

## The role of the aesthetic nurse: a literature review

*El papel de la enfermera estética: una revisión de la literatura*

*A atuação do enfermeiro esteta: uma revisão de literatura*

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### Abstract

The aim was to understand the advancement of nursing around aesthetics. The study consists of an integrative review of the literature and data collection took place from September to November 2022, using the databases indexed in Bireme and SciELO. Using the descriptors "Aesthetic Nursing", "Aesthetic Nurse", "Aesthetics", "Nurse" and "Entrepreneurship", 266 articles were found, and 259 were excluded because they were not like the study. After reading and analyzing the remaining articles, seven articles were used, divided into: 20% discussed in Category 1, about the training of aesthetic nurses; 20% discussed in Category 2, about the role of the aesthetic nurse in the promotion, prevention, and protection of health and 60% discussed in Category 3, about entrepreneurship for the aesthetic nurse. It is concluded that the skills of the aesthetic nurse, as well as their field of activity, the evolution of aesthetic nursing and the possibilities of entrepreneurship, professional autonomy, and the lack of scientific studies on the subject.

**Descriptors:** Aesthetic Nursing; Aesthetic Nurse; Aesthetics; Nurse; Entrepreneurship.

### Resumen

El objetivo fue comprender el avance de la enfermería en el área de la estética. El estudio consiste en una revisión integradora de la literatura y la recolección de datos se realizó de septiembre a noviembre de 2022, utilizando las bases de datos indexadas en Bireme y SciELO. Utilizando los descriptores "Enfermería Estética", "Enfermera Estética", "Estética", "Enfermera" y "Emprendimiento", fueron encontrados 266 artículos, siendo excluidos 259 por no ser similares al estudio. Después de la lectura y análisis de los artículos restantes, se utilizaron siete artículos, divididos en: 20% discutidos en la Categoría 1, sobre la formación de enfermeros estéticos; El 20% discutió en la Categoría 2, sobre el papel de la enfermera estética en la promoción, prevención y protección de la salud y el 60% discutió en la Categoría 3, sobre el emprendimiento de la enfermera estética. Se concluye que las habilidades de la enfermera estética, así como su campo de actividad, la evolución de la enfermería estética y las posibilidades de emprendimiento, la autonomía profesional y la falta de estudios científicos sobre el tema.

**Descriptores:** Enfermería Estética; Enfermero Esteta; Estética; Enfermero; Emprendimiento.

### Resumo

Objetivou-se compreender o avanço da enfermagem na área da estética. O estudo consiste numa revisão integrativa da literatura e o levantamento de dados ocorreu no período de setembro a novembro de 2022, utilizando-se as bases indexadas na Bireme e a SciELO. Utilizando os descritores "Enfermagem Estética", "Enfermeiro Esteta", "Estética", "Enfermeiro" e "Empreendedorismo", foram encontrados 266 artigos, e 259 foram excluídos por não apresentarem similaridade com o estudo. Após a leitura e análise dos artigos restantes foram utilizados sete artigos, dividindo-se em: 20% discutidos na Categoria 1, acerca da formação do enfermeiro esteta; 20% discutidos na Categoria 2, acerca da atuação do enfermeiro esteta na promoção, prevenção e proteção à saúde e 60% discutidos na Categoria 3, acerca do empreendedorismo para o enfermeiro esteta. Conclui-se que as competências do enfermeiro esteta, assim como o seu campo de atuação, a evolução da enfermagem estética e as possibilidades de empreendedorismo, autonomia profissional, e a carência de estudos científicos acerca da temática.

**Descritores:** Enfermagem Estética; Enfermeiro Esteta; Estética; Enfermeiro; Empreendedorismo.



role of aesthetic nurses and understand the advancement of nursing around aesthetics.

This review method is based on Evidence-Based Practice (EBP), originated in England, by epidemiologist Archie Cochrane<sup>7</sup>.

EBP consists of using scientific data present in the literature, more specifically, results from numerous studies, to support clinical practice. Among other factors, it involves defining a problem, searching for, and critically evaluating available evidence, implementing the evidence into practice, and evaluating the results obtained<sup>8</sup>.

The integrative literature review is one of the methods used, within EBP, to construct clinical practice based on scientific knowledge, being a "specific method, which summarizes the past empirical or theoretical literature, to provide a more comprehensive understanding of a particular phenomenon", with the term "integrative" being related to the integration of the different concepts, ideas and results present in the studies analyzed<sup>7</sup>.

The integrative review is characterized by being the broadest review method, allowing the inclusion of studies with varied methodologies, consisting of six phases: 1. Identification of the topic and selection of the hypothesis or research question for preparing the integrative review; 2. Establishment of criteria for inclusion and exclusion of studies/sampling or literature search; 3. Definition of information to be extracted from selected studies/categorization of studies; 4. Assessment of studies included in the integrative review; 5. Interpretation of results; 6. Presentation of the knowledge review/synthesis<sup>8</sup>.

The data collection took place from September to November 2022, using the databases indexed in Bireme and SciELO, based on the guiding question: "What are the actions and performance of the aesthetic nurse in the current health scenario?".

The descriptors were selected based on the health terminology Descriptors in Health Sciences (DeCS), which constituted the search expressions with the Boolean operator "AND": "Aesthetic Nursing AND Esthete Nurse AND Aesthetics AND Health AND Entrepreneurship".

Meeting the inclusion criteria, the following were established: complete scientific articles, theses, dissertations, and monographs available in full, published between 2012 and 2022, in national and international journals and in the Portuguese language. As exclusion criteria, the following were adopted books, editorials and articles that were duplicates or that did not meet the objective of the study. Finally, a bibliographic analysis was conducted to characterize the selected studies. Therefore, the main concepts covered by the articles were selected, with categorization based on content similarity.

According to the methodology described, in the preliminary analysis of the data surveys, generally encompassing all the content presented by the databases, using the indexed descriptors, it was possible to find 266 articles, of which 259 were excluded. Of these, two were not available in full and one was duplicated. After reading and analyzing the remaining articles, 256 were excluded because they were not similar to the study and its objective.

## Introduction

The Ministry of Health states that the perception of the concept of quality of life has many points in common with health, thus, the need to analyze the body, mind and even the social concept in which the individual is inserted is perceived. to better understand health status<sup>1</sup>.

According to the World Health Organization, health is complete physical, mental, and social well-being, and not merely the absence of disease. Considering this, it is possible to notice that people are currently changing their lifestyle, contributing to a more natural and healthy life. There is an increase in the level of quality of life and self-esteem and a greater relationship and understanding that physical well-being depends directly on mental well-being and that later, healthier, and more aesthetic physical aging is possible<sup>2</sup>.

Technological advances have brought several treatments aimed at promoting and preventing health and/or illnesses. Among so many advances integrated into the area of health, aesthetics stands out, which has currently gained visibility in the market as it is linked to the well-being of individuals and has importance in health, promoting improvements in quality of life<sup>3</sup>.

Considering that aesthetic care is linked to quality of life and the promotion of well-being, aesthetic procedures are not only linked to the beautification process, as in addition to contributing to the improvement of appearance, they contribute to the individual's quality be reestablished, promoting health in the treatment and prevention of aging and chronic and organic diseases<sup>4</sup>.

The increase in demand for aesthetic procedures has contributed to personal satisfaction, as data reveals that Brazil is a great provider of treatments and procedures, whether surgical or not. Therefore, it is important to train and update the professional, guiding, performing, promoting, and covering the process of health care, in this area that combines social, psychological, physical, and environmental factors to better meet the demand of patients, and the nurse fits this profile<sup>5</sup>.

The nurse can work autonomously and independently, with legal security. Gilney Guerra, states that it is never too much to remember that nursing is not subject to any other profession and can undertake and provide services within all its specialties in accordance with its own regulations, without any type of interference<sup>6</sup>.

This work is justified by the need to resolve doubts about the duties of the aesthetic nurse. Showing the importance of being qualified and qualified to work in the area, the existing possibilities and autonomy in the nurse's work.

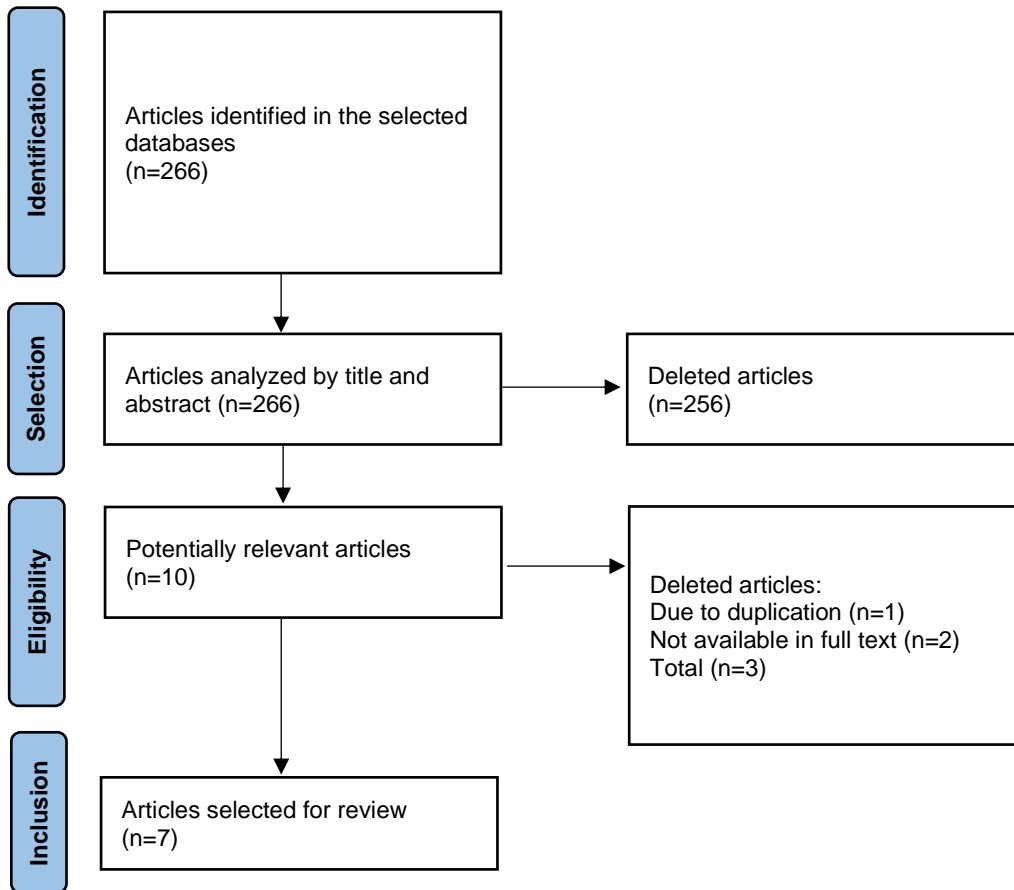
In this way, the following guiding question emerged: "What are the actions and performance of the aesthetic nurse in the current health scenario?". In view of the above, this study aims to understand the advancement of nursing in aesthetics.

## Methodology

This is an integrative literature review study whose objective was to analyze scientific publications about the



Figure 1. Flowchart with the stages of the analysis development process of the articles selected to compose the review.  
 Rio de Janeiro, RJ, Brazil, 2012-2022



**Results and Discussion**

At the end of this process, seven articles were presented in this review (Chart 1), with Bireme standing out

as the source in which it was possible to find the largest number of articles.

Chart 1. Distribution of articles included in this literature review according to year of publication, author, title and subject. Rio de Janeiro, RJ, Brazil, 2012-2022

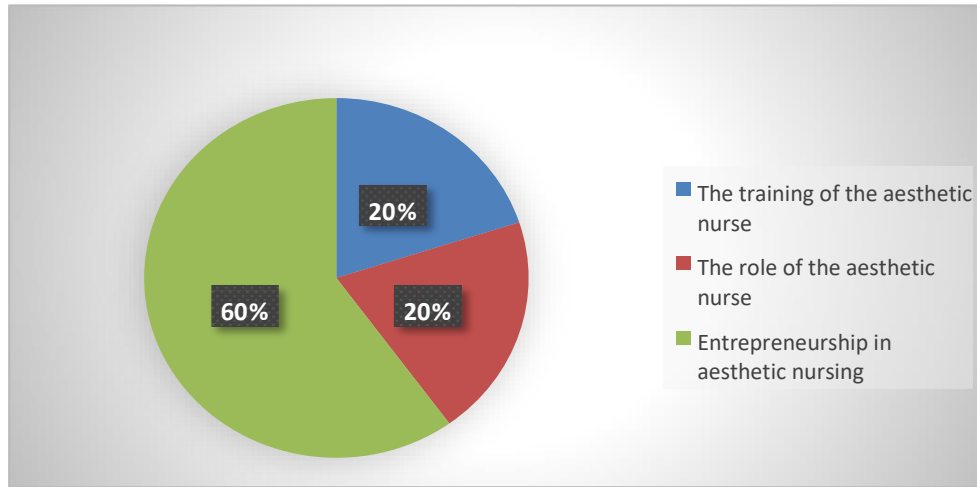
Year	Author	Title	Subject
2022	Candido LP.	Produção científica acerca da atuação do enfermeiro esteta	Analyze scientific publications about the role of aesthetic nurses.
2021	Conceição SS.	Procura de procedimentos estéticos durante a pandemia da COVID-19: Uma avaliação em municípios do recôncavo baiano	Analyze the demand for aesthetic procedures during the COVID-19 pandemic in municipalities in the Recôncavo region of Bahia.
2019	Souza MPW.	Competências profissionais do enfermeiro para atuação no mercado de trabalho de estética	Describe the professional skills attributed by nurses to work around aesthetics.
2019	Cardoso AC.	Atuação dos enfermeiros na área estética: Mercado de trabalho e empreendedorismo	Identify the sociodemographic profile and describe the performance of nurses working in the job market in aesthetics.
2018	Santos JD, et al.	Terapias alternativas x tratamentos alopáticos	Raising awareness among the population and health professionals about the importance of complementary alternative therapies included in the Unified Health System, with the intention of minimizing the return of patients through the educational and preventive process through therapies, in the care of their own health.
2018	Colichi RMB, et al.	Empreendedorismo de negócios e Enfermagem: revisão integrativa	Identify the knowledge produced about business entrepreneurship in Nursing.
2012	Kahlow A, Oliveira LC.	A estética como instrumento do enfermeiro na promoção do conforto e bem-estar	Analyze the specificities of actions around aesthetics, which are common actions carried out by nursing to promote and prevent people's health and well-being, as well as a perspective on the professional autonomy of nurses.



Freitas PAS, Silva MRB, Santos MF, Silva HCDA, Deus FRS, Moreira JVS nurses; 20% (two articles) Category 2. The role of the aesthetic nurse in the promotion, prevention, and protection of health and 60% (three articles) Category 3. Entrepreneurship for the aesthetic nurse as shown in Graph 1.

After analyzing the bibliographies studied, the predominance and similarity of content in certain themes was observed, with the studies grouped into the following thematic categories: approximately 20% (two articles) corresponded to Category 1. The training of aesthetic

Graph 1. Thematic distribution of the analyzed material. Rio de Janeiro, RJ, Brazil, 2012-2022



**The training of the aesthetic nurse**

Over the years, the concept of health has expanded and adapted to the context of each society. Understanding health as complete physical, mental, and social well-being and not just the absence of disease, we understand the increased demand for aesthetics, as it is associated with people's well-being, improving emotional illnesses, self-esteem and treating illnesses physical. Currently, aesthetics is an area that aims to promote, prevent, protect, maintain, and restore personal aesthetics, causing comfort and increasing quality of life<sup>9</sup>.

Despite already being performed in Brazil, the aesthetics were not so common. It was at the end of the 19th century that a new reality began to emerge, more holistic, systematized, less mechanized, thus emerging alternative therapies, valuing the individual differences of each individual<sup>10</sup>.

In nursing, aesthetics became official in 2014 through Opinion No. 197 published by the Federal Nursing Council (COFEN), stating that there is no legal technical impediment to nurses' work, along with aesthetic procedures of a non-invasive nature, sharps or injectables and highlighting the need to publish the Aesthetic Nursing Resolution to recognize the professional specialty<sup>11</sup>.

However, only in 2016, Resolution No. 529/2016 was published by COFEN, regulating the role of nurses in aesthetic nursing. Regulated the following procedures: Micropuncture, Carboxytherapy, Cosmetics, Cosmeceuticals, Cryolipolysis, Laser Hair Removal, Electrotherapy, Sclerotherapy, Intradermotherapy, Mesotherapy, Lasertherapy, Combined Ultrasound and Micro current therapy, Micro pigmentation, Nutraceuticals, Nutricosmetics, Peelings, Cavitationul Ultrasound and Vacuum Therapy<sup>11,12</sup>.

However, in May 2017, the Brazilian Society of Dermatology filed an injunction against COFEN, which

suspended Resolution No. 529/2016. In August of the same year, a conciliation hearing was held between the parties, however, there was no agreement, resulting in nurses being temporarily prevented from working in aesthetics<sup>11</sup>.

Only in 2020, COFEN managed to change Resolution No. 529/2016, being amended by Resolution No. 626/2020, which adapts to the new pensions and actions of nurses in the area. It establishes that the nurse is assured to perform and act in procedures such as: Carboxytherapy, Cosmetics, Cosmoceuticals, Dermopigmentation, Lymphatic Drainage, Electrotherapy/Electrothermophototherapy, Combined Ultrasound and Microcurrent Therapy, Micropigmentation, Cavitationul Ultrasound and Vacuum Therapy. In addition to being able to work in complementary or alternative therapies such as Massage Therapy and Acupuncture. Despite not containing injectable procedures in its list, such as botulinum toxin, the resolution provides legal support for nurses to act, in addition to qualifying them as Esthetic Nurses<sup>2,11,13</sup>.

Emphasizing that to work in aesthetics, in addition to graduation, nurses need a *latu sensu* postgraduate degree, with a minimum workload of 360 hours and a minimum of one hundred practical hours. You can also take advantage of courses to qualify and improve your knowledge and techniques<sup>11,13,14</sup>.

Currently, in Brazil, there are organizations responsible for the legal inclusion of nursing professionals around aesthetics, with the aim of promoting and contributing to the development of technical-scientific studies on nursing care, in addition to supervising nurses' activities. They are: Brazilian Society of Dermatology Nursing (SOBENDE) created in 1994, the Brazilian Society of Wound and Aesthetic Nursing (SOBENFeE) created in 2003 and the Brazilian Society of Aesthetic Nursing (SOBESE) created in 2016. All formed by nurses who came together to debate the area with the same objective. With all these achievements,



aesthetic nursing has been consolidated as an emerging area of care and implemented as a legitimate specialty in several countries, varying its nomenclature and regulation<sup>15</sup>.

### The role of the aesthetic nurse in the promotion, prevention and protection of health

Over the years, the role of nurses has expanded, taking on non-traditional roles, working in fields such as aesthetics and alternative treatments. This appreciation has been related to knowledge, skills and competencies when providing nursing care in accordance with the discoveries and technologies available to prevent, promote and prolong health<sup>2</sup>.

Corroborating, study<sup>9</sup> states that aesthetic procedures, in addition to improving self-esteem, the development of various current technologies and aesthetic care associated with nursing are applied to aesthetic dysfunctions, prevent premature aging, and increase quality of life, promoting satisfaction and well-being. Taking care of the physical and mental simultaneously.

The nurse is the professional qualified to provide care, a process that has changed over the years, has evolved in line with the advances of humanity, with actions, attitudes and behaviors being developed based on scientific knowledge, experience, intuition, and critical thinking, to promote human dignity and totality<sup>2</sup>.

The provision of nursing care is based on the nursing consultation, where it is possible for the nurse, using scientific methods, to identify the problem in question, take anamnesis, assess the client's needs, outline, and prescribe nursing care. The nursing consultation is characterized as a private activity of the nurse, provided to the individual, family, or community, with the aim of promoting health, whether in a hospital or private practice, aiming to give meaning and record the nursing care provided<sup>2,16</sup>.

Using the nursing consultation, the nurse trained in aesthetics can take anamnesis, establish the most appropriate treatment for the client, prescribe home care and provide guidance on self-care after aesthetic procedures, record all occurrences and data relating to the procedure in medical records, in addition to be able to purchase materials for aesthetic use and establish protocols regarding procedures<sup>13</sup>.

Nursing always seeks, through technical-scientific knowledge, to meet human needs aimed at health, promotion of well-being, comfort, and prevention of numerous illnesses, thus being able to correlate nursing with aesthetics in the same vision. Opening entrepreneurship possibilities for nurses, as an opportunity is seen to exercise their skills and competencies autonomously and independently<sup>2,4,11</sup>.

### Entrepreneurship for the aesthetic nurse

Emphasizing that nurses can undertake autonomously and independently, providing services within their specialties in accordance with their own regulations, without any type of interference, enabling the professional to manage their own business. To do this, professionals need to know the job market<sup>6,11</sup>.

In Brazil, the field of aesthetics has advanced and grown a lot, expanding into different genders and ages, driving growth in this market, currently generating more than thirty-eight billion reais in the country. In recent years, the demand for non-surgical aesthetic procedures has increased by 390%. An example of this explosion in the field of aesthetics is that even during the coronavirus (COVID-19) pandemic in 2020, these procedures gained even more prominence, increasing the search for aesthetic solutions during social isolation by fifty%<sup>9</sup>.

It is highlighted how the job market undergoes daily changes, it is necessary for nurses to adapt, always seek qualifications and updates and always be ethical. This search for a difference in your training is what qualifies and boosts the service provided. It is believed that professionals who constantly update themselves have the capacity to offer a more qualified service to meet demand, at the same time as they are more likely to conquer their space in aesthetics with different characteristics<sup>15</sup>.

Therefore, to achieve success as an aesthetic nurse, it is essential, in addition to technical-scientific knowledge, to also acquire knowledge related to the world of business, such as finance, marketing and mastery of the relevant legislation. Currently, the aesthetics market is one of the largest in the world and offers nurses the opportunity to have their own business, enabling them to build a solid professional career. Nurses have all the attributes to be a successful businessperson, they just need to invest in their knowledge, plan, constantly seek quality in service, organize, lead, have good communication, be realistic, work hard and believe in their potential, making everything work out. Nurses need technique, professionalism, and competence to work in their offices<sup>15,17</sup>.

### Conclusion

Given the new concepts of health and care, it is clear that health promotion is no longer limited to the prevention and cure of diseases, but also aims to promote well-being and quality of life. Along with this, the junctions between aesthetics and nursing bring to life an autonomous and promising field of activity for nurses, opening up new possibilities for training, specializations, knowledge, technical-scientific differentials and financial achievements.

In this research, a lack of scientific publications related to the topic was found, which may be linked to the fact that the COVID-19 pandemic broke out in the last two years, and because it is a new and little explored topic, making this review of immense importance. bibliographic.

Studies like this are essential for nursing, about autonomy and possible and regulated specializations, validating the scientific knowledge and potential of nurses and clarifying to society the importance that nursing has in the context of health and care and strengthening the autonomy of this category.

However, the objective of the study was achieved by clarifying the duties of the aesthetic nurse, their possibilities in this field of activity and the regulations that govern it. It was also possible to observe the growing search for aesthetic procedures and care, and with this the need for





qualification and improvement of nursing professionals to work in the area.

Bringing here reflections on the visibility of aesthetic nurses to stimulate the empowerment, recognition, and growth of nursing. Suggesting that

undergraduate nursing courses encourage the appreciation of the disciplines of anatomy, pharmacology, cytology, entrepreneurship, and management, which are essential for the training of nurses who wish to undertake not only in aesthetics, but in any area.

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