AESTHAETIC MEDICINE

Definition	Aesthetic medicine is a specialised branch of medical practice dedicated to enhancing a patient's physical appearance and overall well-being through minimally invasive and non-invasive procedures. It focuses on improving skin health, addressing signs of ageing, and refining facial and body aesthetics while ensuring patient safety and natural outcomes. This field includes treatments for various cosmetic concerns such as scars, wrinkles, and unwanted hair, using minimally invasive procedures like botulinum toxin injections, dermal fillers, chemical peels, and laser treatments. It combines preventive and corrective approaches, ensuring patient safety through evidence-based techniques.
Education and Experience	1. Bachelor's degree of Medicine from a university that is listed in the IMED FAIMER Directory. 2. a- Certificate of successful completion of an Aesthetic Medicine Training Programme* from an accredited institute. *Note: Recognized Aesthetic Medicine Programme must show evidence of the below requirements: a. The duration of study must be a minimum of one year on a full-time basis with active enrollment. b. Must consist of theoretical and practical components and is concluded by an Assessment (passing/exit exam). c. Must include, but is not limited to the following core elements: • Light-based therapies (hair removal, laser treatments), • Cosmetic injectable (Botox, soft tissue fillers), • Skin rejuvenation, • Patient Safety, • Surgical Anatomy. **OR** b- Certificate of completion of structured residency training in Dermatology or Plastic Surgery** from an accredited teaching institution . **Note: Recognized Aesthetic Medicine Programme showing the below criteria is required **in addition** to the certificate of completion of training in Plastic Surgery: a. The duration of study must be a minimum of 1 month. b. Must consist of theoretical and practical components.

c. Must include, but is not limited to the following core elements:

- Light-based therapies (hair removal, laser treatments),
- Cosmetic injectable (Botox, soft tissue fillers),
- Skin rejuvenation,
- Patient Safety,
- Surgical Anatomy.

3. a- Completion of **three years** of clinical experience in Aesthetic Medicine after obtaining the training in Aesthetic Medicine programme, accompanied by a licence from the Health Authority.

OR

b- Completion of **one year** of clinical experience in Aesthetic Medicine after obtaining the training in Dermatology or Plastic Surgery programme, accompanied by a licence from the Health Authority.

Scope of practice

I. General Overview:

The landscape of aesthetic medicine is undergoing a remarkable transformation, fuelled by cutting-edge technology that delivers safer, more effective, and minimally invasive solutions.

A physician who is qualified to assess, diagnose, and perform non-surgical and minimally invasive aesthetic procedures aimed at enhancing appearance, skin health, and body contouring.

II. Key areas within the scope of aesthetic medicine include:

1. Patient Assessment & Diagnosis:
   - Conduct detailed patient consultations for aesthetic concerns.
   - Evaluate skin conditions, facial anatomy, and body composition.
   - Assess patient eligibility and contraindications for aesthetic procedures.
   - Provide personalised treatment plans based on medical history and patient goals.
2. Non-Surgical Aesthaetic Interventions:
   - Perform minimally invasive and non-invasive procedures aimed at enhancing aesthaetic appearance while ensuring patient safety.
   - Utilize advanced techniques to improve skin quality, facial harmony, and body aesthaetics while maintaining natural results.
   - Address signs of ageing, skin irregularities, and volume loss through approved aesthaetic medical approaches.
   - Provide preventative and corrective treatments designed to support skin health and overall aesthaetic balance.
   - Stay updated with advancements in aesthaetic medicine to integrate new techniques responsibly.

III. Scope Limitations:

An aesthetic physician is not permitted to practice the following:

1. Surgical interventions (e.g., facelifts, liposuction, blepharoplasty or any other intervention).
2. Deep reconstructive procedures (e.g., post-burn facial reconstruction or any other intervention).
3. Invasive plastic surgery requiring general anesthesia.
4. Systemic medical treatments outside the aesthaetic medicine scope.

Clinical core privileges

Clinical Core privileges are granted automatically and there are no advanced privileges for Aesthaetic Medicine scope.

A. Facial Aesthaetic Procedures:

1. Botux Injection
2. Dermal Fillers
3. Thread lift
4. Microneedling with or without PRP (Platelet-Rich Plasma)
5. PRP (Platelet-Rich Plasma)
6. Mesotherapy (minimally invasive)
7. Comedone Extraction (Manual removal of blackheads and whiteheads)

B. Non-invasive Body contouring procedures:

1. Cryolipolysis (fat freezing)
2. Laser Lipolysis
3. Radiofrequency Lipolysis
4. Radiofrequency Skin Tightening
5. Ultrasound and Laser-Based Fat Reduction
6. Injection Lipolysis

C. Skin Rejuvenation and Resurfacing:

1. Chemical Peeling
2. Crystal Peel (Microdermabrasion)
3. Mechanical Peel
4. Laser resurfacing of the face
5. Laser Therapy (Including various laser treatments for skin resurfacing, pigmentation, etc.)
6. Dermojet (for non-invasive needle-free injection system that delivers active ingredients into the skin)
7. Non-surgical benign mole removal (e.g., laser or cryotherapy)

D. Aesthaetic Diagnostic Procedures:

1. Patch Test (For cosmetic products or aesthaetic treatments)
2. Wood's Light (Diagnostic tool for skin conditions like pigmentation, acne, and more)

E. Others:

1. Laser hair removal therapy

General Notes	**1. For non-resident physicians:** • A total of five years of clinical experience in Aesthaetic Medicine, Dermatology, or Plastic Surgery is required after obtaining the training completion certificate (including the mandatory required years of experience) to be registered/licensed as a physician specialised in Aesthaetic Medicine in the state of Qatar. • A Letter is required from the healthcare facility, signed by the medical director, specifying the name of the licensed permanent physician in the Aesthaetic Medicine, or Dermatology or Plastic Surgery who will be responsible for overseeing the patients. 2. Break of Practice policy applies. 3. Please refer to physician guidelines regarding the required duration of study for the bachelor's degree and the total required years of experience after the bachelor's degree to be registered/licensed as a physician in the state of Qatar.
References	• British College of Aesthetic Medicine https://bcam.ac.uk • American Board of Aesthetic medicine https://abamedicine.com • American Academy of Aesthetic medicine https://www.aaamed.org • Malaysia Health Authority https://www.moh.gov.my • DHA www.dha.gov.ae
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