

Injectable Cosmetic Treatments and the Nurse Practitioner: The Intersection of Patient Desires, Clinical Evidence, and Professional Satisfaction

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INTRODUCTION

Patients are increasingly seeking these services outside of the specialist's office and benefit from delivery of care from providers with whom they have longstanding relationships such as their primary care providers. Nurse practitioners represent a key (and growing) percentage of those providers and thus, education about nonsurgical cosmetic procedures is particularly necessary for this provider group.

This educational intervention was designed to positively affect clinician practice patterns by providing learners with strategies for translating and applying new information to daily clinical practice.

Start and End Date 05/01/2019-05/31/2020

OBJECTIVES

- Describe facial anatomy and the normal aging process
- Identify patients who are candidates for botulinum toxin injection and the factors that affect outcomes
- Choose evidence-based, FDA-approved injectable dermal fillers based on patient desires, characteristics, and safety concerns

OUTCOME METHODS

Educational outcomes data assessing learners' knowledge, confidence and competence were obtained pre/post activity as well as 60-days after activity completion.

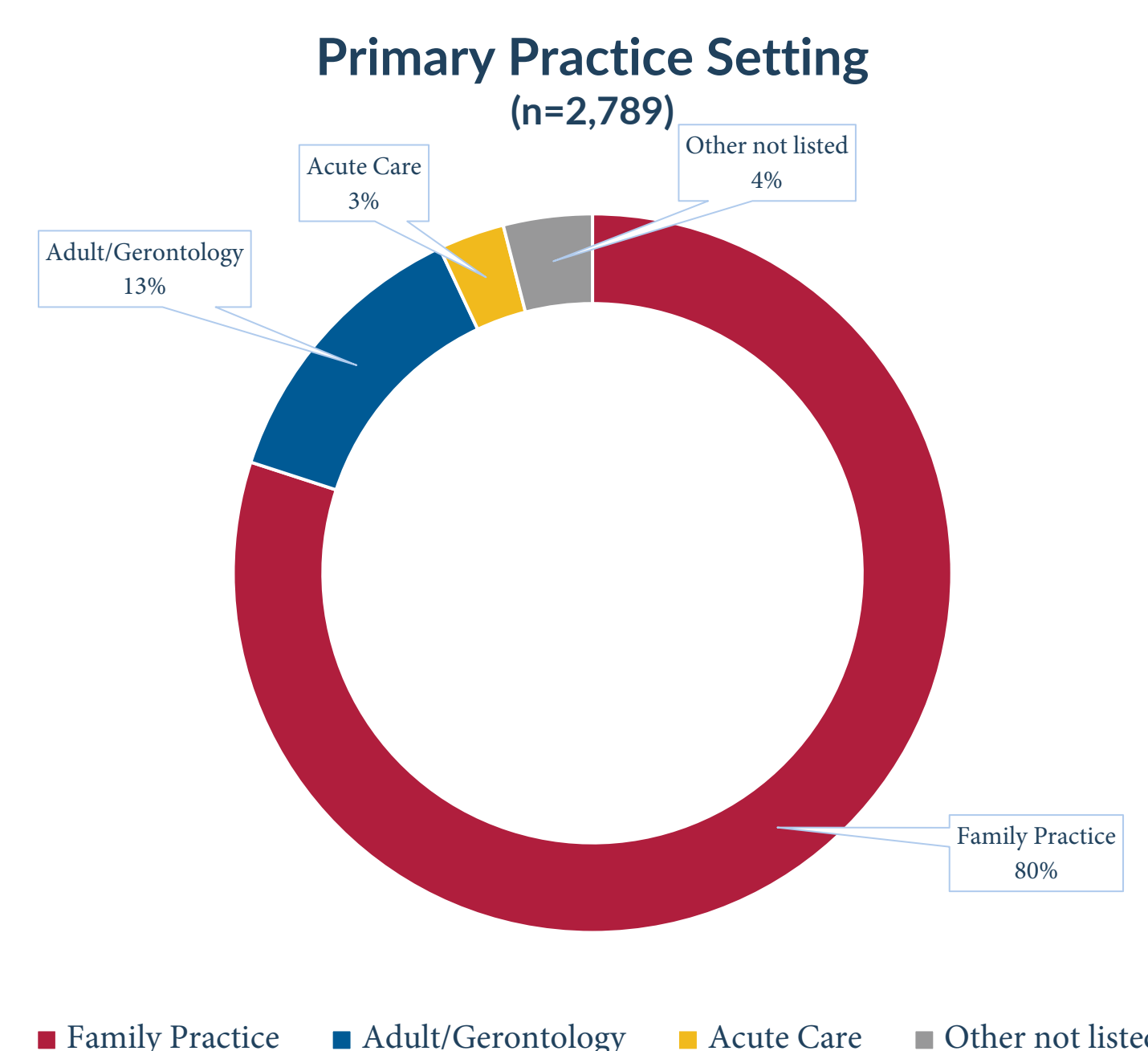
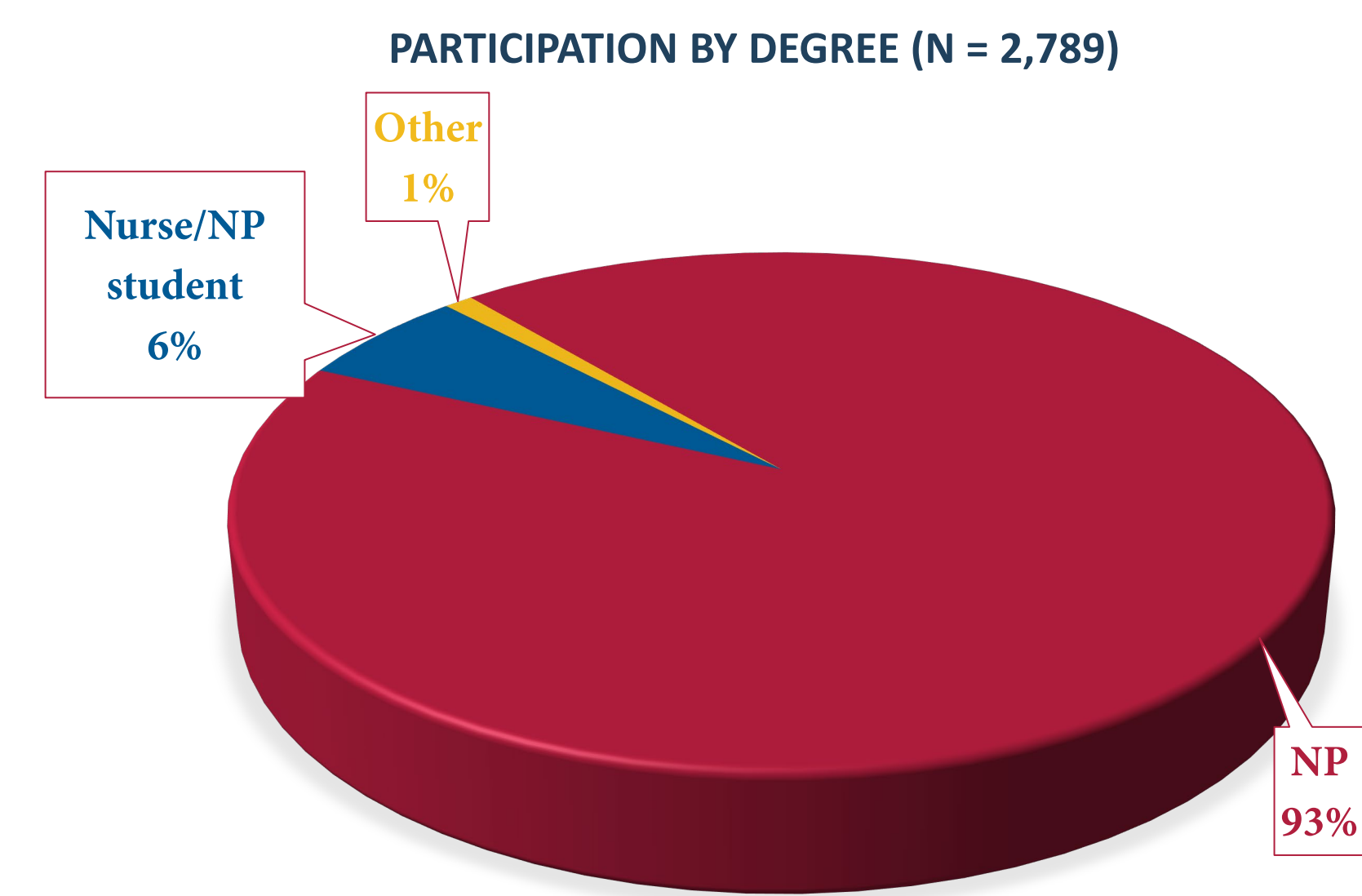
- Total records = 3,098 (pre/post/eval) and 49 (follow-up)
- Follow-up results also reported using descriptive statistics (n=49). 37 of the 49 follow-up respondents see patients with HF.
- A paired analysis of pre/post results was conducted. These data were filtered to include only learners who treat patients with HF (n=1,717).

EXECUTIVE SUMMARY

Audience reached

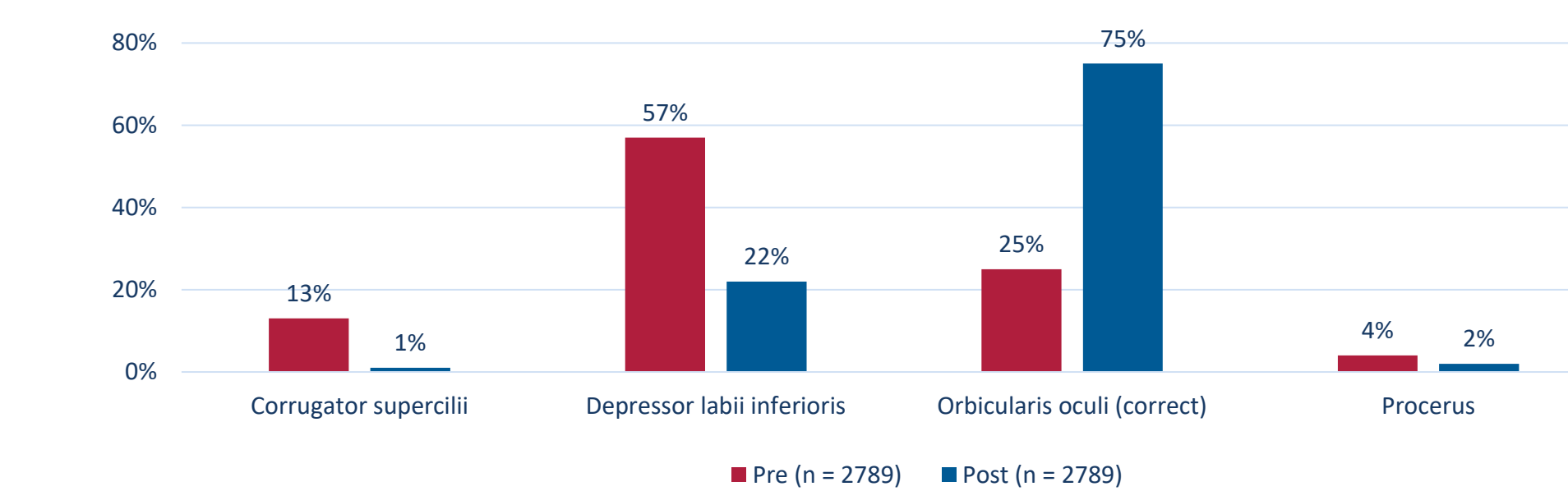
- 4,672 participants (260% of grant target); 2,789 completions
- 93% are nurse practitioners
- NP certification: 80% Family medicine, 13% Adult/Gerontology
- Practice setting: 44% Primary care, 10% Aesthetics/Dermatology/Plastic surgery
- 21% (574/2742) treat patients with injectable cosmetics each month; 2168 (79%) reported not currently treating patients with injectable cosmetics
- The 574 learners treat a combined total of 21,622 patients with injectable cosmetics each month

LEARNER DEMOGRAPHICS

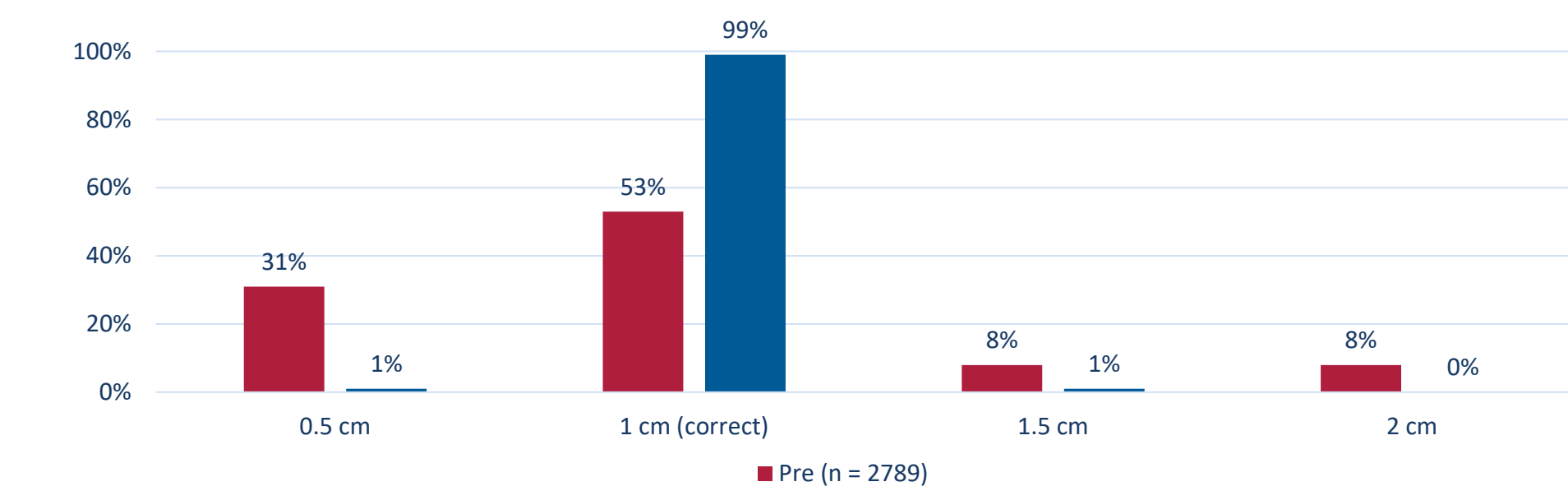


PRE TO POST KNOWLEDGE & COMPETENCE

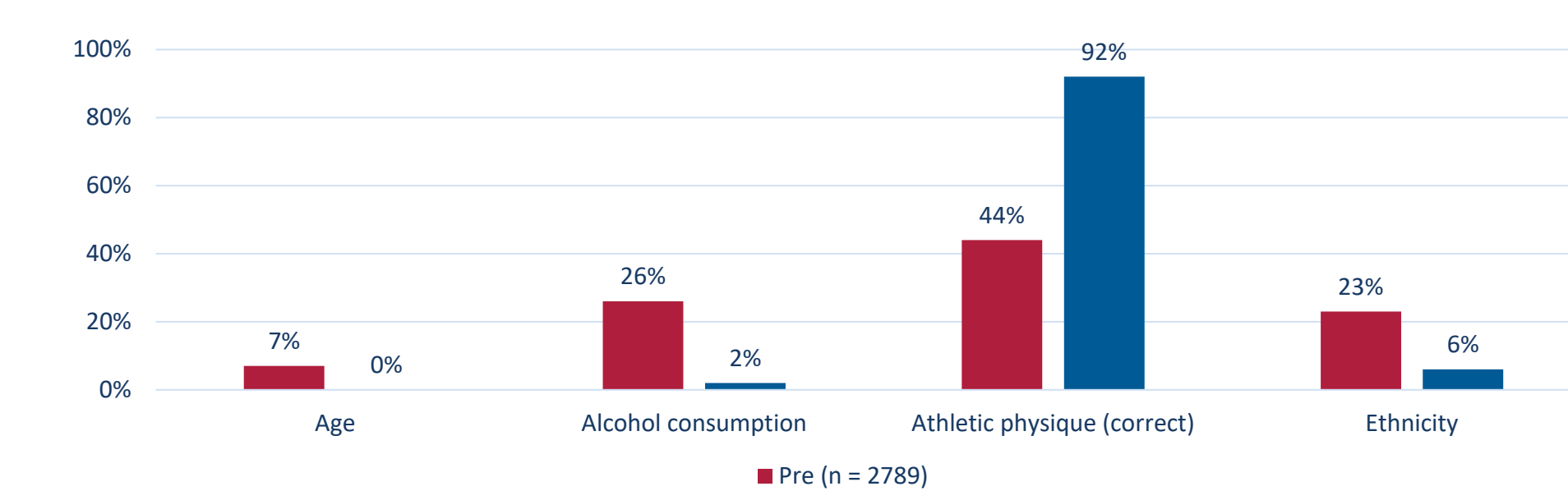
Drooping of which of the following muscles results in the deepening of nasolabial folds?



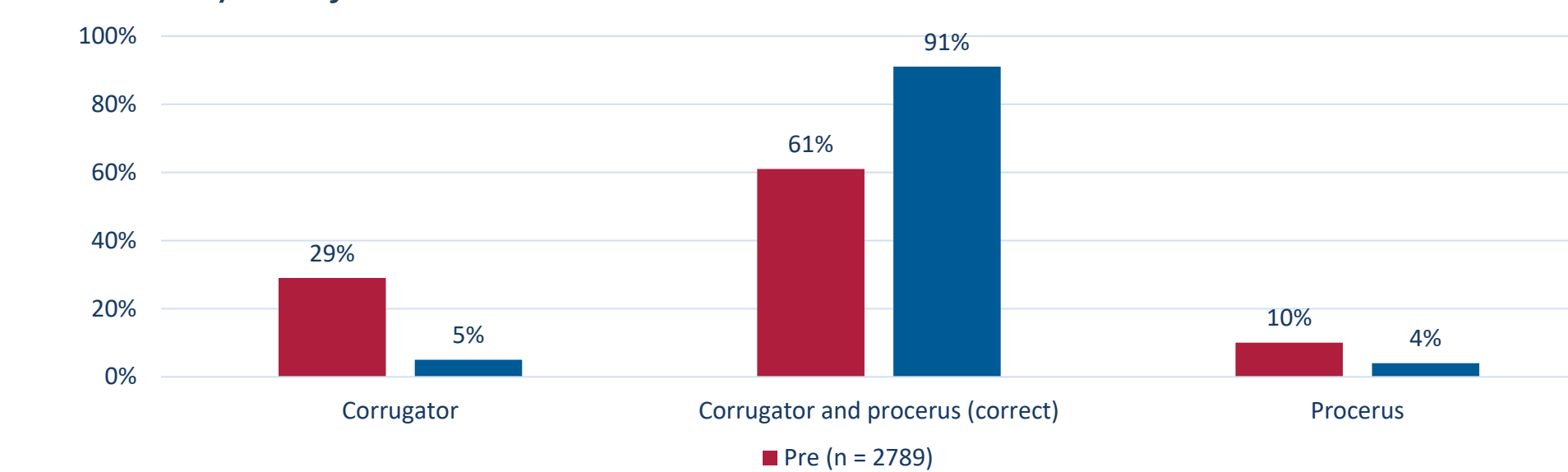
At least how many centimeters above the bony supraorbital ridge should you inject when targeting the lateral portion of the corrugator muscle?



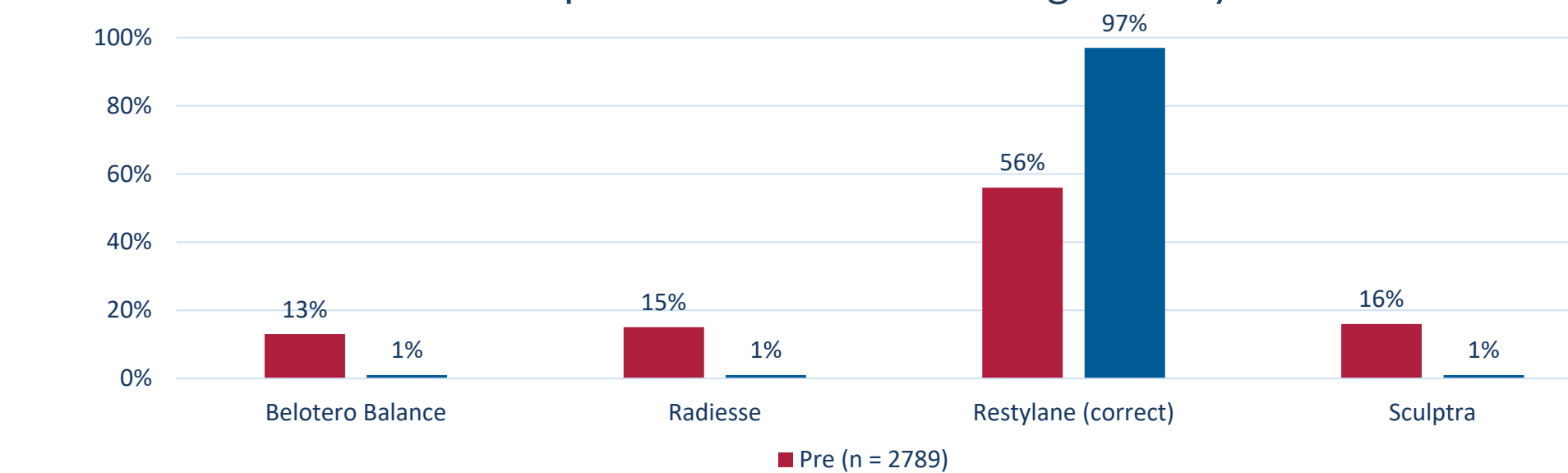
A 31-year-old female athlete who was born in Thailand is considering botulinum toxin injections. Her body fat is 19%, and she admits to drinking 2 glasses of wine every day. Which of these characteristics would necessitate increasing her botulinum toxin units?



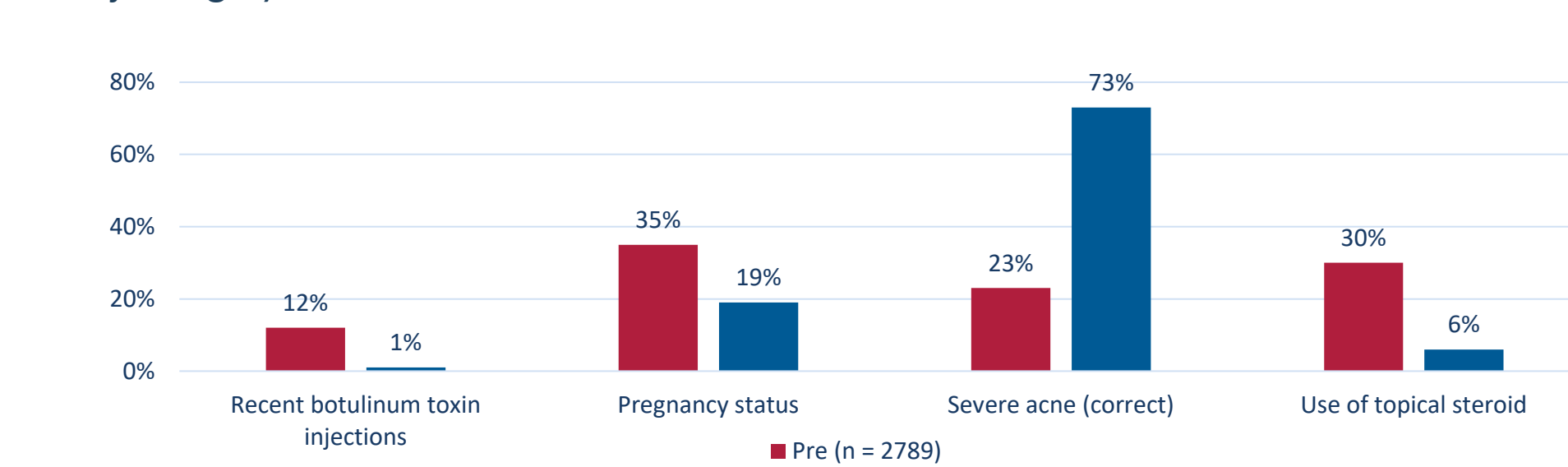
A 41-year-old man presents to your office requesting botulinum toxin injections. After examination, you recommend injections in his forehead. In which muscle(s) should you inject botulinum toxin?



A 22-year-old woman presents to your office and says she would like hyaluronic acid dermal fillers in her lips. Which of the following would you recommend?

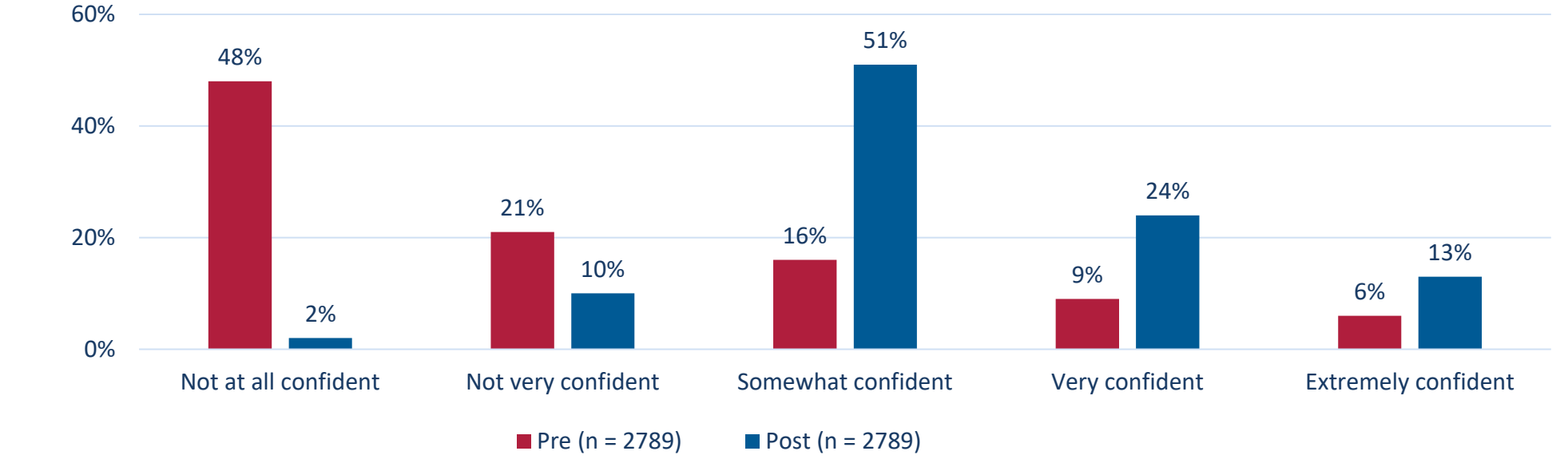


At today's appointment, a 35-year-old woman explains that she would like hyaluronic acid dermal fillers to reduce her nasolabial folds. Her examination shows that she has severe acne on her face. Four months ago, she received botulinum toxin injections for her glabellar lines. She also tells you that she is not pregnant but next month she will start trying to become pregnant. Additionally, she says she has mild eczema and periodically uses a topical steroid. Based on her medical examination, which of the following factors would preclude you from injecting hyaluronic acid dermal fillers?

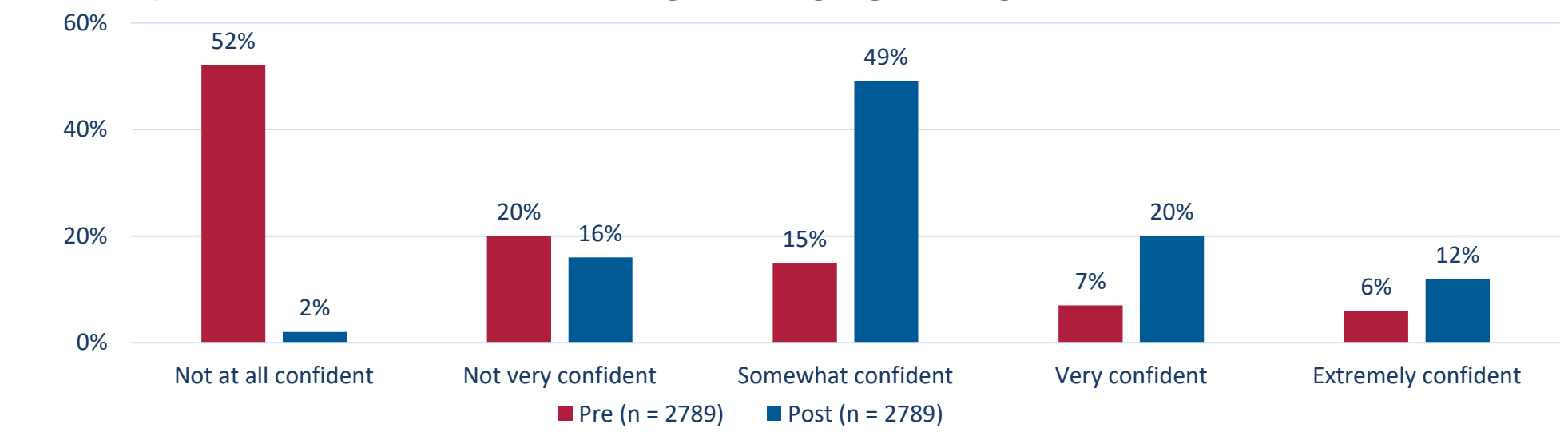


PRE TO POST CONFIDENCE CHANGE

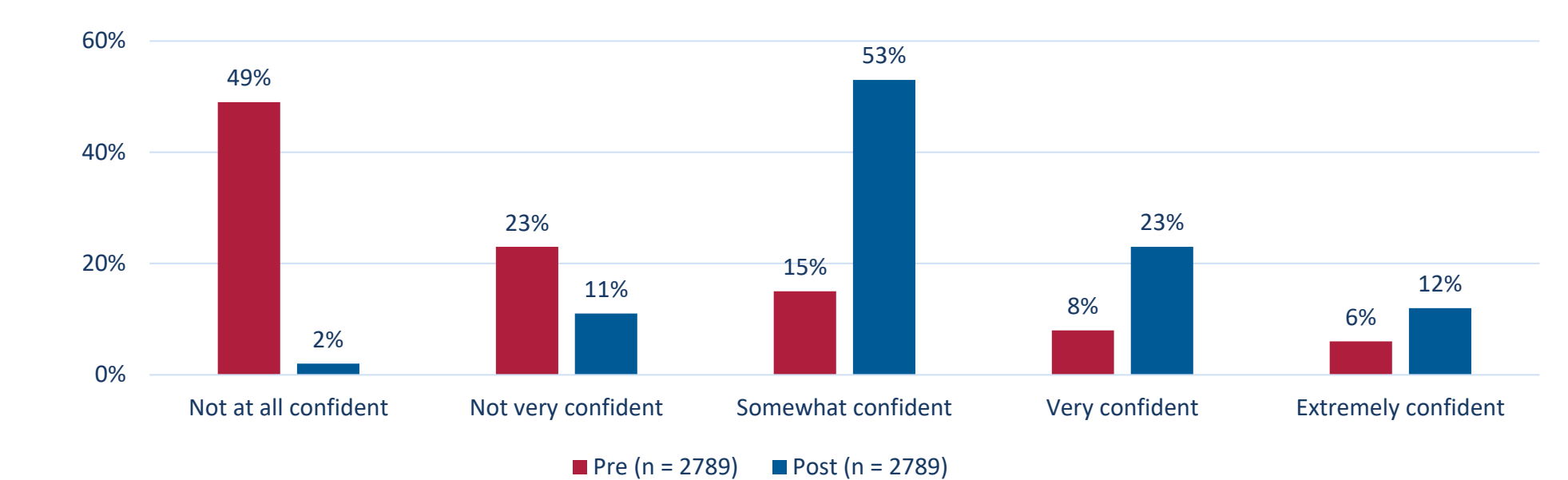
Rate your confidence in your ability to select patients and/or facial features well-suited for treatment with botulinum toxin.



Rate your confidence in your ability to use injectable cosmetic procedures to reduce the signs of aging in target areas of the face



Rate your confidence in your ability to select patients and/or facial features well-suited for treatment with hyaluronic acid dermal fillers



INTENDED PRACTICE CHANGES

- Warm packs for bruises after 24 hrs
- Spending more time assessing and discussing treatment with patient
- Plan to attend hands-on education
- Technique, selection of appropriate population, and emergency protocol
- Provide preliminary patient education related to botulinum toxin and dermal fillers
- I will use the vetting process discussed to find classes that are covered with malpractice insurance & offer hands on training with education of facial anatomy
- I have thought about adding cosmetic injectables to my practice. This was a great introduction. I will look at taking a formal hands-on course where I can practice doing the injections. This was very useful.
- Improving my injection technique on male clients to avoid lateral brow lift.

FOLLOW-UP PRACTICE CHANGES IMPLEMENTED

- Better understanding of face anatomy and the potential injury if injections are placed incorrectly
- facial anatomy and volume, symmetry considerations
- I am undergoing formal injectable training in September to begin a part time injections position.
- I learned about how to use anatomy to create natural look and differences between the types of looks people want to achieve
- Must be careful with facial anatomy & the structures
- Always updating techniques, protocols and safety into practice

ACKNOWLEDGEMENT

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