



**COMPETENCY
STANDARD FOR THE
MEDICAL AESTHETICS
CERTIFICATE:**

UNDERSTANDING THE
SAFE USE OF BOTULINUM
TOXIN IN COSMETIC
PROCEDURES



QUALIFICATION COUNCIL FOR COSMETIC PROCEDURES

Medical Aesthetics Certificate: Understanding the Safe Use of Botulinum Toxin in Cosmetic Procedures

Overview

The standard focuses on the specialist knowledge and competencies required to perform treatment with botulinum toxin. Candidates, as qualified healthcare professionals, will have a foundation of knowledge and skills which can be applied to aesthetic practice and will comply with the standards required by their statutory bodies.

Botulinum toxin is a naturally occurring neurotoxin produced by the bacterium *Clostridium Botulinum*. In a purified form, as is the case with many drugs/medications such as penicillin, botulinum toxin is a very safe, effective treatment not only used in cosmetic clinics, but also for a number of medical conditions, including migraine and excessive sweating.

All botulinum toxins are prescription only medicines (POM) and can only be prescribed by doctors, dentists and by nurses and pharmacists with the prescribing qualification, following a face to face assessment and consultation with the qualified prescriber.

Botox® is a licensed brand of Botulinum toxin A. Other licensed brands include Azzalure®, Dysport®, Xeomin®, and Bocouture®. Botox®, Azzalure® and Bocouture® are licensed specifically for cosmetic indications.

The aim of the licensed treatment is to significantly reduce the movement of the muscles causing expression lines (dynamic lines) specifically the frown, crow's feet and worry lines on the brow but may also be used to treat other muscles of expression as off label indications.

Advanced and off-label indications include; lip lines, chin 'poppling', muscles on the lower face and neck, to lift the mouth corners, improve the jaw line and the appearance of the neck. The 'chewing muscle' may also be treated to soften a square jaw or to prevent teeth grinding or jaw clenching at night. In safe and competent hands, cosmetic treatment with botulinum toxin can improve patient confidence and self-esteem

Knowledge and Understanding

1. Anatomy

Facial anatomy as applied to chemical denervation

1.1 Can describe origin, insertion, innervation and function of the muscles of face and neck.

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|--------------------------|--|
| a) Procerus | i) Masseter |
| b) Corrugator supercilii | j) Mentalis |
| c) Frontalis | k) Risorius |
| d) Orbicularis oculi | l) Zygomaticus major |
| e) Depressor anguli oris | m) Mullers muscle |
| f) Nasalis | n) Inferior tarsal muscles |
| g) Orbicularis oris | o) Levator labii superioris
alaeque |
| h) Platysmal bands | |

1.2 Knows which vessels lie in proximity to toxin injection sites.

1.3 Understands which nerves lie in proximity to toxin injection sites and implications of injury.

1.4 Can identify the features of ageing which impact on risk versus benefit balance for treatment with toxin.

2. Characteristics of Botulinum toxin A

Knowledge of all licensed brands of botulinum toxin A

- 2.1 Knowledge of the composition and biochemical structure of botulinum toxin type A and the differences between licensed brands; Onabotulinum toxin A, Obobotulinum toxin A, Incobotulinum toxin A.
- 2.2 Understands the pharmacological mechanism of action and can apply this to explain side effects, drug interactions and contraindications
- 2.3 Understands the pharmacokinetics of botulinum toxin and can apply this to explain longevity
- 2.4 Understands the therapeutic and cosmetic licensed indications both on and off label for each brand
- 2.5 Can state the licensed dose for each cosmetic indication for each brand
- 2.6 Can state the method of administration; depths and sites of injection for each indication as per product SPC.
- 2.7 Knows why and how some medical conditions and concurrent medications contraindicate or caution treatment based on the action of the toxin
- 2.8 Understands and can identify and explain (where possible) side effects and complications of treatment for cosmetic indications including common, uncommon and rare
- 2.9 Can list the excipients for each brand
- 2.10 Can state the shelf life before reconstitution and once reconstituted with bacteriostatic 0.9% sodium chloride and 0.9% sodium chloride
- 2.11 Understands and can describe the protocol for reconstitution based on the product summary of characteristics specific to the brand
- 2.12 Knowledge of special precautions for disposal and handling as per summary of product characteristics.

3. Understanding history taking

- 3.1 Understands how to conduct a cosmetic patient assessment including medical and social history
- 3.2 Demonstrates an understanding of psychological risk factors and an ability to weigh up risks versus benefits for individuals
- 3.3 Understands the pathophysiological basis for medical cautions and contraindications
- 3.4 Understands the pathophysiological basis for surgical cautions and contraindications
- 3.5 Awareness of psychosocial factors that may impact on concordance with pre and post treatment advice and whether a patient is suitable for treatment
- 3.6 An understanding of alternative treatments that may be more suitable to deal with a patient's particular concern
- 3.7 Demonstrates knowledge of adjunctive and or alternative treatments to maximise outcomes
- 3.8 Understanding of how public health education forms and integral part of taking, assessment and consultation; mental health, diet, smoking, alcohol, recreational drugs, polypharmacy, sun damage, safe-guarding, exercise

4. Physical assessment

- 4.1 Demonstrates an understanding of features which may contraindicate treatment or negatively impact outcome
- 4.2 Can take photographs for the medical record which support patient understanding and document pre and post treatment state for comparison
- 4.3 Can identify appropriate indications for treatment

- 4.4 Can identify physical cautions for treatment
- 4.5 Can devise an appropriate treatment plan
- 4.6 Can select or exclude patients based on assessment analysis.

5. Obtains verbal and written informed consent

- 5.1 Understands and is able to explain, to the patient;
 - Product used
 - Procedure process
 - Common, uncommon and rare risks and side effects
 - Specific risks for off-label treatment indications
 - Alternative and adjunctive treatment options
 - Rationale for pre and post treatment care and advice
 - Follow up and maintenance
- 5.2 Demonstrates ability to identify and manage patient expectations
Able to identify and manage any social, psychological, financial or other barriers that may preclude treatment at that time
- 5.3 Demonstrates an ability to identify material information and address appropriately
- 5.4 Has knowledge of The Mental Capacity Act 2015, specifically the five principles, and how they impact consent
- 5.5 Understands how religion and culture may impact consent and treatment planning.

6. Risks and Complications

- 6.1 Understands the rationale for pre and post-treatment care and advice
- 6.2 Can explain the aetiology, prevention, diagnosis and management of common side effects
- 6.3 Understands strategies for avoiding unintended effects on muscles and tissue not targeted

- 6.4 Understands and adheres to infection control measures including hand hygiene, preparation of injection site and measures to minimise contamination and disposal of sharps and clinical waste
- 6.5 Ability to diagnose and manage unwanted side effects caused by treatment with botulinum toxin.
 - a) Brow ptosis
 - b) Lid ptosis
 - c) Asymmetry of muscle action
 - d) Ocular complications
 - e) Malar oedema
 - f) Patient dissatisfaction
- 6.6 Understands the mechanism of resistance and factors which increase risk
- 6.7 Understands MHRA reporting pathways for adverse events through yellow card system
- 6.8 Understands the professional duty of candour

7. Legal, professional and ethical

- 7.1 Understands how the Medicines Act 1968 relates to the sale, supply, prescribing and administration of a botulinum toxin (POM)
- 7.2 Understands the scope and responsibilities of non-medical prescribing, including variations by profession
- 7.3 Demonstrates knowledge of CAP Code and the functions of the ASA
- 7.4 Knows how the General Data Protection Regulations 2018 impacts on information governance of record keeping
- 7.5 Understands the legal and professional obligations associated with information sharing
- 7.6 Knows how to store medical notes and complies with legal time frames for retention

- 7.7 Understands which regulators and authorities support and enforce standards; statutory registers, MHRA, HSE, CIEH, Trading Standards, ASA, the police.

- 7.8 Understands the functions and features of good complaints management