

# Certified Aesthetic Nurse Specialist Examination

## Test Specifications (Blueprint)

### Axis I

#### Clinical Practice Areas

#### Percent of Questions

A.	Aesthetic injectables	55%
B.	Laser, Light, and Energy-based therapies	30%
C.	Clinical Skin Care	15%

### Axis II

#### Nursing Activities

I.	Assess and monitor patient status, physical & psychosocial	35%
	A. Pre-treatment	
	B. During treatment	
	C. Post-treatment	
II.	Plan and administer procedures	50%
	A. Pre-treatment	
	B. During treatment	
	C. Post-treatment	
III.	Teach patient to promote optimal outcomes	15%
	A. Pre-treatment	
	B. Post-treatment:	

**Certified Aesthetic Nurse Specialist Examination  
Ideal Distribution of 150 Test Questions**

Nursing Activities Clinical Practice Areas	I Assess & monitor, physical & psycho- social (35%)	II Plan & administer treatment(s) (50%)	III Teach to promote optimal outcomes (15%)	Total
A Aesthetic injectables 81-83 (55%)	28-30	40-42	12-14	81-83 (55%)
B Laser, light, and energy-based therapies 44-46 (30%)	15-17	22-24	6-8	44-46 (30%)
C Clinical skin care 21-23 (15%)	7-9	11-13	3-5	21-23 (15%)
<b>Total</b> 150 (100%)	<b>52-54</b> (35%)	<b>74-76</b> (50%)	<b>22-24</b> (15%)	<b>150</b> <b>100%</b>

Adopted January 2012

# Certified Aesthetic Nurse Specialist Examination

## CONTENT OUTLINE

### Axis I

#### Clinical Practice Areas

##### A. Aesthetic Injectables (55%)

1. Neurotoxins
  - a. Botox (Allergan)
  - b. Dysport (Medicis)
  - c. Xeomin (Merz)
2. Dermal fillers
  - a. Hyaluronic Acid
    - (1) Juvederm Ultra, Juvederm Ultra XC, Juvederm Ultra Plus, Juvederm Ultra Plus XC (Allergan)
    - (2) Restylane, Restylane-L, Perlane, Perlane-L (Medicis)
    - (3) Belotero (Merz)
  - b. CAHA
    - (1) Radiesse (Merz)
  - c. Bioactivators/biostimulator
    - (1) Sculptra (Valleant)
  - d. Semi-permanent
    - (1) Artefill (Suneva)
3. Sclerotherapy
  - a. Sotradecol (Sodium tetradecyl sulfate)
  - b. Asclera (Polidocanol) (Merz)

## **B. Laser, Light, and Energy-Based Therapies (30%)**

1. Nonablative Laser, Light-based, and Energy-based Treatments
  - a. IPL (500-1200 nm)
  - b. Photodynamic therapy
  - c. Vascular lasers (532-595 nm)
  - d. Laser hair reduction (LHR)
  - e. Light Emitting Diodes (LED)
  - f. Non-ablative fractional resurfacing
  - g. Infrared light skin tightening
  - h. Radiofrequency (RF) skin tightening
2. Ablative – Laser, fractional only
  - a. CO2
  - b. Erbium-Yag
3. Ultrasound
  - a. Skin tightening (Ulthera)
  - b. Fat reduction (Liposonix)
4. Cryolipolysis

## **C. Clinical Skin Care (15%)**

1. Topical products
  - a. Sunscreens/Sunblocks
  - b. Retinols/retinoic acid
  - c. Antioxidants
  - d. Lightening agents - hydroquinone
  - e. Peptides (amino acids)
  - f. Growth factors
  - g. Alpha and Beta hydroxy acids
2. Topical devices
  - a. Blue light

3. Chemical peels
  - a. Superficial
    - (1) AHA
    - (2) BHA
    - (3) Jessner and modified Jessner
    - (4) Resorcinol
    - (5) TCA
  - b. Medium
    - (1) TCA (10-40%)
    - (2) Pyruvic acid
  - c. Mechanical Exfoliation
    - (1) Dermaplaning
    - (2) Microdermabrasion
    - (3) Cleansing devices

## **Axis II**

### **Nursing Activities**

#### **I. Assess and Monitor Patient Status, Physical and Psychosocial (35%)**

- A. Pre-Treatment
  1. Identify patient expectations.
  2. Determine if patient's expectations are realistic.
  3. Perform health assessment.
    - (a) Medical History (look at autoimmune disease – neurotoxin ---ALS, Lambert-Eaton).
    - (b) Family history.
    - (c) Current medications and treatments.
    - (d) Allergies, history of anaphylaxis.
    - (e) Identify contraindications: herpes cold sore, inability to give consent (too young, psychological issues) infection at site, medications that interfere with treatment, skin condition (recent sun exposure, sunless tanning products on skin- for laser).

- (f) Other considerations: response to previous treatment, previous surgeries or alterations to A&P, nutrition, lifestyle –occupation, physical activities, smoking, alcohol use, pain tolerance, bruising history, upcoming social events.
- 4. Perform site-specific skin exam, including identification of skin type, A&P, symmetry.
- 5. Obtain pre-treatment photographs.
- 6. Assess patient’s ability to maintain and follow-through with ongoing treatments.

**B. During Treatment**

- 1. Monitor patient safety/provider safety (e.g., laser safety/appropriate OSHA standards).
- 2. Observe patient reactions to treatment.
- 3. Assess patient’s comfort.
- 4. Monitor physiological status: medication reactions (allergic reactions), adverse treatment reactions (vascular compromise, tissue integrity), monitor for vasovagal response (fainting).

**C. Post-Treatment**

- 1. Assess patient’s knowledge and ability to manage on-going post-treatment care.
- 2. Assess need for follow-up evaluation (on site, phone call, email).
- 3. Assess patient outcome.
- 4. Obtain post-treatment photographs.

**II. Plan and Administer Treatment (50%)**

**A. Pre-Treatment**

- 1. Develop individualized treatment plan including refinements or retreatments.
- 2. Identify expected/desired outcomes of treatment.
- 3. Identify issues/problems that require referral to other providers.

4. Establish mutually-set goals with patient including optimal timing.
5. Obtain appropriate informed consent.
6. Prepare equipment, supplies, products, medications, environment (laser) and personnel (patient, provider, possible assistant) for treatment.

B. During Treatment

1. Administer medications (local anesthesia, dental blocks for fillers, topical anesthetics).
2. Maintain infection control measures.
3. Ensure safety of patient and staff throughout procedure.
4. Perform procedure/treatment.
5. Provide emotional support throughout treatment.
6. Ensure proper equipment function throughout treatment.
7. Apply appropriate post-treatment topical preparations, dressings or garments.

C. Post- Treatment

1. Document treatment.
2. Dispose medical waste appropriately: sharps, laundry, supplies.
3. Determine follow-up care/retreatment (optimal timing).
4. Encourage patient to express feelings about changes in temporary and long-term appearance (positive and negative).
5. Refer patient experiencing serious adverse effects that require medical intervention to appropriate provider.

**III. Teach Patient to Promote Optimal Outcomes (15%)**

A. Pre-Treatment

1. Provide instructions and patient educational materials.

a. Specific Products

- (1) Brochures
- (2) Medication guides
- (3) CD's or DVD's

b. Specific Procedures

- (1) Restrictions prior to procedure
- (2) Preparation(products, medications) for procedure
- (3) Combination therapy

2. Explain the treatment process (e.g., neurotoxin: delayed onset)

3. Dispel misconceptions

B. Post-Treatment

1. Provide instructions and explain restrictions for care following treatment.

2. Explain difference between expected normal treatment response versus adverse events or complications.

3. Discuss measures to maintain optimal post-treatment results



# **KNOWLEDGE, SKILLS & ABILITIES (KSAs) NEEDED TO PERFORM NURSING ACTIVITIES SAFELY AND EFFECTIVELY**

Anatomy and Physiology as related to each procedure

- Skin
- Neurovascular
- Musculoskeletal systems

Inflammation

Healing

Infection

Complications: hematoma, necrosis, infection

Skin typing

Pharmacology:

- Topical & local anesthetic
- Neurotoxins (neuromuscular medications, aminoglycoside antibiotics, calcium channel blockers)
- Dermal fillers (anti-inflammatories, anti-coagulants, herbal supplements, hyaluronidase)
- Skin care products

Administration of:

- Topical & local anesthetic
- Neurotoxins
- Dermal fillers
- Hyaluronidase
- Sclerosing agents
- Chemical peels

Dermatological considerations

- Rosacea
- Acne
- Melasma

Communication skills

Teaching skills

Physical Assessment Skills

Knowledge of medical devices and procedure administration:

- Laser
- Phototherapy
- Ultrasound
- Doppler
- Illumination (vessel)
- Microdermabrasion

Aseptic technique

Cultural diversity issues

Psychosocial Red Flags

- Body Dysmorphic Disorder
- Unrealistic expectations
- Depression/OCD
- Anxiety
- Addiction
- Overusers

Standards of Practice/Scope of Practice/Nurse Practice Act

Legal issues

- HIPAA
- OSHA

Ethical issues

Documentation

Photography