

NURSING PROCESS (NP) IN AESTHETIC NURSING: A DIFFERENTIAL FOR THE NURSING PROFESSIONAL
PROCESO DE ENFERMERÍA (PE) EN ENFERMERÍA ESTÉTICA: UN DIFERENCIAL PARA EL PROFESIONAL DE ENFERMERÍA

PROCESSO DE ENFERMAGEM (PE) EM ENFERMAGEM ESTÉTICA: UM DIFERENCIAL PARA O PROFISSIONAL DE ENFERMAGEM

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ABSTRACT

The Nursing Process (PE) is a fundamental practice for organizing, planning, and evaluating nursing care. The Nursing Care Systematization (SAE), derived from PE, formalizes the planning, execution, and evaluation of care, and is a tool recommended by the Federal Nursing Council in all healthcare institutions in Brazil. The application of SAE has proven to be a differential in aesthetic nursing, as it allows for personalized care and ensures patient safety, especially in high-risk procedures. **Objective:** The relevance of the Nursing Process in aesthetic practice, highlighting the importance of SAE in improving care quality and patient safety. **Method:** The study adopted a reflective analysis approach with a literature review. The research was conducted from articles and scientific publications, focusing on the application of SAE in nursing procedures, considering the challenges and benefits of this practice. **Results:** The results show that the Nursing Process and the application of SAE are essential for organizing care in aesthetic nursing. The implementation of SAE contributes to safer and more effective care, with risk identification and personalized service. **Conclusion:** The application of SAE in aesthetic practice is crucial to ensuring care quality, patient safety, and overall satisfaction. By organizing and personalizing care, Therefore, it is of utmost importance that new studies on the topic be conducted.

Keywords: Aesthetic Nursing, SAE, Nursing Process, Nursing Diagnosis, Nursing Care Systematization.

RESUMEN

El Proceso de Enfermería (PE) es una práctica fundamental para organizar, planificar y evaluar los cuidados de enfermería. La Sistematización de la Asistencia de Enfermería (SAE), derivada del PE, formaliza la planificación, ejecución y evaluación de los cuidados, siendo una herramienta recomendada por el Consejo Federal de Enfermería en todas las instituciones de salud en Brasil. La aplicación de la SAE ha demostrado ser un diferencial en la enfermería estética, ya que permite personalizar los cuidados y garantizar la seguridad del paciente, especialmente en procedimientos de alto riesgo. **Objetivo:** Presentar la relevancia del Proceso de Enfermería en la práctica estética, destacando la importancia de la SAE en la mejora de la calidad del cuidado y la seguridad del paciente. **Método:** El estudio adoptó un enfoque de análisis reflexivo con una revisión bibliográfica. La investigación se realizó a partir de artículos y publicaciones científicas, enfocándose en la aplicación de la SAE en procedimientos de enfermería, considerando los desafíos y beneficios de esta práctica. **Resultados:** Los resultados muestran que el Proceso de Enfermería y la aplicación de la SAE son esenciales para organizar los cuidados en la enfermería estética. La implementación de la SAE contribuye a una atención más segura y eficaz, con la identificación de riesgos y la personalización del servicio. **Conclusión:** La aplicación de la SAE en la práctica estética es fundamental para garantizar la calidad de la atención, la seguridad del paciente y la satisfacción general. Por lo tanto, es de suma importancia que se realicen nuevos estudios sobre el tema.

Palabras clave: Enfermería Estética, SAE, Proceso de Enfermería, Diagnóstico de Enfermería, Sistematización de la Asistencia de Enfermería.

RESUMO

O Processo de Enfermagem (PE) é uma prática fundamental para organizar, planejar e avaliar os cuidados de enfermagem. A Sistematização da Assistência de Enfermagem (SAE), derivada do PE, formaliza o planejamento, execução e avaliação dos cuidados, sendo uma ferramenta recomendada pelo Conselho Federal de Enfermagem em todas as instituições de saúde no Brasil. A aplicação da SAE tem se mostrado um diferencial na enfermagem estética, pois permite personalizar os cuidados e garantir a segurança do paciente, especialmente em procedimentos de risco. **Objetivo:** Apresentar, a relevância do Processo de Enfermagem na prática estética, destacando a importância da SAE na melhoria da qualidade do cuidado e segurança do paciente. **Método:** O estudo adotou uma abordagem de análise reflexiva, com uma revisão bibliográfica. A pesquisa foi conduzida a partir de artigos e publicações científicas, com foco na aplicação da SAE nos procedimentos de enfermagem, considerando os desafios e benefícios dessa prática. **Resultados:** Os resultados mostram que o Processo de Enfermagem e a aplicação da SAE são essenciais para a organização dos cuidados em enfermagem estética. A implementação da SAE contribui para uma assistência mais segura e eficaz, com a identificação de riscos e a personalização do atendimento. **Conclusão:** A aplicação da SAE na prática estética é fundamental para garantir a qualidade do atendimento, segurança do paciente e satisfação geral. Portanto é de extrema importância que novos estudos sobre o tema sejam realizados.

Palavras-chave: Enfermagem Estética, SAE, Processo de Enfermagem, Diagnóstico de Enfermagem, Sistematização da Assistência de Enfermagem.



INTRODUCTION

The nursing process is a practice that emerged in recent decades as a systematic and scientific model for planning, implementing and evaluating nursing care. Formally created in the 1950s by North American nurses such as Ida Jean Orlando and Faye Glenn Abdellah, the nursing process was a milestone in the professionalization of nursing, allowing care to be provided in a more organized and evidence-based manner ⁽¹⁾.

The Nursing Process (NP) is a set of systematized and interrelated actions aimed at organizing nursing care, focusing on an ethical and humanized approach to solving health problems. In Brazil, it is regulated by the Law of Professional Nursing Practice, law 7498/86 ⁽²⁾ and is a fundamental tool for nurses. The Nursing Process is composed of common steps, such as history, diagnosis, planning, implementation and evolution, and the theoretical model adopted by different authors may vary ⁽³⁾.

This process has evolved into an even more specific concept: Nursing Care Systematization (NCS), which formalizes the practice of planning, execution and evaluation, always aiming to optimize the quality of patient care ⁽⁴⁾. Nursing work encompasses the care and management dimensions, which are manifested in the performance of care actions directed at individuals, families and communities ⁽⁵⁾. The Federal Nursing Council recommends that NCS be implemented in all Brazilian health

institutions, both public and private, recognizing its importance for improving the quality of care ⁽⁶⁾. The Nursing Care Systematization (NCS), one of the forms of organizing the NP, has demonstrated benefits, but also challenges, especially in its implementation in health services. The implementation of NCS in nursing care has driven significant changes, but the construction of the new model depends on the collaboration of several actors, such as professionals, services and the community ⁽³⁾. In aesthetic nursing, the application of SAE has proven to be fundamental, as it allows nurses to organize and personalize care, increasing patient safety and satisfaction ⁽⁷⁾. In aesthetic practice, where procedures are often performed in offices or clinics and involve injectable care, with the risk of contamination and complications, SAE helps to ensure that all aspects of care, from anamnesis to post-procedure follow-up, are performed with maximum safety and efficiency ⁽³⁾. The implementation of SAE is a great differentiator for aesthetic nursing professionals, as it demonstrates technical competence, increases patient confidence and contributes to higher quality care ⁽⁷⁾.

Chapter 7 of the Coren-SP practical guide ⁽⁸⁾ discusses the ethical and legal aspects of the nursing process, highlighting the legal responsibilities of the nurse in recording the care provided, warning that the nursing process must be documented accurately, with the patient's medical record being an important tool to ensure continuity of care and the legal security of records. Law 7,498 ⁽²⁾, which regulates the



professional practice of nursing, and Cofen Resolution No. 429/2012, which provides guidance on the mandatory nature of records, and the importance of ethical aspects such as privacy and security of patient information are also emphasized, in addition to emphasizing the importance of the nursing process as a crucial methodological instrument for the quality of care and patient safety, while recognizing the ethical and legal challenges associated with professional practice.

This article aims to investigate in the current scientific literature the main nursing diagnoses and the importance of the Nursing Process in the practice of Aesthetic Nursing, with an emphasis on the contribution to the quality of care and patient safety. The guiding question used for the study was: What is the relevance of the Systematization of Nursing Care (SAE) and the Nursing Process for the practice of Aesthetic Nursing?

METHODOLOGY

This study adopts a reflective analysis approach, with the aim of reflecting on the application of the Nursing Care Systematization (NCS) in aesthetic practice. The research focuses on reviewing and evaluating the applicability of NCS in aesthetic nursing practices in light of theories, previous studies and the previous experience of professionals from other specialties, with an emphasis on the implications, benefits and limitations of NCS in this context.

The analysis was carried out through a review of bibliographies, based on scientific articles and publications. And the main focus was to reflect on how the NCS theory applies in aesthetic practice, considering the different perspectives and challenges encountered by professionals.

The reflective process involved the critical analysis of existing practices and approaches, with the aim of identifying strengths, areas for improvement and how the application of NCS can be improved to provide safer and more effective care in the field of aesthetic nursing.

RESULTS AND DISCUSSION

1. The Nursing Process and its Importance in Nursing Care

The nursing process is a set of actions performed by nursing professionals with the aim of ensuring organized, systematic and quality care for the patient. This process is fundamental in all areas of nursing, and especially in aesthetic nursing, where procedures require a structured and personalized approach to ensure that the patient has a positive and safe experience.

History of the Nursing Process: The concept of the nursing process was formalized in the 1950s by nurses such as Ida Jean Orlando and Faye Glenn Abdellah, who proposed an approach centered on the patient's needs, considering care as a dynamic interaction between the nurse and the patient. Since then, the nursing process has expanded and become a



standardized practice worldwide, with the incorporation of new technologies and care methods ⁽⁹⁾.

The practical guide published by Coren-SP ⁽⁸⁾ addresses the relationship between the application of the nursing process and patient safety. The nursing process, structured in five stages, is an essential tool for organizing and documenting care. It provides comprehensive, individualized care and contributes to patient safety, identifying risks and ensuring safe and efficient health care. The application of this process is a way to support the nurse's clinical reasoning, promoting better results in patient care.

The authors ⁽¹⁰⁾, found that Cofen Resolution No. 736/2024 marks an important advance in the definition and operationalization of the Nursing Process, contributing to improving the quality of nursing care and ensuring patient safety. Strengthening the NP,

combined with the SAE, will be a milestone in the organization and practice of nursing in Brazil, promoting greater visibility and recognition of the profession ⁽¹⁰⁾.

In a study published by the Revista Enfermagem Atual In derme, possible complications that may arise during the aesthetic procedure were described, and the study demonstrated that clients demonstrated confidence in the work performed by the nurse, believing that he/she has the adequate knowledge to control the situation, avoiding aggravation, damage or complications to their health ⁽¹¹⁾.

2. The 5 Steps of Nursing Care Systematization (SAE).

SAE follows the five steps of the nursing process and is applied systematically. Below, we present these steps in a table to facilitate understanding ⁽⁶⁾.

Stage	Description
1. Nursing Assessment	Collecting information about the patient, health history, complaints, examinations and current conditions.
2. Nursing Diagnosis	Identification of patient health problems and needs based on collected data.
3. Nursing Planning	Preparation of a care plan, establishing the priorities and necessary interventions.
4. Nursing Implementation/Execution.	Implementation of planned actions, with the performance of nursing interventions.
5. Nursing Evolution/Evaluation	Monitoring the results of interventions, checking whether the plan's objectives have been achieved.

2.1 Examples of Nursing Diagnoses that can be used in Aesthetics ⁽¹²⁾:

	CODE	DIAGNOSIS	USE EXAMPLES
01	00046	Impaired skin integrity	Used in treatments that involve breaking the skin barrier, such as fillers and peels, botulinum toxin, etc.
02	00118	Risk of injury	Used when the patient is at risk of suffering physical harm due to procedures that involve risk, burns or other physical harm, such as laser treatments or chemical peels, fillers, biostimulators.
03	00004	Risco de infecção	Para procedimentos que envolvem penetração da pele, como aplicação de bioestimuladores, Fios.
04	00497	Change in perception of body image	Common in patients seeking aesthetic changes, such as rejuvenation or body contouring.
05	00130	Acute pain	For procedures that cause discomfort.
06	00102	Anxiety related to concerns about the results of the procedure	Used for patients who are concerned about the expected aesthetic results.
07	00115	Risk of damage to tissue integrity	Relacionado a tratamentos estéticos que envolvem a modificação ou lesão da pele E Também para peles com flacidez, ritídes, etc.
08	00008	Risco de desidratação	It can be used on patients with dry, thin skin and those undergoing aesthetic treatments that involve fluid loss or dehydration, such as deep chemical peels or laser treatments.
09	00107	Low self-esteem	Applicable to patients seeking aesthetic treatments to improve their self-perception, often related to insecurities about physical appearance or aging.

3. The Importance of Vital Sign Assessment, Photography and Informed Consent in Aesthetic Nursing

In aesthetic nursing, the initial assessment of the patient is crucial to ensure safety during treatment. When receiving the patient in the office, the nurse should begin collecting data with a complete assessment, including vital signs (such as blood pressure, heart rate and temperature), since these variables are essential

to determine whether the patient is in ideal conditions for the procedure. The author ⁽¹³⁾, discusses the influence of aesthetic procedures on the quality of life and self-esteem of patients, highlighting the importance of prior assessments to ensure the health and well-being of individuals undergoing such procedures.

In addition, photographing the patient before the aesthetic procedure is essential to document the initial condition of the skin and help compare the results of the treatment; this

work ⁽¹⁴⁾ emphasizes the relevance of photodocumentation in facial aesthetic treatments. The authors emphasize that standardizing photographic records is essential for accurate analysis of the evolution of treatments, allowing consistent comparisons between the different phases of the procedure. The study addresses technical aspects, such as controlled lighting, appropriate choice of photographic background and the use of appropriate equipment, aiming to ensure the fidelity of the captured images. In addition, it emphasizes the need to obtain the consent of patients for the use of images, respecting ethical and legal principles.

Another important aspect of aesthetic practice is the signing of the free and informed consent form (TCLE), which ensures that the patient is fully informed about the risks and benefits of the procedure and that he/she consents consciously and voluntarily ⁽¹⁵⁾.

4. Practical Example of Service

Clinical Case: Female patient, 45 years old, with main complaint of facial sagging, especially in the cheeks and nasolabial lines. The patient wants to improve the appearance of the skin.

1. **Assessment/Data Collection:** The nurse collects information about the patient's health/illness history, such as pre-existing health conditions and skin care.

2. Nursing diagnosis:

- Impaired skin integrity (00046) (12) related to the aging process.

- Risco de infecção (00004)⁽¹²⁾ relacionado à invasão da pele.

3. **Planning:** The nurse plans the application of collagen biostimulator, specifying:

- The areas to be treated.
- Quantity, dilution.
- Product used and brand, batch.

4. **Implementation/Execution:** The nurse applies the collagen biostimulator to the designated areas using the chosen technique. The patient is monitored for signs of pain or adverse reactions.

5. **Evolution/Evaluation:** After the procedure, the nurse evaluates the immediate results and advises the patient on post-procedure care.

5.1. **Revaluation:** The nurse schedules a reassessment appointment to observe long-term results and adjust the care plan if necessary.

CONCLUSION

The application of Nursing Care Systematization (NCS) in aesthetic practice contributes significantly to the quality of care, patient safety and satisfaction, and professional safety. NCS allows nurses to organize and personalize care, implementing specific nursing diagnoses for the aesthetic area and ensuring that all care is planned and executed effectively. The use of NCS, with due consideration of aspects such as assessment of vital signs, photography, and informed consent, is an important differentiator for nursing professionals in the aesthetic area.

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