

YOU'VE ASKED

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As a Registered Nurse (RN), can I administer Botox or dermal fillers for cosmetic purposes?

THE ANSWER IS YES. The use of Botox or dermal fillers for cosmetic reasons is referred to as a Cosmetic Medical Procedure (CMP). The Nurses Association of New Brunswick¹ (NANB) defines cosmetic medical procedures as procedures that are intended to *revise or change the appearance, colour, texture, structure or position of normal bodily features with the sole intention of achieving what the patient perceives to be a more desirable appearance or boosting the patient's self-esteem*².

The mainstream use of MCPs should not be misinterpreted to mean that they are risk free. RNs who are involved in the administration of Botox or dermal fillers for cosmetic purposes must carefully examine their role and responsibilities when engaging in this practice.

Client assessment, treatment decisions and the prescribing of cosmetic medical procedures including, but not limited to, the injection of Botox and dermal fillers, fall outside the scope of practice of registered nurses. To support cosmetic medical procedures, the RN requires the direct involvement of a physician. The physician is responsible to obtain informed consent, establish an individualized treatment plan and write an order that includes dosage, location of injections and frequency/interval of administration. Changes to the treatment plan (new injection sites or different doses) require physician reassessment of the client. Like the administration of any other medications, when administering Botox or dermal fillers, RNs are responsible to practice in a safe, competent and ethical

manner and must practise in accordance with NANB's *Medication Administration: Practice Standard's*³.

RNs have the knowledge, skill and judgement to administer medications and/or substances by injection when ordered by an authorized prescriber but cosmetic medical procedures/tech-

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niques are not part of the entry level preparation of RNs and should be considered as post-entry level procedures (PELPs)⁴. For the safety of clients, RNs should not perform any PELP before receiving relevant education and having demonstrated competence.

The administration by an RN of Botox or dermal fillers can take place in

various settings, provided that appropriate medical support is readily available to manage potential side effects. The presence of the physician is not always required when RNs perform cosmetic medical procedures; however, irrespective of the setting, due to potential risks, the physician must be present on site for initial injections of Botox and for all injections of dermal fillers. It is important to note that given the elective nature of cosmetic medical procedures, they fall outside the mandate of primary health care. Consequently, they are outside the scope of primary health care Nurse Practitioner (NP) practice and cannot be ordered or performed as part of NP practice.

For more information about the role of RNs in Cosmetic Medical Procedures, contact NANB's Practice Department at 1.800.442.4417 or by email at nanb@nanb.nb.ca.

REFERENCES

- 1 The Association is a professional regulatory organization that exists to protect the public and to support nurses by promoting and maintaining standards for nursing education and practice, and by promoting healthy public policy.
- 2 [www.nanb.nb.ca/downloads/Cosmetic Medical Procedures_E.pdf](http://www.nanb.nb.ca/downloads/Cosmetic_Medical_Procedures_E.pdf)
- 3 [www.nanb.nb.ca/downloads/Med Standard Revised October 2013.pdf](http://www.nanb.nb.ca/downloads/Med_Standard_Revised_October_2013.pdf)
- 4 [www.nanb.nb.ca/downloads/Examining Requests for Post Entry Level ProceduresE.pdf](http://www.nanb.nb.ca/downloads/Examining_Requests_for_Post_Entry_Level_ProceduresE.pdf)