Knowledge/competence increased significantly:

• Overall 16% absolute increase in correct answers to 11 knowledge/case questions from pre (46%) to post (62%) with a large effect size (Cohen’s $d = 0.75$).

Confident (pre) to (post) increased significantly:

• There was a 41% absolute increase from pre (20%) to post (61%) for those reporting very and somewhat confident about “differentiating the mechanism of action (MOA) of biostimulators (collagen stimulators) from dermal fillers.”

• There was a 39% absolute increase from pre (23%) to post (62%) for those reporting very and somewhat confident in “managing aesthetic patient expectations.”

• There was also a 39% absolute increase from pre (20%) to post (59%) for those reporting very and somewhat confident in “selecting a hyaluronic acid filler based on the rheology of the product and desired effect.”

Introduction:

Nurse practitioners in primary care and other settings frequently care for patients with cosmetic issues, and they are well-positioned to perform a variety of injectable cosmetic procedures independently or with some degree of physician involvement, depending on state requirements. However, outside of those already trained as aesthetic nurse practitioners, they may lack knowledge of the many available treatment options, patient motivations, and safety considerations.

Program Information & Methods

Programs: Training occurred through an accredited on-demand video presentation. It was accredited for 5.25 contact hours of CE. A detailed provider workbook was created and hosted on the AANP website for download.

Data Collected: Changes in knowledge, competence, self-reported changes in confidence and practice habits, and identification of remaining gaps.

Measurements and analysis: Questions were asked before and immediately after the activity. A 60-day follow-up survey was sent to participants who completed the activity to identify any practice changes made.

• A paired analysis of pre/post results was conducted. These included all learners who completed the activity (n=5,457). N=120 for the follow-up survey, of which 60 self-report seeing a combined total of 633 patients who were positively impacted by the education.

Demographics (pre), evaluation (post), and follow-up survey results shown here use descriptive statistics.

Tests used to identify statistically significant differences pre- to post-

• McNemar test for each of 11 multiple choice knowledge/case questions
• Wilcoxon test for % correct knowledge/case questions, and the confidence rating scale questions

• $P < 0.05$ indicates a statistically significant difference

Effect Size (ES), to indicate the size of the change, was also calculated as appropriate (Cohen’s $d$): 0.20 = small, 0.50 = medium, 0.80 = large.

Executive Summary

Knowledge/competence increased significantly:

• Overall 56% absolute increase in correct answers to 11 knowledge/case questions from pre (46%) to post (62%) with a large effect size (Cohen’s $d = 0.75$).

Confident (pre) to (post) increased significantly:

• There was a 45% absolute increase from pre (20%) to post (61%) for those reporting very and somewhat confident about “differencing the mechanism of action (MOA) of biostimulators (collagen stimulators) from dermal fillers.”

• There was a 39% absolute increase from pre (23%) to post (62%) for those reporting very and somewhat confident in “managing aesthetic patient expectations.”

• There was also a 39% absolute increase from pre (20%) to post (59%) for those reporting very and somewhat confident in “selecting a hyaluronic acid filler based on the rheology of the product and desired effect.”

As a result of this activity, I have done the following:

[Diagram showing changes in knowledge and confidence]