

The Nurses Role in the Use of Medical Aesthetics to Enhance Patient Satisfaction with Post Treatment Oncology Survivorship

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Learning Objectives

1. Discuss patient survivor aesthetic concerns in the post oncology treatment setting.
2. Introduce the general nursing population to the use of neurotoxins (Botulinumtoxin A injections), dermal fillers and lasers in the care of post treatment survivors.
3. Dispel myths and misconceptions of neurotoxins, dermal fillers and lasers.
4. Reinforce the benefits of using neurotoxins, dermal fillers and lasers for treatment of disease and treatment related side effects from cancer.
5. Discuss incorporating skin care education with focus on self esteem, body image into the medical aesthetics consult/treatment session.

Aesthetic Concerns of Patients

DISEASE AND TREATMENT RELATED SIDE EFFECTS FROM SURGERY, CHEMOTHERAPY AND RADIATION THERAPY

- ▶ Physical changes that include scars, surgical deficits, weight loss/gain, telangectasias, hyperpigmentation, skin changes and hair loss
- ▶ Emotional changes of decreased coping ability, anxiety, increased stress and chronic fatigue demonstrated on the face and body
- ▶ Psychological effects of body image changes and low self esteem that impact relationships

BOTULINUMTOXIN A



Botox®, Dysport®, Xeomin®

- ▶ Original brand of Botox® (onabotulinumtoxin A) by Allergan, approved in 1989 for blepharospasm and strabismus. Approved for medical aesthetic use in 2002. Currently, Botox® has 25 different indications in approximately 85 countries, including, but not limited to, chronic migraines, detrusor overactivity, cervical dystonia and upper limb spasticity
- ▶ Dysport® (abobotulinumtoxin A) by Galderma, approved in 2009, and Xeomin® (incobotulinumtoxin A) by Merz, approved in 2010

BOTULINUMTOXIN A Con't

Botulinumtoxin A is a neurotoxin protein derived from the *Clostridium botulinum* bacterium.

It blocks the release of acetylcholine at the neuromuscular junction reducing muscle contractions smoothing wrinkles

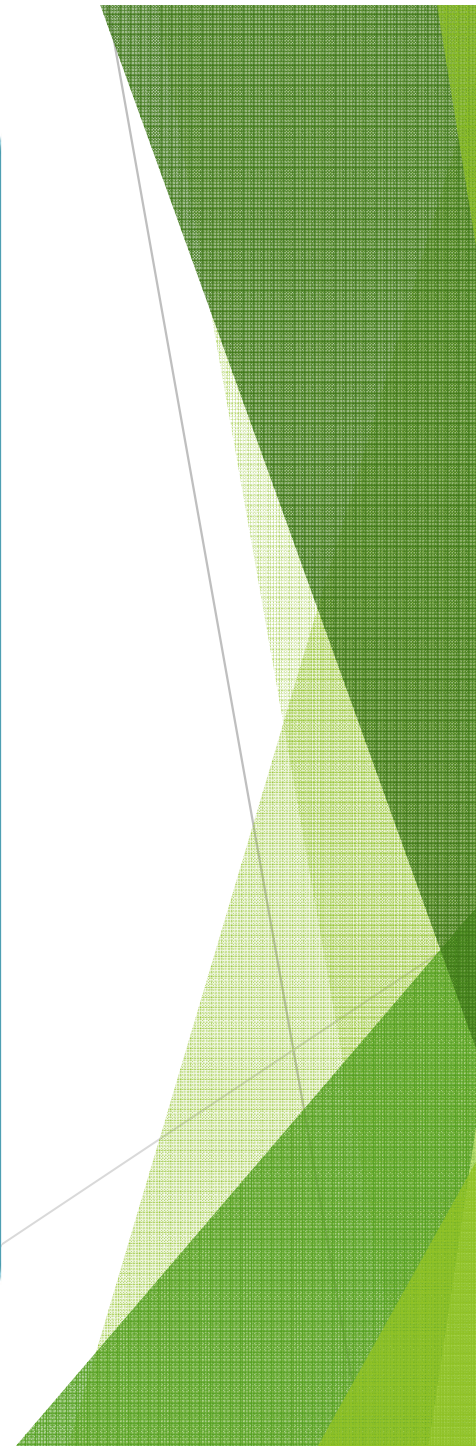
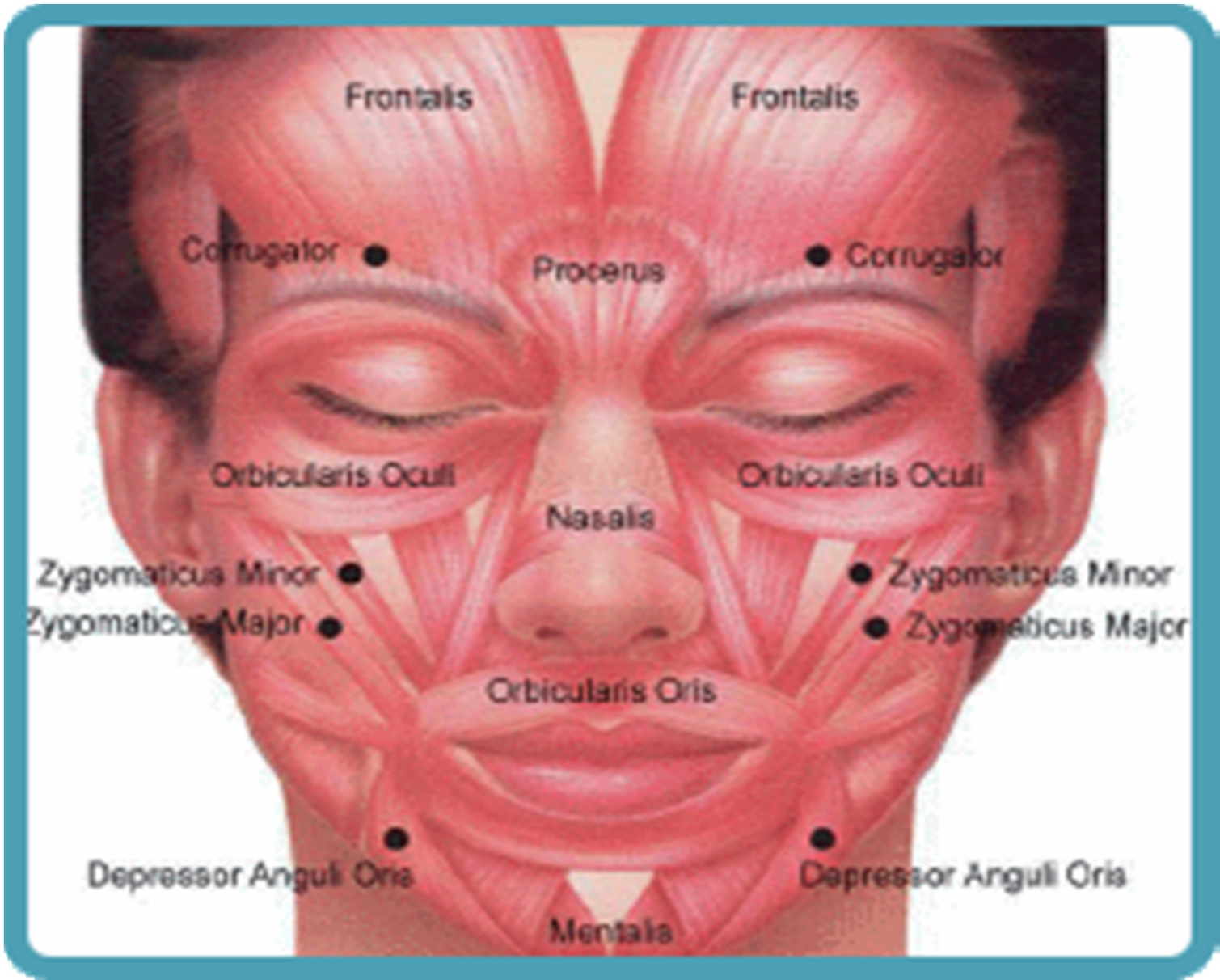
It is a natural purified protein and has controlled action on muscles when administered properly

Safe and effective. Short duration of action

Neuromuscular conditions, sensitivities to human albumin and/or lactose (milk allergy) is possible contraindication

COMMON USES IN POST TREATMENT PATIENTS

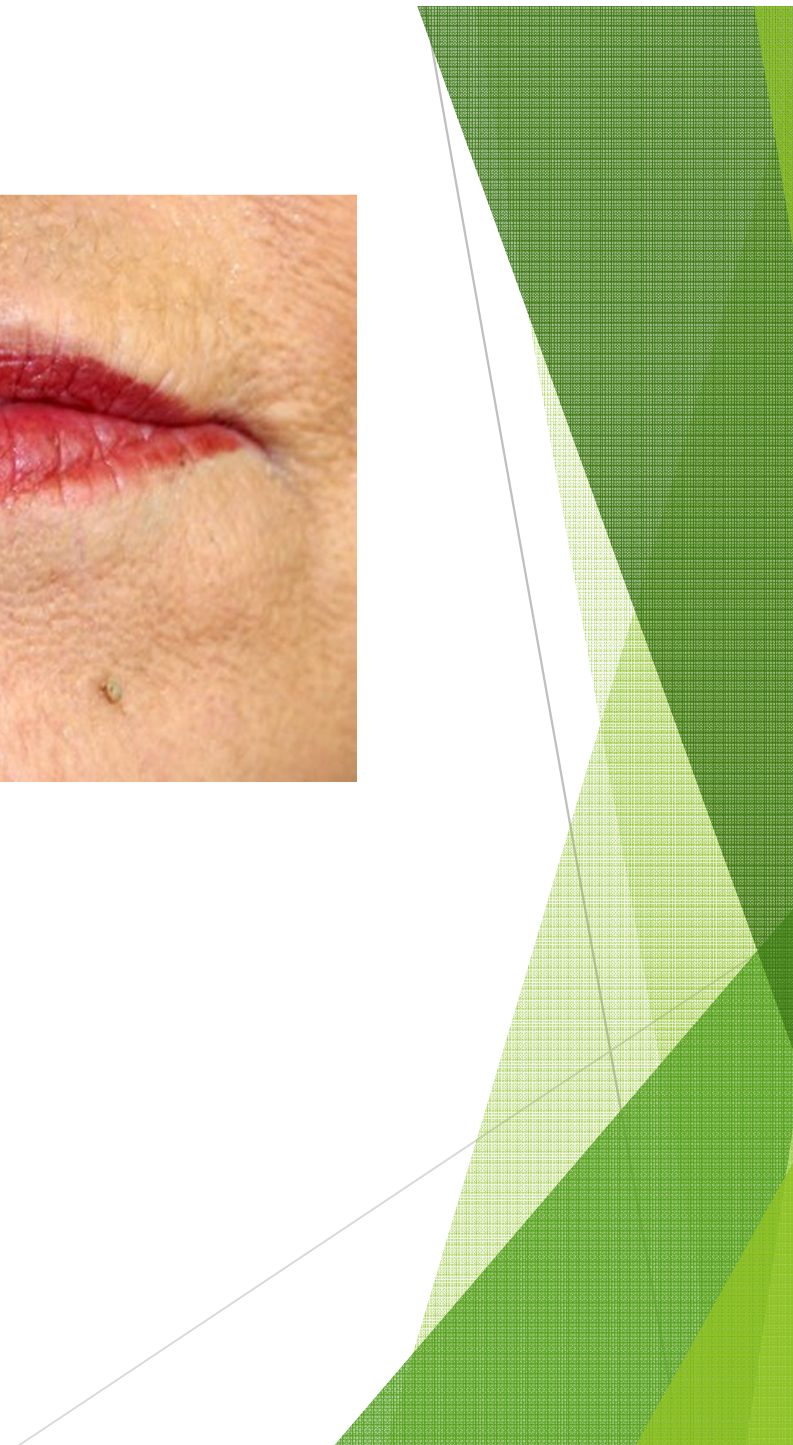
- ▶ Medical aesthetic uses include
 - treatment of facial asymmetry secondary to surgical defects
 - headaches/migraines related to nerve dysfunction and/or medication use
 - enhanced expression lines in face related to chronic pain and/or stress and anxiety
- ▶ Botox® referred to as “the penicillin for self-esteem”

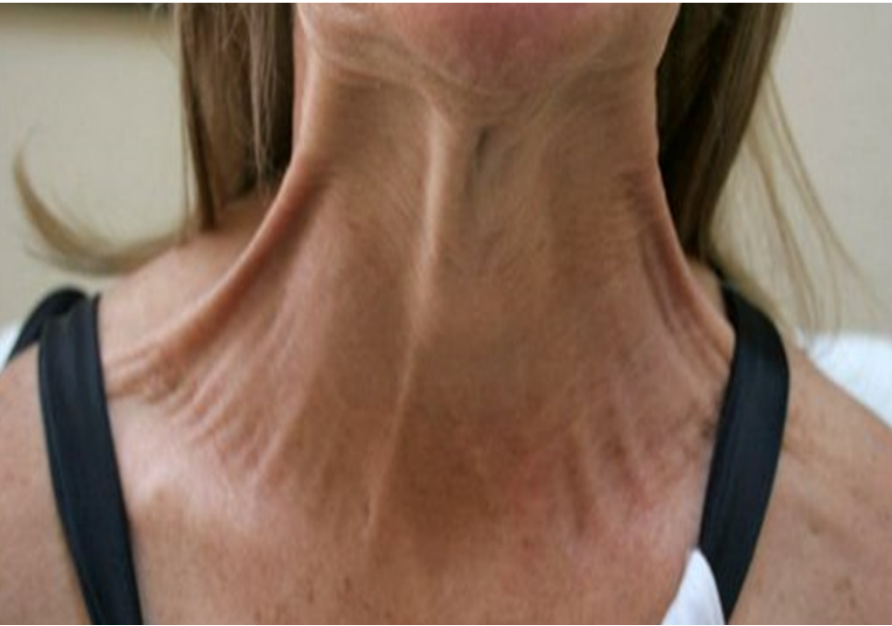




Asymmetric lips at rest

Courtesy of Skin Savvy, Rx Tampa, Florida





Platysmal Bands

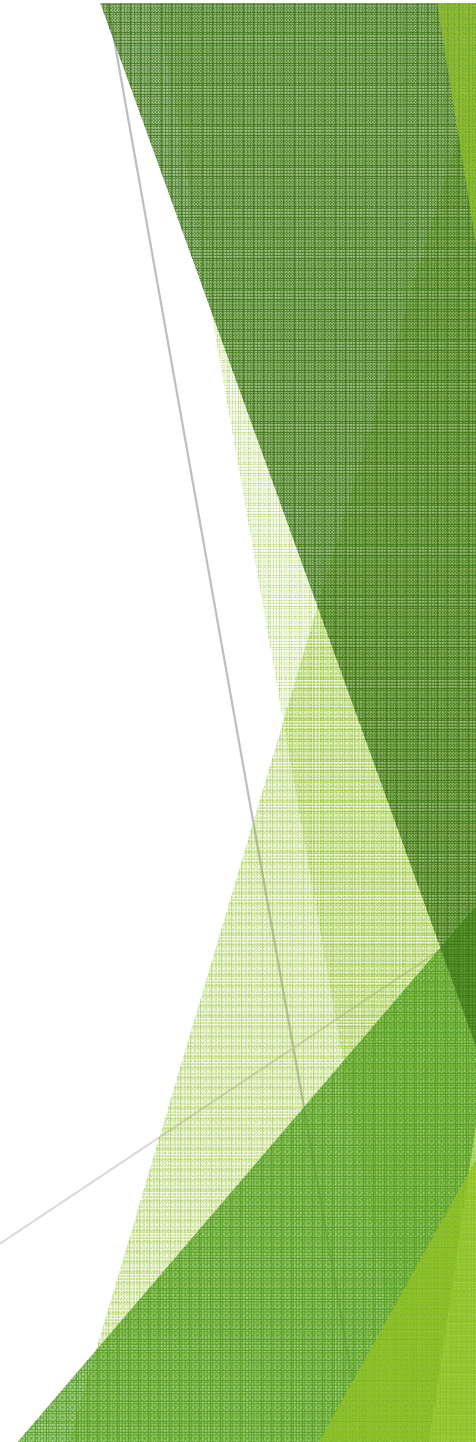
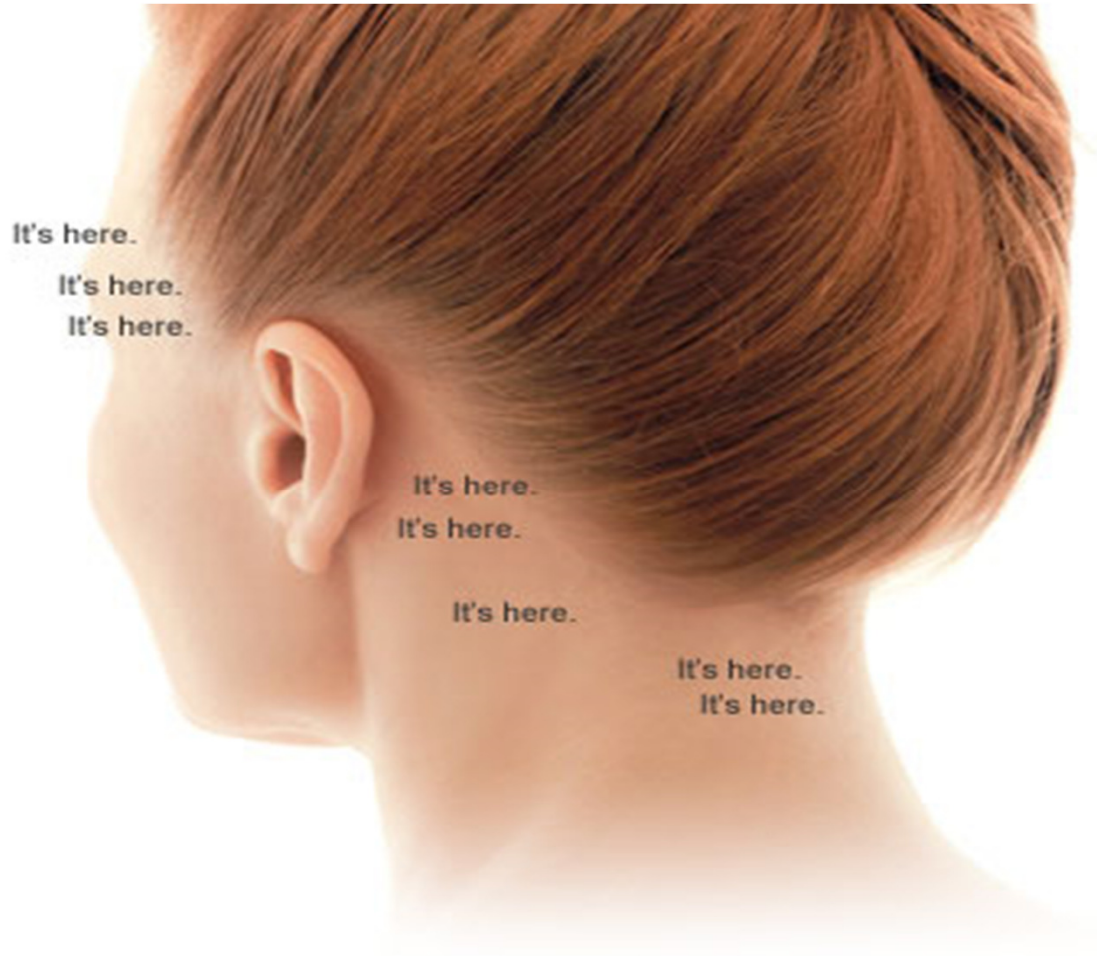
Courtesy of Skin Savvy, Rx Tampa, Florida



Asymmetric smile

Courtesy of Skin Savvy, Rx Tampa, Florida

HEADACHES/MIGRAINES



DERMAL FILLERS

- ▶ Intrinsic aging process of thinning of skin, loss of elasticity and diminished dermal collagen, accelerated and compounded by effects of cancer and its treatment.
- ▶ Dermal fillers address
 - loss of volume and fat in face secondary to weight loss from disease/treatment (face, hands)
 - physical manifestations of chronic fatigue/pain (deep folds)
 - development of scar tissue and residual surgical defects
 - replacement of hydration and fullness in skin
 - increasing structural support and volume

DERMAL FILLERS CON'T



RADIESSE[®]
A NATURAL LOOK THAT LASTS



DERMAL FILLERS CON'T

- ▶ Hyaluronic Acid (HA's)- Approved 2004, a natural occurring substance in human and animal tissue, lasts 6-12+ months, hydrophilic. Produced from avian *staphylococcus equine* bacterium, possible allergy testing indicated

Juvederm®, Restylane®, Perlane®, Belotero®, Voluma®

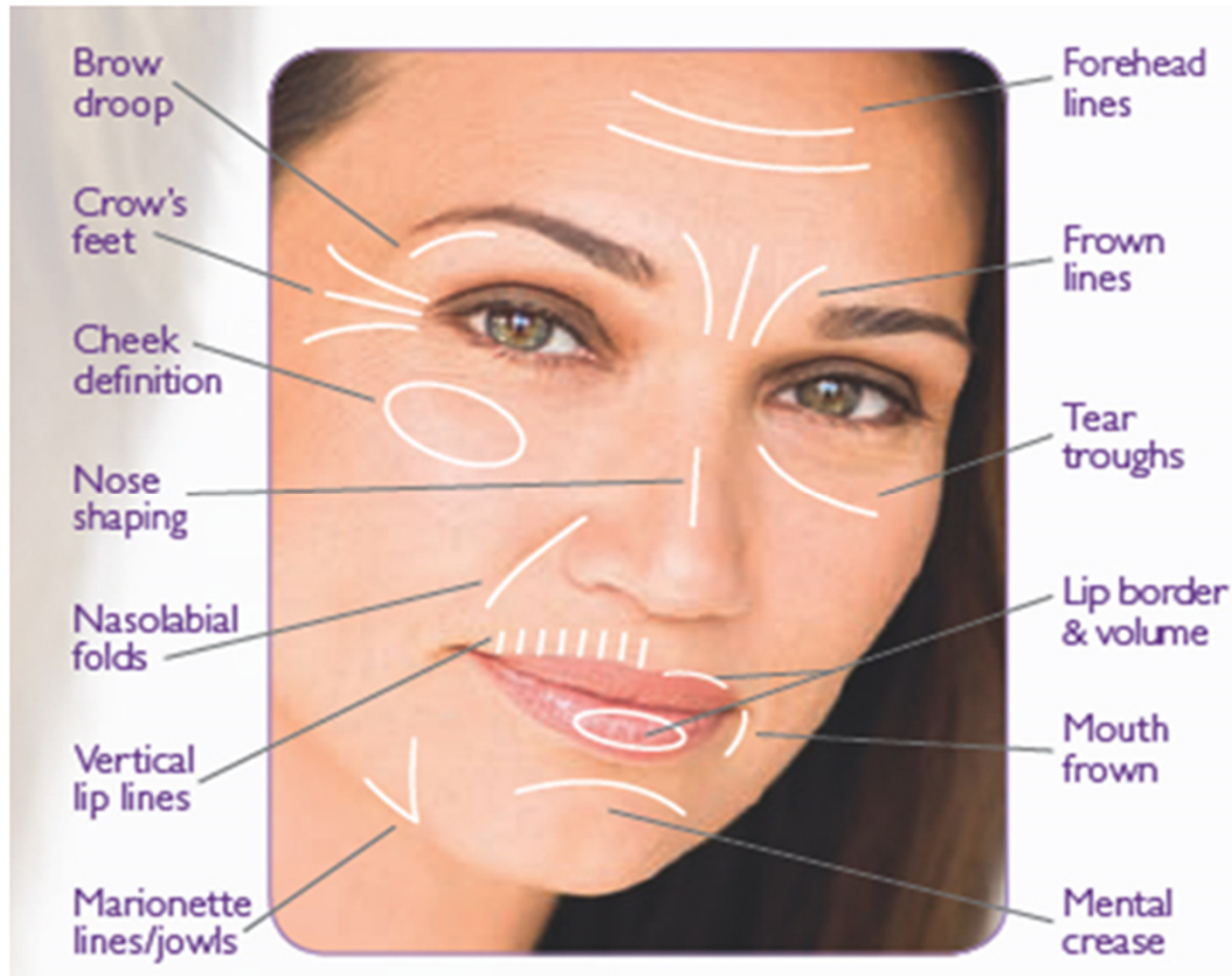
- ▶ Calcium Hydroxylapatite (CaHA)- Approved 2007, found naturally in human bones and is a mineral-like compound, long lasting (1+ years), no allergy testing

Radiesse®

*Most combined with Lidocaine

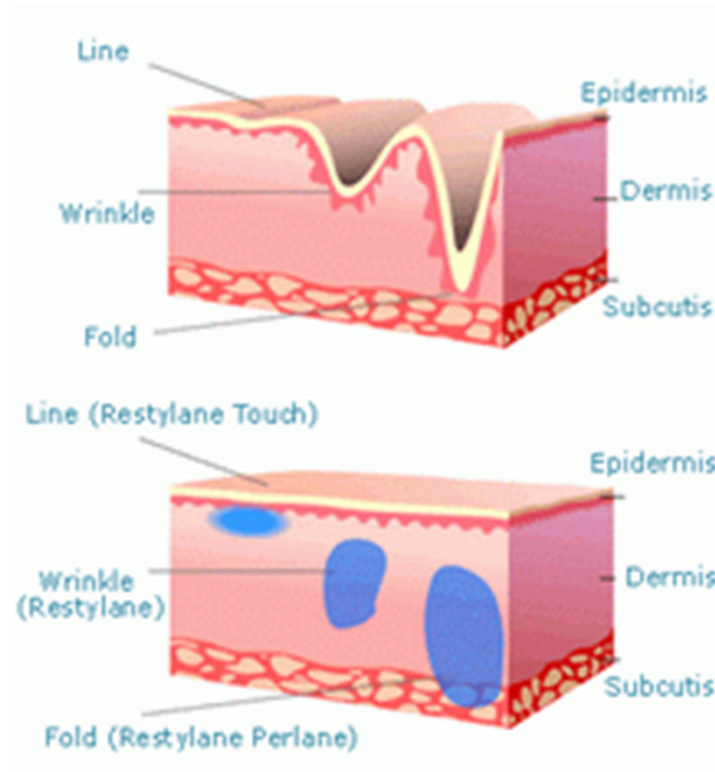
** HA's may be dissolved with the enzyme Hyaluronidase

DERMAL FILLER INDICATIONS



DERMAL FILLERS CON'T

Placement in mid-to-deep dermis, subcutaneous and periosteum





Hollowed Cheeks

Courtesy of Skin Savvy, Rx Tampa, Florida



Volume Loss Cheeks

Courtesy of Skin Savvy, Rx Tampa, Florida

LASERS

▶ Variety of types:

Light based (IPL/BBL) for brown/red pigment

Tightening/Lift (Skin Tyte, Ultherapy) for loss of volume/elasticity

Resurfacing (Microlaserpeel) for scarring, thickened, damaged areas

Ablative (Erbium Profractional) for loss of collagen/elasticity

Varilite® for telangectasias

**Typically used in combination for multifactorial skin issues such as scars after surgery requiring Kenalog™ to reduce raised incision sites, Varilite and/or BBL for telangectasias/pigment and Profractional for recruitment of collagen



Raised surgical scar with pigment on breast

Courtesy of Skin Savvy, Rx Tampa, Florida



Laxity in Neck

Courtesy of Skin Savvy, Rx Tampa, Florida



Pigmented Scar

Courtesy of Skin Savvy, Rx Tampa, Florida



Telangiectasias

Courtesy of Skin Savvy, Rx Tampa, Florida

Aesthetics

- ▶ Most basic need and safest, easiest to accomplish: proper skin care!
- ▶ Chemotherapy affects fastest growing cells including hair, skin, nails; Radiation therapy causes thinning, desquamation, fibrosis.
- ▶ Never underestimate the power of a pharmacy grade facial and the socialization during the process. Focus on the patient, not the disease.
- ▶ Incorporate adjunct services such as lymphatic drainage for facial edema.
- ▶ Loss of lashes and brows: prescriptive products such as Latisse®
- ▶ Progressive education with a certification in Oncology Aesthetics (*oti-oncologytraining.com*) to become a patient advocate for ingredient safety.

- ▶ THE TAKEAWAY MESSAGE IS FOCUS ON THE LITTLE THINGS! SOMETIMES THAT IS THE ONLY THING A PATIENT HAS ANY CONTROL OVER!

BODY IMAGE AND SELF ESTEEM

- ▶ Acknowledge the psychological and emotional impact. Nurses are on the forefront of support during active treatment. Post treatment, these patients need support with every day life and relationships. Pallor, dehydration, physical manifestations of treatment remain on the face no matter where the cancer and treatment targeted. It is a constant reminder of what they have been through and what may be in their future.
- ▶ Never pass on an opportunity to listen. Common to have feelings of vanity or not grateful for surviving cancer, but wanting to be able to look into a mirror again. Preserve self esteem.
- ▶ Medical aesthetic care and treatment can be empowering in that it is something voluntary and desired by the patient, not mandated by anyone!

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