or equipment used in the delivery of these modalities.
4. For All Clinicians Performing Level III Procedures – Evidence of attendance and completion of a course no less than eight hours for the injectables and no less than eight hours in length for the tissue alterations. Each course must focus on:
- Knowledge & understanding of anatomy, physiology & cosmetological indications where and when these modalities may be administered;
 - Knowledge and understanding of how to manage simple and anticipated side effects such as swelling, minor burning or infections that do not require medical intervention, and when to contact the appropriate medical provider for intervention;
 - Knowledge and understanding of any and all products and/or equipment used in the delivery of these modalities;
 - Successful “hands on” demonstration and validation of competency for each procedure under a qualified faculty supervised practicum and evaluated by the qualified practitioner who is also duly licensed as a nurse or physician, and in possession of the necessary credentials to provide education.

III. RATIONALE

Esthetic and/or cosmetic procedures can be safely performed by a licensed nurse under the supervision of a trained RN, including an Advanced Practice Nurse or MD/DO/Naturopathic with specialized training, skills, ongoing training, and knowledge in esthetics/cosmetic procedures. All of the procedures allowed by this advisory opinion may not be listed due to advancing technologies.

IV. REFERENCES

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