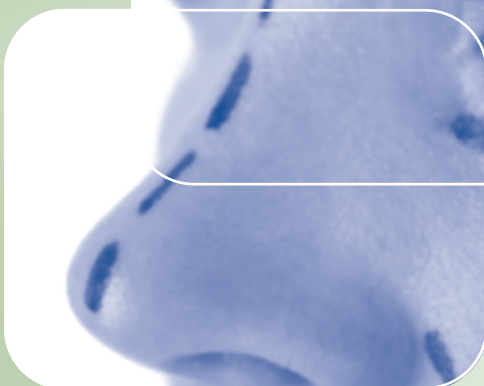
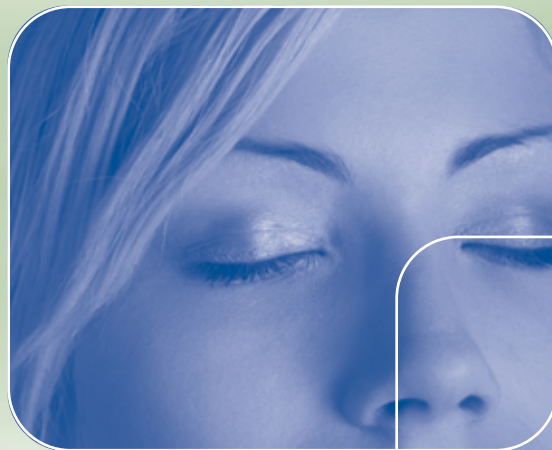


An assessment tool for nurses in aesthetic medicine





Royal College
of Nursing

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An assessment tool for nurses in aesthetic medicine

Contents

Developing the assessment tool	2		
Introduction to the assessment tool	2		
Acknowledgements	3		
The assessment tools	4		
1. Care of patients receiving dermal fillers	4	6. Care of patients receiving microsclerotherapy	26
1.1 Competent nurse	4	6.1 Competent nurse	26
1.2 Experienced/proficient nurse	6	6.2 Experienced/proficient nurse	28
1.3 Senior practitioner/expert nurse	6	6.3 Senior practitioner/expert nurse	28
2. Care of patients receiving intense pulse light	8	7. Care of patients receiving thermocoagulation treatment	30
2.1 Competent nurse	8	7.1 Competent nurse	30
2.2 Experienced/proficient nurse	10	7.2 Experienced/proficient nurse	32
2.3 Senior practitioner/expert nurse	10	7.3 Senior practitioner/expert nurse	32
3. Care of patients receiving chemical denervation	12	8. Health promotion	34
3.1 Competent nurse	12	8.1 Competent nurse	34
3.2 Experienced/proficient nurse	14	8.2 Experienced/proficient nurse	34
3.3 Senior practitioner/expert nurse	16	8.3 Senior practitioner/expert nurse	36
4. Care of patients receiving chemical peels	18		
4.1 Competent nurse	18		
4.2 Experienced/proficient nurse	20		
4.3 Senior practitioner/expert nurse	20		
5. Care of patients receiving skin rejuvenation	22		
5.1 Competent nurse	22		
5.2 Experienced/proficient nurse	22		
5.3 Senior practitioner/expert nurse	24		

Developing the assessment tool

In 2005, the Royal College of Nursing (RCN) accredited and published an integrated career and competency framework for nurses in aesthetic medicine, following a period of development and consultation. The publication was well received by nurses at the RCN Forum for Nurses in Aesthetic Medicine's open meeting in September that year.

However, many attendees asked for more guidance and structure to assist them in measuring their performance against the competencies, and to help them identify and plan their professional development. As a result, forum committee members produced a draft assessment tool, which was reviewed internally by other forum members, to develop and test the competency framework. Further review and development was undertaken externally by an independent assessor.

Following presentation of a draft assessment tool to the aesthetic nurses' annual workshop in September 2006, delegates were asked to comment on the document and become actively involved in its ongoing evaluation. There was a very positive response to this request and all the comments the forum received were incorporated into this final document.

Introduction to the assessment tool

This assessment tool was developed to assist practitioners to:

- ◆ measure practice against agreed benchmarks
- ◆ identify the evidence required to demonstrate the level of competence
- ◆ highlight areas of excellence as well as areas of weakness
- ◆ assist in planning professional development, encourage peer review and assist in clinical supervision.

The tool should be used alongside the *RCN Competencies: an integrated career and competency framework for nurses in aesthetic medicine*.

Creating an assessment tool addresses a number of political and professional issues and initiatives:

- ◆ it will be a powerful tool in helping nurses working in medical aesthetics to approach the challenges presented by moves in our field towards self-regulation
- ◆ it will help develop accredited training courses which meet the needs of practitioners at a variety of levels, and support the development of course content which focuses on the professional and clinical aspects of care
- ◆ it can also be used to form the basis of nurses' portfolios which support their continuing professional development.

We anticipate that the document will change and grow in accordance with new research and protocols.

Overall, we believe that the assessment tool will promote professional accountability and the development of best clinical practice in what has become one of the fastest growing fields of medicine today.

Acknowledgements

The RCN Forum for Nurses in Aesthetic Medicine would like to thank all the nurses who have worked together to develop the assessment tool. Their time and expertise were given freely to promote the professionalism of aesthetic nursing and support the development of high standards of care.

We would particularly like to thank Ena Glover and Carys Roden, staff of the Cheshire Image Clinic, who made a significant contribution towards producing the initial drafts and incorporating all the comments into the final document.

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The assessment tools

1 Care of patients receiving dermal fillers

1.1 Assessment tool for care of patients receiving temporary, fully biodegradable dermal fillers **Level: Competent nurse**

OBJECTIVE	EVIDENCE
Objective 1 • Undertake a recognised training programme in dermal fillers and have evidence of supervised practice in all areas pertinent to dermal filling	<ul style="list-style-type: none"> • Produce a certificate of theoretical training from the product manufacturer • Produce a signed record of supervised practice from your supervisor
Objective 2 • Demonstrate a knowledge of the anatomy and physiology of the face, neck and head, and can apply this to practice	<ul style="list-style-type: none"> • Label a diagram of the skin, showing all the layers on the cross-section
Objective 3 • Demonstrate a knowledge of the consequences of the ageing process on the skin	<ul style="list-style-type: none"> • Describe the effects of the ageing process on the skin
Objective 4 • Undertake an appropriate assessment of the patient's skin, in order to determine the technique and product to be used	<ul style="list-style-type: none"> • Produce an assessment and care plan as part of a case study, which describes the rationale behind the product choice and delivery technique employed
Objective 5 • Demonstrate a knowledge of precautions and contraindications for dermal fillers	<ul style="list-style-type: none"> • State the precautions and contraindications for the dermal fillers used
Objective 6 • Identify lesions that are amenable to treatment, e.g. scars, rhytides (wrinkles)	<ul style="list-style-type: none"> • Describe verbally the characteristics of dermal defects which are amenable to treatment
Objective 7 • Demonstrate the correct preparation of equipment and environment for the procedure	<ul style="list-style-type: none"> • Prepare all equipment and the environment for the treatment and discuss with reference to efficacy and health and safety issues
Objective 8 • Demonstrate knowledge of the correct storage and transportation requirements for dermal fillers	<ul style="list-style-type: none"> • State the storage, transportation and safe disposal requirements on the package insert of each dermal filler used, and show compliance in practice
Objective 9 • Recognise and manage the complications arising from dermal fillers. Seek expert advice when required • Describe the possible adverse sequelae arising from dermal fillers	<ul style="list-style-type: none"> • State how to minimise and treat each one • Identify the circumstances in which referral to an expert should be made and identify the pathway to facilitate this
Objective 10 • Use knowledge and skills to achieve safe practice while undertaking the following: • linear threading • combined filling, i.e. using different strengths of the same product in order to achieve optimum results • serial puncture • cross hatching/fanning	<ul style="list-style-type: none"> • Demonstrate all the injection techniques in the presence of the clinical supervisor • Show a register or log of reviewed case histories

1

1.2 Assessment tool for care of patients receiving temporary, fully biodegradable dermal fillers Level: Experienced/proficient nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> Use knowledge and skills as part of the multi-professional team to develop advanced techniques in dermal filling, large volume, e.g. for the treatment of lipoatrophy 	<ul style="list-style-type: none"> Demonstrate, through a patient case study with photographs, successful revision of lipoatrophy. Include details of consultation with other members of the multi-professional team
<p>Objective 2</p> <ul style="list-style-type: none"> Use skills and knowledge to manage complications of dermal fillers, e.g. self-limiting bruising and possible allergy 	<ul style="list-style-type: none"> State the possible side effects of dermal fillers and how each of these could be reduced and treated Show the after care advice sheet for the patient

1.3 Assessment tool for care of patients receiving temporary, fully biodegradable dermal fillers Level: Senior practitioner/expert nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> Use expertise to demonstrate a safe and competent injection technique in sculpting the face 	<ul style="list-style-type: none"> Undertake facial sculpting on a patient, with a clinical supervisor or on video
<p>Objective 2</p> <ul style="list-style-type: none"> Act as a source of expertise in assessing and treating facial disfigurements and facial asymmetries 	<ul style="list-style-type: none"> Provide illustrated case histories to show this
<p>Objective 3</p> <ul style="list-style-type: none"> Use expertise to recognise and manage complications, e.g. necrosis, and know when and to whom to refer for medical intervention 	<ul style="list-style-type: none"> State the signs and symptoms of necrosis, allergic reactions, granulomas, ulceration Describe how to minimise or prevent the occurrence of these, and possible treatments Describe the clear pathway for onward referral

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

2 Care of patients receiving intense pulse light

2.1 Assessment tool for the care of patients receiving intense pulsed light (IPL) / laser treatment **Level: Competent nurse**

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> • Demonstrate knowledge of the anatomy and physiology of skin and hair 	<ul style="list-style-type: none"> • Using a diagram of the skin, label all the anatomical structures within it • Using diagrams of a single hair, label all the structures surrounding and within it, and discuss its growth cycle
<p>Objective 2</p> <ul style="list-style-type: none"> • Use knowledge of Fitzpatrick skin classification to inform practice 	<ul style="list-style-type: none"> • Discuss how the Fitzpatrick skin classification will determine the parameters for treatment, including cautions and contraindications
<p>Objective 3</p> <ul style="list-style-type: none"> • Undertake a programme of education including “core of knowledge” training, as recommended in the MDA <i>Guidance on the Safe Use of lasers in Medical and Dental Practice</i>. This includes laser physics, laser tissue interactions and laser safety approved rules 	<ul style="list-style-type: none"> • Produce a “core of knowledge” training certificate • Give a verbal or written description of the mode of action of IPL/Laser and its interaction with hair and skin • Show local rules for the safe use of IPL/laser in the treatment room
<p>Objective 4</p> <ul style="list-style-type: none"> • Use skills and knowledge to ensure that there is compliance with current legislation and the requirements of the appropriate commission 	<ul style="list-style-type: none"> • Show current copy of the National Minimum Standards • Show current policy and procedure handbook • Show current certificate of registration with the Health Care Commission
<p>Objective 5</p> <ul style="list-style-type: none"> • Recognise own limitations and refer patients appropriately 	<ul style="list-style-type: none"> • Show a range of management plans, including different treatment settings • Provide evidence of support from laser protection advisor • Show protocol for onward referral and explain rationale

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

2

2.2 Assessment tool for care of patients receiving temporary, fully biodegradable dermal fillers Level: Experienced/proficient nurse

OBJECTIVE	EVIDENCE
Objective 1 • Undertake relevant training for each IPL/ laser to be used	• Show certificate of attendance at manufacturer training
Objective 2 • Demonstrate knowledge of the laser system in use, to include delivery devices, setting up and sterilisation procedures	• Practically demonstrate setting up, sterilisation procedures and, where appropriate, change of head • Show each treatment protocol for IPL/ laser in use • Show BTECH qualification
Objective 3 • Undertake relevant supervised practice for each IPL and laser with an accredited laser operator	• Show evidence of supervised practice, to include case histories and treatment register
Objective 5 • Demonstrate an awareness of issues relevant to eye wear, skin typing and sun exposure and IPL/ laser therapy	• State types of eye wear and the rationale for the use of each • Discuss how issues such as recent sun exposure and determination of skin type will affect treatment parameters
Objective 6 • Perform consultations with clients appropriately, to include treatment explanation, risks, contraindications, patch testing, follow-up care and advice	• Using role-play with your clinical supervisor, and with the help of case histories, demonstrate your consultation procedure, including patch testing • Produce all treatment forms, including information, health history, consent, action sheets, and aftercare
Objective 7 • Recognise and manage side-effects of and reactions to IPL/ laser therapy	• State verbally the side effects and management of reactions to IPL/ laser therapy

2.3 Assessment tool for care of patients receiving temporary, fully biodegradable dermal fillers Level: Senior practitioner/expert nurse

OBJECTIVE	EVIDENCE
Objective 1 • Demonstrate awareness of, and recognition as, an accredited IPL/laser practitioner	• Certificate of attendance at manufacturer's training • Show proof of registration with Health Care Commission
Objective 2 • Undertake a medical laser protection qualification for laser protection supervisors (core of knowledge, medical laser safety, equipment management, risk assessment, writing policies, etc.)	• Show BTECH qualification for IPL/ laser • Show all policies and procedures
Objective 3 • Use expertise to provide advice for staff within a multi-professional team on care of clients receiving IPL/ laser treatment	• Show experiential links within a multi-disciplined team

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

3 Care of patients receiving chemical denervation

3.1 Assessment tool for the care of patients receiving chemical denervation

Level: Competent nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> Undertake a programme of training in chemical denervation, with evidence of supervised practice by an expert practitioner 	<ul style="list-style-type: none"> Produce a certificate of attendance at a training course from the product manufacturer Produce a certificate of attendance at theoretical training Produce a certificate of attendance at a practical demonstration Produce a signed record of supervised practice from your supervisor
<p>Objective 2</p> <ul style="list-style-type: none"> Demonstrate knowledge of the anatomy and physiology of the face 	<ul style="list-style-type: none"> Using a diagram of the face, label all the muscles and nerves Give a verbal or written description of the mode of action of chemical denervation agents and their interaction with the muscles and nerves of the face
<p>Objective 3</p> <ul style="list-style-type: none"> Articulate the contraindications of chemical denervation 	<ul style="list-style-type: none"> State verbally the contraindications of chemical denervation to your clinical supervisor
<p>Objective 4</p> <ul style="list-style-type: none"> Demonstrate a knowledge of the cosmetic indications for chemical denervation to the upper third of the face, glabellar region, horizontal forehead lines and periorbital lines 	<ul style="list-style-type: none"> Articulate the contraindications to chemical denervation State the clinical indications and rationale for treatment
<p>Objective 5</p> <ul style="list-style-type: none"> Demonstrate knowledge of appropriate time intervals between chemical denervation treatments 	<ul style="list-style-type: none"> State the appropriate time intervals, discuss the rationale for these, and demonstrate through production of your own patient records
<p>Objective 6</p> <ul style="list-style-type: none"> Demonstrate knowledge of available chemical denervation products, including recommended therapeutic doses, methods of reconstitution and storage, in line with current legislation and potential side effects 	<ul style="list-style-type: none"> Discuss the various chemical denervation products available, including methods of reconstitution and storage Show your written policy Discuss current legislation and side effects Practically demonstrate reconstitution and display your prescription or a copy of it Be aware of licensing limitations Practically demonstrate the safe disposal of unused vials and residual product according to the manufacturer's instructions
<p>Objective 7</p> <ul style="list-style-type: none"> Demonstrate the ability to care for the patient through consultation and assessment, consent, skin preparation, positioning, administration of the product and aftercare 	<ul style="list-style-type: none"> Role-play in front of clinical supervisor Show all medical forms including consent, information, treatment sheets, aftercare and prescription
<p>Objective 8</p> <ul style="list-style-type: none"> Abide by the Nursing and Midwifery Council Guidelines for the administration of medicine, to ensure safe practice. 	<ul style="list-style-type: none"> Show your copy of the NMC Guidelines State the relevant guidelines for the administration of medicine Show prescription and treatment forms

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

3

3.2 Assessment tool for the care of patients receiving chemical denervation

Level: Experienced/proficient nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> • Demonstrate an in-depth anatomical and physiological knowledge of the face, neck, and other areas of the body treated with chemical denervation 	<ul style="list-style-type: none"> • Using a diagram of the body, label the muscles and nerves in the axilla and neck • Discuss the physiology with regard to chemical denervation treatments in these areas
<p>Objective 2</p> <ul style="list-style-type: none"> • Use experience to recognise and administer treatment which is appropriate for the patient's anatomy 	<ul style="list-style-type: none"> • Demonstrate using case histories and photographs
<p>Objective 3</p> <ul style="list-style-type: none"> • Use experience to recognise complications arising from chemical denervation and when to refer on for further management and advice 	<ul style="list-style-type: none"> • State complications and discuss each of them • Show your protocol for onward referral
<p>Objective 4</p> <ul style="list-style-type: none"> • Use knowledge and experience of the role and responsibility of the aesthetic nurse when using prescription-only medicine, particularly medicines unlicensed for cosmetic use 	<ul style="list-style-type: none"> • State the specific regulations in relation to prescription-only medicines, unlicensed medications and off-label use

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

3

3.3 Assessment tool for the care of patients receiving chemical denervation

Level: Senior practitioner/expert nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> Use expertise to determine the adjunctive uses of chemical denervation, e.g. blepharoplasty, skin peels 	<ul style="list-style-type: none"> State what other procedures can be used with Botulinum toxin type A to give optimum desired aesthetic results
<p>Objective 2</p> <ul style="list-style-type: none"> Demonstrate expertise of the cosmetic indications in the use of chemical denervation to other parts of the body, e.g. the lower third of the face 	<ul style="list-style-type: none"> State the contraindications for chemical denervation to the lower third of the face Demonstrate your understanding by undertaking patient assessment with your clinical supervisor
<p>Objective 3</p> <ul style="list-style-type: none"> Use expert knowledge of differing doses and placements to achieve desired degree of muscle relaxation, within manufacturer's guidelines 	<ul style="list-style-type: none"> Practical demonstrations of limitations Provide portfolio of case studies showing treatment sheets and photographic evidence Show awareness of manufacturer's guidelines
<p>Objective 4</p> <ul style="list-style-type: none"> Adjust the remedial treatments for ptosis and demonstrate awareness of pharmaceutical issues and side effects 	<ul style="list-style-type: none"> State the remedial treatments for ptosis and discuss the pharmaceutical issues and side effects pertaining to these
<p>Objective 5</p> <ul style="list-style-type: none"> Use expertise to mentor less experienced nurses 	<ul style="list-style-type: none"> Document your mentoring
<p>Objective 6</p> <ul style="list-style-type: none"> Use expertise to inform practice development 	<ul style="list-style-type: none"> Show quality protocols to illustrate regular review of practice and implementation of improvements
<p>Objective 7</p> <ul style="list-style-type: none"> Use expertise to enable decision making about the use or selection of a range of chemical denervation products 	<ul style="list-style-type: none"> Be able to discuss the clinical rationale for the usage of different products
<p>Objective 8</p> <ul style="list-style-type: none"> Use expert knowledge to develop and inform patient protocols. 	<ul style="list-style-type: none"> Show how practice development influences patient protocols

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

4 Care of patients receiving chemical peels

4.1 Assessment tool for the care of patients receiving chemical peels

Level: Competent nurse

OBJECTIVE	EVIDENCE
<i>While the nurse may take a key role for many of the procedures, this will involve working closely with other members of the multi-professional team.</i>	
Objective 1 <ul style="list-style-type: none"> Demonstrate an in-depth knowledge of the anatomy and physiology of the skin 	<ul style="list-style-type: none"> Label a cross-section diagram of the skin and describe the functioning of the structures
Objective 2 <ul style="list-style-type: none"> Demonstrate a working knowledge of skin classification tools, e.g. Fitzpatrick scale 	<ul style="list-style-type: none"> State the six categories in the Fitzpatrick classification of sun-reactive skin types
Objective 3 <ul style="list-style-type: none"> Identify the characteristics of healthy skin and causes of skin damage 	<ul style="list-style-type: none"> Define the clinical, histological and aesthetic aspects of healthy skin and describe the common extrinsic factors and pathologies which may affect it
Objective 4 <ul style="list-style-type: none"> Demonstrate an ability to discuss the structure and maintenance of healthy skin with the patient 	<ul style="list-style-type: none"> Show this in a patient assessment and formulation of a home treatment plan. Demonstrate written materials
Objective 5 <ul style="list-style-type: none"> Demonstrate effective application of exfoliants and light peels 	<ul style="list-style-type: none"> Practically demonstrate the application of a light peel to clinical supervisor or peer reviewer
Objective 6 <ul style="list-style-type: none"> Prescribe appropriate after care, to include written and verbal advice to patients 	<ul style="list-style-type: none"> Produce written advice sheet for the patient to take home
Objective 7 <ul style="list-style-type: none"> Prevent, treat and refer complications arising from chemical peels <p><i>Where a peel is stronger than 70%, Glycolic acid is required and this must be undertaken with direct supervision of a doctor.</i></p>	<ul style="list-style-type: none"> State what precautions should be taken to circumvent complications Describe the possible complications from a chemical peel and the actions employed to treat each complication Identify the circumstances in which referral to an expert should be made and identify the pathway to facilitate this

4

4.2 Assessment tool for the care of patients receiving chemical peels

Level: Experienced/proficient nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> Identify pathologies that would be responsive to chemical peeling 	<ul style="list-style-type: none"> Describe how chemical peeling can treat photo ageing, solar keratoses, lentigines, melasma, acne vulgaris, rosacea, hyperpigmentation and folliculitis
<p>Objective 2</p> <ul style="list-style-type: none"> Implement an appropriate course of skin preparation before treatment, in line with prescribing regulations and with consideration of histological effects 	<ul style="list-style-type: none"> Demonstrate, through use of an assessment and written care plan, the preparations and actions required for skin conditioning prior to a peel

4.3 Assessment tool for the care of patients receiving chemical peels

Level: Senior practitioner/expert nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> Use expertise as part of the multi-professional team to prescribe and undertake medium depth control peels, to the mid-reticular dermis 	<ul style="list-style-type: none"> Display the certificate from the training course undertaken Show the protocol established in conjunction with the physician, for the prescription of these peels
<p>Objective 2</p> <ul style="list-style-type: none"> Undertake advanced training in depth control peels, including supervision by a member of the multi-professional team 	<ul style="list-style-type: none"> Display an advanced training certificate Show written evidence that the responsible physician has witnessed you undertaking a depth control peel and is satisfied you're your competence
<p>Objective 3</p> <ul style="list-style-type: none"> Act as a resource to other colleagues in relation to identifying and treating anticipated reactions after chemical peels 	<ul style="list-style-type: none"> Demonstrate materials used in teaching others about treating anticipated reactions. These could include books, DVDs photographs
<p>Objective 4</p> <ul style="list-style-type: none"> Participate in appropriate clinical trials to evaluate products within ethical boundaries 	<ul style="list-style-type: none"> Show evidence of the integration of research findings into the development of best practice Demonstrate active involvement in ethical research

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

5 Care of patients receiving skin rejuvenation

5.1 Assessment tool for the care of patients receiving skin rejuvenation

Level: Competent nurse

OBJECTIVE	EVIDENCE
<i>Use skills and knowledge to:</i>	
Objective 1 <ul style="list-style-type: none"> • Demonstrate knowledge of what constitutes healthy skin, and factors leading to unhealthy skin and skin damage 	<ul style="list-style-type: none"> • Describe A&P of healthy skin • Identify and discuss factors leading to unhealthy skin and skin damage
Objective 2 <ul style="list-style-type: none"> • Understand skin physiology and the ageing process and recognise the different skin conditions which respond to treatment 	<ul style="list-style-type: none"> • Discuss the effects of the ageing process on the skin and the structures within it
Objective 3 <ul style="list-style-type: none"> • Use knowledge and skills to explain the evidence-base for the appropriate treatment for a variety of skin types 	<ul style="list-style-type: none"> • Contrast and compare relevant clinical papers pertaining to different skin types and conditions
Objective 4 <ul style="list-style-type: none"> • Use knowledge of the active ingredients in skincare products being prescribed to ensure safe practice and minimise side effects 	<ul style="list-style-type: none"> • Discuss the active ingredients and their therapeutic and adverse effects on the skin
Objective 5 <ul style="list-style-type: none"> • Use skills and knowledge to advise and educate patients about effective skin maintenance, sun damage and sun protection 	<ul style="list-style-type: none"> • Construct a care plan to advise patients on dermal homeostasis, sun damage and skin protection

5.2 Assessment tool for the care of patients receiving skin rejuvenation

Level: Experienced/proficient nurse

OBJECTIVE	EVIDENCE
Objective 1 <ul style="list-style-type: none"> • Use skills and advanced knowledge to advise and treat complicated cases, e.g. super-sensitivity, hyper-pigmentation, acne and scarring 	<ul style="list-style-type: none"> • Conduct an assessment of the patient's skin and advise on appropriate treatment • Discuss different treatment options and demonstrate, via care studies, good results and from which treatments
Objective 2 <ul style="list-style-type: none"> • Use knowledge and experience to inform selection from a wide range of products to address the individual needs of a client 	<ul style="list-style-type: none"> • Show indications and the therapeutic benefits of the dermal products your patients use
Objective 3 <ul style="list-style-type: none"> • Use skills and knowledge to assist medical colleagues with invasive techniques such as Co2 laser, resurfacing, and chemical peels at the mid reticular dermis 	<ul style="list-style-type: none"> • Discuss preparation, nursing care during the procedure, and aftercare for deep resurfacing the mid reticular dermis, whether chemical, laser or mechanical

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

5

5.3 Assessment tool for the care of patients receiving skin rejuvenation

Level: Senior practitioner/expert nurse

OBJECTIVE	EVIDENCE
Objective 1 <ul style="list-style-type: none">• Use expert knowledge to develop practice by informing further development and sourcing of products	<ul style="list-style-type: none">• Participate in clinical R&D and write papers for publishing in peer-reviewed journals
Objective 2 <ul style="list-style-type: none">• Use expert knowledge to contribute to the development of protocols and practice in skin rejuvenation	<ul style="list-style-type: none">• Show the use of research findings to advance clinical protocols and practice

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

6 Care of patients receiving microsclerotherapy

6.1 Assessment tool for the care of patients receiving microsclerotherapy for the removal of leg thread veins **Level: Competent nurse**

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> Undertake a recognised training programme in sclerotherapy, with evidence of supervised practice by an experienced practitioner 	<ul style="list-style-type: none"> Produce a certificate of attendance at a training course and show evidence of supervised practice
<p>Objective 2</p> <ul style="list-style-type: none"> Practice under medical supervision to an agreed protocol. Only treat veins up to 2mm in diameter and only treat lower limbs 	<ul style="list-style-type: none"> Show your protocol for treatment
<p>Objective 3</p> <ul style="list-style-type: none"> Recognise patients who have relative or absolute contraindications and exclude them from treatment 	<ul style="list-style-type: none"> Discuss relative and absolute contraindications. Explain CEAP classifications
<p>Objective 4</p> <ul style="list-style-type: none"> Demonstrate knowledge of the anatomical structure of the legs, including arterial and venous blood supply 	<ul style="list-style-type: none"> Explain, as if to a patient, how healthy leg veins work
<p>Objective 5</p> <ul style="list-style-type: none"> Demonstrate correct positioning of the patient, safe preparation of the skin, safe administration of the product and aftercare advice, both oral and written 	<ul style="list-style-type: none"> Demonstrate how you position, prepare and treat the patient safely Explain aftercare and show written instructions
<p>Objective 6</p> <ul style="list-style-type: none"> Demonstrate a comprehensive consultation with and assessment of the patient, including obtaining informed consent and ensuring an awareness of financial implications 	<ul style="list-style-type: none"> Using role play, in front of your clinical supervisor, demonstrate your full consultation techniques
<p>Objective 7</p> <ul style="list-style-type: none"> Be aware of the range of medication used for sclerotherapy and any indications for their use Explain how sclerosants work 	<ul style="list-style-type: none"> Describe the sclerosing agent used in your practice Describe the practice protocol for prescription, supply, storage and administration of sclerosing drugs and provide relevant documentation
<p>Objective 8</p> <ul style="list-style-type: none"> Be aware of potential risks, side-effects and their management 	<ul style="list-style-type: none"> State verbally the complications of microsclerotherapy Discuss how you would minimise the risks and manage complications
<p>Objective 9</p> <ul style="list-style-type: none"> Be aware of the use and application of compression after treatment 	<ul style="list-style-type: none"> Explain the protocol for the application of post-treatment compression in your practice List the contraindications to the compression
<p>Objective 10</p> <ul style="list-style-type: none"> Use skills and knowledge to develop written aftercare advice, which should include reference to the danger of combining sclerotherapy with other treatments, e.g. refolexology 	<ul style="list-style-type: none"> Using your written aftercare, show how you have developed it

6

6.2 Assessment tool for the care of patients receiving microsclerotherapy for the removal of leg thread veins Level: Experienced/proficient nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> • Demonstrate knowledge of the available sclerosants, including recommended therapeutic dosages, methods of storage, and disposal of unused products, in line with current legislation and with particular reference to prescription-only medicines and unlicensed products 	<ul style="list-style-type: none"> • Discuss safe dosages of the various sclerosants • Show your policy for their use, storage and disposal • Discuss the legal use of licensed and unlicensed products
<p>Objective 2</p> <ul style="list-style-type: none"> • Demonstrate the ability to recognise and manage complications arising from sclerotherapy and make appropriate referral 	<ul style="list-style-type: none"> • Discuss the reasons for onward referral and show your policy
<p>Objective 3</p> <ul style="list-style-type: none"> • Demonstrate evidence of updating clinical practice in sclerotherapy 	<ul style="list-style-type: none"> • Show evidence of update and professional development, to include audit
<p>Objective 4</p> <ul style="list-style-type: none"> • Use skills and knowledge to demonstrate an understanding of sclerosants prescribed by a medical practitioner 	<ul style="list-style-type: none"> • State verbally the reasons for alternative sclerosants use • Discuss the physiological changes that occur in the vein during treatment

6.3 Assessment tool for the care of patients receiving microsclerotherapy for the removal of leg thread veins Level: Senior practitioner/expert nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> • Is a safe practitioner in sclerotherapy 	<ul style="list-style-type: none"> • Evidenced by achievement of both competent and experienced nurse levels
<p>Objective 2</p> <ul style="list-style-type: none"> • Is proficient at administering sclerosants using protocols, and using dosage titrations 	<ul style="list-style-type: none"> • Discuss individual treatment plans and the rationale behind them
<p>Objective 3</p> <ul style="list-style-type: none"> • Use expertise to contribute and lead on protocol development 	<ul style="list-style-type: none"> • Present your treatment protocols as if to a trainee and discuss how they are reviewed. Discuss changes you have made
<p>Objective 4</p> <ul style="list-style-type: none"> • Use expertise under the supervision of a medical practitioner to treat patients with veins of 3-4mm 	<ul style="list-style-type: none"> • Provide evidence of supervised practice on patients with larger veins • Show your Weiss classification protocol
<p>Objective 5</p> <ul style="list-style-type: none"> • Able to use diagnostic tools such as hand held Doppler 	<ul style="list-style-type: none"> • Demonstrate your knowledge of advanced assessment tools such as Doppler and Duplex

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

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7 Care of patients receiving thermocoagulation treatment

7.1 Assessment tool for the care of patients receiving thermocoagulation treatment for the removal of thread veins **Level: Competent nurse**

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> Recognise patients who have relative or absolute contraindications and exclude them from treatment 	<ul style="list-style-type: none"> State verbally the contraindications to treatment
<p>Objective 2</p> <ul style="list-style-type: none"> Undertake a recognised training programme in thermocoagulation, with evidence of supervised practice by an experienced practitioner 	<ul style="list-style-type: none"> Produce a certificate of practical ability Give a verbal or written description of the mode of action of thermocoagulation
<p>Objective 3</p> <ul style="list-style-type: none"> Demonstrate a knowledge of the anatomical structure of the face, chest and legs, including arterial and venous blood supply 	<ul style="list-style-type: none"> Using a diagram of the face, chest and legs, label the major veins and arteries
<p>Objective 4</p> <ul style="list-style-type: none"> Demonstrate a comprehensive consultation and assessment of the patient, including obtaining informed consent and ensuring an awareness of financial implications 	<ul style="list-style-type: none"> Provide evidence of medical history taking Provide evidence of informed consent Provide written assessment of costs, using the patient's notes
<p>Objective 5</p> <ul style="list-style-type: none"> Use skills and knowledge to develop written aftercare advice 	<ul style="list-style-type: none"> State the time interval for next treatment and demonstrate through production of your own patient records
<p>Objective 6</p> <ul style="list-style-type: none"> Understand the causes of thread veins and use knowledge to inform patients of preventive strategies 	<ul style="list-style-type: none"> Using a diagram explain how thread veins develop List the possible causes of thread veins List preventive strategies
<p>Objective 7</p> <ul style="list-style-type: none"> Demonstrate an awareness of the importance of maintenance of the thermocoagulation machine 	<ul style="list-style-type: none"> Explain briefly how the machine works Explain the significance of the 'pen' and cable

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

7

7.2 Assessment tool for the care of patients receiving thermocoagulation treatment for the removal of thread veins Level: Experienced/proficient nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> • Demonstrate the ability to recognise and manage complications arising from thermocoagulation and to make appropriate referrals 	<ul style="list-style-type: none"> • State verbally the possible complications arising from thermocoagulation and show your onward referral protocol

7.3 Assessment tool for the care of patients receiving thermocoagulation treatment for the removal of thread veins Level: Senior practitioner/expert nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> • Use expertise to respond to current research and, with medical practitioners, lead in the development of protocols 	<ul style="list-style-type: none"> • Show effectiveness of treatment through an audit trail, and produce your policies

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

8 Health promotion

8.1 Assessment tool for health promotion

Level: Competent nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> • Provide health promotion, in a way that is relevant to individual patients, to encourage and raise awareness of the risks for health and wellbeing 	<ul style="list-style-type: none"> • Discuss the relevant methods and tools for health promotion which you use in your practice
<p>Objective 2</p> <ul style="list-style-type: none"> • Raise awareness of health and wellbeing and the actions that people can take to address health promotion, specifically the risks associated with sun exposure and the implications of not protecting the skin 	<ul style="list-style-type: none"> • List the extrinsic and intrinsic factors affecting skin health, with particular reference to sun exposure and the implications associated with under-protection • Discuss the health promotion actions that may be taken to address this
<p>Objective 3</p> <ul style="list-style-type: none"> • Identify the characteristics of healthy skin and factors causing skin damage, e.g. smoking and sun exposure 	<ul style="list-style-type: none"> • Describe the characteristics of healthy skin • Discuss how the causative factors affect the clinical, histological and aesthetic aspects of healthy skin

8.2 Assessment tool for health promotion

Level: Experienced/proficient nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> • Demonstrate the ability to relate health promotion theory to clinical practice 	<ul style="list-style-type: none"> • Review research papers on health promotion and show how they are applied to your own practice
<p>Objective 2</p> <ul style="list-style-type: none"> • Use health promotion information to advise on the prevention of skin cancer 	<ul style="list-style-type: none"> • Identify types of skin cancer and the causative factors. Show your skin cancer information sheet
<p>Objective 3</p> <ul style="list-style-type: none"> • Use knowledge and experience to access health promotion literature, with particular reference to medical aesthetics 	<ul style="list-style-type: none"> • Advise the patient of skin health promotion strategies which will maximise the aesthetic result, e.g. anti-bruising and anti-viral agents

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

ASSESSMENT	DEVELOPMENT PLAN	REVIEW DATE

8

8.3 Assessment tool for health promotion

Level: Senior practitioner/expert nurse

OBJECTIVE	EVIDENCE
<p>Objective 1</p> <ul style="list-style-type: none"> Develop, implement and evaluate strategies for health promotion with patients 	<ul style="list-style-type: none"> Show individualised health promotion care plans to suit each personality Describe how care plans may be implemented and discuss evaluation methods to be adopted
<p>Objective 2</p> <ul style="list-style-type: none"> Participate in developing the evidence base in health promotion 	<ul style="list-style-type: none"> Show evidence of interactive research work in health promotion
<p>Objective 3</p> <ul style="list-style-type: none"> Teach and develop others in the delivery of health promotion 	<ul style="list-style-type: none"> Produce evidence of mentoring others in the delivery of health promotion Display the health promotion teaching package you have developed
<p>Objective 4</p> <ul style="list-style-type: none"> Use expertise to support and mentor practitioners to develop knowledge of health promotion and incorporate it into their practice 	<ul style="list-style-type: none"> Suggest strategies to others for incorporating their knowledge of health promotion into their practice

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