



**2022**

**CREDENTIALING**

**PATHWAYS OF**

**AESTHETIC MEDICAL**

**PRACTICE IN PAKISTAN**



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## OVERVIEW

In recent years aesthetic medical and surgical practice has gained popularity. It is a consumer driven service, and the patient and public's interests needs to be protected. The Commission recognizes the growing demand of not only wanting to stay healthy but also aesthetically pleasant.

Aesthetic Medicine in its broader terms while not being a specific medical specialty, consists of multiple medical specialties and expertise representing therefore, an area of interest in medical practice. A significant number of medical specialists as well as general medical practitioners are already engaged in the practice of Aesthetic Medicine and a growing demand has correspondingly increased the interest of others to embark on this area of practice.

As patient safety issues are of paramount importance, this practice, like all other medical specialties and practice, needs to be regulated through specific credentialing pathways to enable patients and regulators to be aware of what a particular medical practitioner can and cannot do.

Pakistan Medical Commission (PMC) constituted a Credentialing Committee for Aesthetic practice to identify aesthetic procedures that require formal training and qualifications and for medical practitioners to be inducted into a specific Aesthetic Physicians Register and an Aesthetic Surgeons Register. In addition to the recommendations of the Committee a broad-based discussion was held with general medical practitioners engaged in the practice of Aesthetic Medicine.

As a consequence, the Commission has approved the **“Credentialing Pathways for Practice of Aesthetic Medicine in Pakistan”** and pursuant to which specialists in different fields of medicine such as dermatology, plastic surgery etc. as well as general medical practitioner and general dental practitioners would be inducted into the respective **“Aesthetic Physicians Register”** and an **“Aesthetic Surgeons Register”**.

The Credentialing Pathways provide identification of the Procedures that require formal training and qualification to be recognized as an Aesthetic Physician or Aesthetic Surgeon. In addition, the Pathways provide identification of the Procedures that an Aesthetic Physician or Aesthetic Surgeon can perform with specific credentialing pathways. As medical science advances, any other aesthetic medical procedures in the future that fulfill the criteria of non-invasive and minimally invasive may be added to the list.

The Registers of Aesthetic Physicians and Aesthetic Surgeons shall identify the Procedures in which each is credentialed to practice and may be granted privileges by a health care institution or grant unto themselves subject to operating a licensed health care facility.

The listed procedures and pathways are not exhaustive. The Commission shall insistently assess and evaluate additional and new procedures based on evolution of the aesthetic practice globally to be added from time to time.

## SECTION – I

### DEFINITIONS

AESTHETIC MEDICINE	Aesthetic medicine is an area of medicine, dealing with human's health in terms of: external appearance, image, aesthetics, well-being, visible skin changes and discomfort in the quality of life felt by a patient. The purpose of aesthetic medicine is to achieve patients' satisfaction, as to their requirements related to the appearance, elimination of the complexes and the restoration of self-esteem. It is an area of medical practice which embraces multidisciplinary modalities dedicated to creating a harmonious physical and psychological balance through non-invasive, minimally invasive, and invasive treatment modalities which are evidence-based. These modalities focus on the anatomy, physiology of the skin and its underlying structures, to modify the otherwise 'normal' (non-pathological) appearance to satisfy the goals of the patient and are carried out by registered medical practitioners.
CORE SPECIALISTS (CS)	There are two main medical specialties which deal with cosmetic or aesthetic procedures; Dermatology and Plastic Surgery. Thus, these specialties may be referred to as "Core Specialty" and the practitioners of these specialties may be referred to as "Core Specialists. In addition, Ophthalmologists, ENT, Facio-Maxillary and General Surgeons may also be referred to as Core Specialists for a particular procedure which is specifically part of their post graduate training curriculum.
NON-CORE SPECIALISTS (NCS)	The basic medical and dental qualifications being MBBS and BDS and other Specialities which are not defined as Core Specialities may be referred to as "Non-Core Specialty". Medical and dental general practitioners having a basic MBBS or BDS qualification and practitioners of other Non-Core Specialties who are performing some of the aesthetic procedures, but do not have prior basic training as part of their post graduate training curriculum may be referred to as "Non-Core Specialists".
REGISTERED MEDICAL PRACTITIONER (RMP) OR REGISTERED DENTAL PRACTITIONER (RDP)	Registered medical practitioner or Registered Dental Practitioner is defined as a medical/dental practitioner who is registered and holds a valid Full License to practice issued by the PMC.
DERMATOLOGIST	A qualified dermatologist is a consultant who holds a post graduate qualification recognized by the PMC and registered on their Full License.
PLASTIC SURGEON	A qualified plastic surgeon is a consultant who holds a post graduate qualification recognized by PMC and registered on their Full License.
AESTHETIC PHYSICIAN (AP)	An Aesthetic Physician includes; (i) All Core Specialists who have fulfilled the training requirements as part of their post graduate training curriculum or acquired such training in addition thereto or have the requisite experience with clear evidence of any or all procedures listed in Table I, and (ii) All Non-Core Specialists who have acquired formal training and/or have more than 5 years experience till 30 June 2022 with clear evidence of training/experience in any or all procedures listed in Table I.
AESTHETIC SURGEON (AS)	An Aesthetic Surgeon includes; (i) All Core Specialists who have acquired recognized surgical training and fulfilled the training requirements as part of their post graduate training curriculum or acquired such training in addition thereto or have the requisite experience with clear evidence of any or all procedures listed in Table II, or have acquired formal training and/or have more than 5 years experience till 30 June 2022 with clear evidence of training/experience in any or all procedures listed in Table II.

## SECTION – II

# CLASSIFICATION OF AESTHETIC MEDICAL AND SURGICAL PROCEDURES

These procedures can be classified into the following;

a. **Non-Invasive Procedures**

External applications or treatment procedures that are carried out without creating a break in the skin or penetration of the integument. They target the epidermis only.

b. **Minimally Invasive Procedures**

Treatment procedures that induce minimal damage to the tissues at the point of entry of instruments. These procedures involve penetration or transgression of integument but are limited to the dermis and subcutaneous fat; not extending beyond the superficial musculo-aponeurotic layer of the face and neck, or beyond the superficial fascial layer of the torso and limbs.

c. **Invasive Procedures**

Treatment procedures that penetrate or break the skin through perforation, incision or transgression of integument, subcutaneous and/or deeper tissues, often with extensive tissue involvement in both vertical and horizontal planes by various means, such as the use of knife, diathermy, ablative lasers, radio-frequency/ultrasound through cannula or needles.

## SECTION – III

# AESTHETIC PROCEDURES

**TABLE I – AESTHETIC MEDICAL PROCEDURES**

Sr	PROCEDURE	CLASSIFICATION	NOTE
1	HydraFacial	Non-Invasive	
2	Chemical Peel (superficial)	Non-Invasive	
3	Microdermabrasion	Non-Invasive	
4	Intense Pulse Light (IPL)	Non-Invasive	
5	Chemical Peel (medium depth)	Non-Invasive	
6	Lasers for hair removal (e.g. long pulsed Nd:YAG, Diode, IPL)	Non-Invasive	
7	Micro-needling	Minimally Invasive	
8	PRP (scalp, face)	Minimally Invasive	
9	Botulinum Toxin Injection	Minimally Invasive	
10	Filler Injection - excluding silicone and fat	Minimally Invasive	
11	Superficial Sclerotherapy	Minimally Invasive	
12	Lasers for treating skin pigmentation	Minimally Invasive	
13	Lasers for skin rejuvenation (including fractional ablative)	Minimally Invasive	
14	Skin Tightening Procedures - radiofrequency, ultrasound, infrared up to upper dermis	Minimally Invasive	
15	Tread Lifting	Minimally Invasive	
16	Hair Tansplant	Minimally Invasive	Treatment not extending beyond the superficial musculo-aponeurotic layer of the face and neck, or beyond the superficial fascial layer of the torso and limb
17	Phlebectomy	Minimally Invasive	
18	Fat transfer	Minimally Invasive	

**TABLE II – AESTHETIC SURGICAL PROCEDURES**

Sr.	PROCEDURE	CLASSIFICATION	NOTE
1	Hair Transplant	Invasive Procedure	Treatment extending beyond the superficial musculo-aponeurotic layer of the face and neck, or beyond the superficial fascial layer of the torso and limb
2	Liposuction	Invasive Procedure	
3	Blephroplasty	Invasive Procedure	
4	Otoplasty	Invasive Procedure	
5	Rhytidectomy	Invasive Procedure	

## SECTION – IV

### TRAINING FOR AESTHETIC SURGICAL PROCEDURES

Formal training, as recommended below, is required in following Aesthetic Surgical Procedures for entering any person to the Aesthetic Surgeons Register.

- In case a qualified surgeon is already practicing any of these Aesthetic Surgical Procedures for the last five years or more, without any major complaint, they shall be required to provide evidence of the requisite training/experience in that particular procedure by 30th Jun 2022 to be entered in the Aesthetic Surgeons Register. In case, they are unable to provide clear evidence of training/experience, they would need to undergo required training as recommended below.
- A surgeon who has acquired recognized post graduate qualification and the curriculum of which included the training of any of the procedures or obtained a further qualification in Aesthetic Surgery from any institution recognized by PMC, shall be exempt from the required training.
- Foreign or local trainings (diplomas, additional post graduate qualifications, clinical trainings) acquired by a qualified surgeon fulfilling the requisite training shall be recognized by PMC.

**TABLE III – TRAINING FOR AESTHETIC SURGICAL PROCEDURES**

Sr.	PROCEDURES	MINIMUM TRAINING REQUIRED	REQUISITE NUMBER OF SUPERVISED PROCEDURES REQUIRED
1	Hair Transplant	10 credit hours	10
2	Phlebectomy	10 credit hours	10
3	Liposuction	10 credit hours	10
4	Blephroplasty	10 credit hours	10
5	Otoplasty	10 credit hours	10
6	Rhytidectomy	10 credit hours	10
7	Fat transfer	10 credit hours	10

- d. A non-core specialist seeking entry to the Aesthetic Surgeons Register for purposes of hair transplant shall be required to complete a minimum 2 year recognized training program properly recorded in a log book and having qualified an exit exam.

## TRAINING FOR AESTHETIC MEDICINE PROCEDURES

- A Core Specialist or Non-Core Specialist who intends to practice Aesthetic Medicine, must have a Full License issued by PMC and be entered into the Aesthetic Medical Register.
- A Core Specialist may perform non-invasive, minimally invasive or invasive procedures subject to having acquired the necessary training. A Non-Core Specialist will be able to perform only non-invasive and minimally invasive procedures after they have acquired the required trainings in individual procedures, as listed below.
- A Core-Specialist or Non-Core Specialists, who are already practicing Aesthetic medicine in the country for the last five years or more, without any major complaint, have to provide evidence of the requisite training/experience in each desired procedure by 30th Jun 2022, before they are entered in the Aesthetic Medicine Register. In case, they are unable to provide clear evidence of training/experience, they would need to undergo required training as recommended above.

- d. A Core-Specialist who has acquired a recognized post graduate qualification and the curriculum of which included the training of any of the procedures or obtained a further qualification in Aesthetic Medicine from any institution recognized by PMC, shall be exempt from the required training.
- e. Foreign or local trainings (diplomas, additional post graduate qualifications, clinical trainings) acquired fulfilling the requisite training shall be recognized by PMC.

**TABLE IV – TRAINING FOR AESTHETIC MEDICAL PROCEDURES**

Sr.	PROCEDURES	MINIMUM TRAINING REQUIRED	REQUISITE NUMBER OF SUPERVISED PROCEDURES REQUIRED
	<b>Non-Invasive Procedures</b>		
1	HydraFacial	2 credit hours	10
2	Chemical Peel (superficial)	1 credit hours	10
3	Microdermabrasion	1 credit hours	10
4	Intense Pulse Light (IPL)	2 credit hours	20
	<b>Minimally Invasive Procedures</b>		
5	Chemical Peel (medium depth)	1 credit hours	10
6	Micro-needling	2 credit hours	10
7	PRP (scalp, face)	4 credit hours	20
8	Botulinum Toxin Injection	10 credit hours	30
9	Filler Injection - excluding silicone and fat	12 credit hours	30
10	Superficial Sclerotherapy	4 credit hours	20
11	Lasers for treating skin pigmentation	2 credit hours	20
12	Lasers for skin rejuvenation (including fractional ablative)	2 credit hours	20
13	Lasers for hair removal (e.g. long pulsed Nd:YAG, Diode, IPL)	2 credit hours	20
14	Skin Tightening Procedures - radiofrequency, ultrasound, infrared up to upper dermis	2 credit hours	20
15	Thread Lifting	12 credit hours	30

\* Notwithstanding the above, a non-core specialist seeking accreditation in hair transplant procedures (medical) shall as a practitioner in addition to the prescribed general requirements noted above should have obtained training and qualification which includes an exit exam and a minimum of 2 years of training properly recorded in a log book.

## SECTION – V

# TRAINING METHODOLOGY & PATHWAYS

- a. Healthcare Institutions or Healthcare Facilities registered with Health Care Commission, or the alternative registration authority will be authorized to conduct training sessions for Aesthetic procedures by the Core-Specialists and Non-Core Specialist.
- b. These registered training facilities will apply and get recognized by the Pakistan Medical Commission (PMC) for these training activities after being inspected and duly accredited.
- c. These institutions will construct **training modules** in the light of recommendations of a Credentialing Committee formed by PMC in collaboration with the College of Physicians and Surgeons. The training module should be owned and principally run by a Core Specialist and should be research oriented with publications. Non-Core Specialists can be trainers employed for training an approved training module.
- d. These institutions may employ or hire **qualified trainers** who fulfill the criteria recommended by the Credentialing Committee.
- e. These institutions will issue diplomas/certificates of formal training in particular aesthetic procedures to the successful trainees, which on submission to PMC shall make them eligible for entry into the relevant Register accrediting them for practice in procedures in which they have been formally trained.
- f. Random training sessions by individuals or a group of individuals will not be permissible as an alternative to requisite primary training and may only be considered as part of CME's or CPD's.

### TRAINING MODULES:

Training modules will be comprised of following parts:

- a. **Introductory module (6 credit hours):**
  - i. This module would be common for all aesthetic procedures.
  - ii. The Introductory Module will be a comprehensive introduction to the understanding of the basic sciences, ethics, patient safety and medico-legal issues related to Aesthetic Medical Practice. It will provide fundamental knowledge and will be a prerequisite for the subsequent Aesthetic Medical and Surgical Practice Modules.

**b. Training modules:**

- i. The credit hours requirement for each training and the required number of supervised procedures endorsed in the log book, duly signed/approved by the trainer/supervisor, are given in respective sections.

Each credit hour means one hour of training/teaching/hands-on training. These credit hours may be achieved after single or multiple courses on one subject.

**CRITERIA FOR A QUALIFIED TRAINER:**

- a. Any supervisor of FCPS/MCPS/MD being a Core Specialist, having special interest in Aesthetics, and having trained/studied in their post graduate curriculum the requisite aesthetic procedures, qualifies to be the trainer in such courses.
- b. Any FCPS/MCPS/MD being a Core Specialist, who is not a supervisor but having trained/studied in their post graduate curriculum the requisite aesthetic procedures and has completed number of a particular aesthetic procedure 3 times of those required by the doctors undergoing Aesthetic training and provides clear evidence of his/her training/experience, can be a trainer for that particular Aesthetic procedure.
- c. Any Non-Core Specialist, who has acquired a formal recognized training in aesthetic procedures and has completed number of a particular aesthetic procedures 4 times of those required by the doctors undergoing Aesthetic procedure and provides clear evidence of his/her training/experience, can be a trainer for that particular Aesthetic procedure.
- d. Any Core Specialist or Non-Core Specialist, who has acquired Fellowship/Post Graduate Qualification in Aesthetic Medicine or Aesthetic Surgery recognized by PMC, can also be a trainer.
- e. The trainers must by 30th December 2023 have at least 3 publications in the international or reputable national journals in aesthetic related topics.

## SECTION – VI

### ETHICS

- a. Aesthetic practitioners must exercise strict patient selection criteria to determine whether the patient recognizes the long term process and effect of the procedure and undertake a psychological analysis where required if concerned about the patients motivations.
- b. Aesthetic practitioners must communicate to the patient about the risks involved, the possible side effects and obtain valid consent from the patient directly if an adult.
- c. Aesthetic practitioners must observe all aspects of the Code of Professional Conduct.
- d. Aesthetic practitioners must undertake procedures in a properly equipped healthcare facility.
- e. Aesthetic practitioners must immediately refer a patient to a specialist in the event of a complication arising out of a procedure which is beyond the training and credentialing of the Aesthetic practitioners.

## SECTION – VII

### ALLIED HEALTH PROFESSIONALS

In addition, the Commission hereby issues recommendations for identification of the Aesthetic Procedures that an Allied Healthcare Professional, who is not a qualified licensed doctor, can perform with specific credentialing pathways. These recommendations are for consideration of the Allied Health Council who regulate the Allied Healthcare Professionals.

#### **Procedures that an Allied Healthcare Professional can perform with specific credentialing pathways:**

- a. Allied Healthcare Professional are not allowed to perform aesthetic procedures independently; however, they can be hired by an Aesthetic Practitioner to work under their supervision.
- b. Only those Allied Healthcare Professional will be hired to assist aesthetic professionals under supervision who have undergone formal training in following aesthetic procedures. Aesthetic practitioners must undertake procedures in a properly equipped healthcare facility.

Sr.	PROCEDURES	MINIMUM TRAINING REQUIRED	REQUISITE NUMBER OF SUPERVISED PROCEDURES REQUIRED
1	Chemical Peel (superficial)	2 credit hours	20
2	Microdermabrasion/ Hydra-facial	2 credit hours	20
3	Intense Pulse Light (IPL)	2 credit hours	20
4	Chemical Peel (medium depth)	2 credit hours	20
5	Micro-needling	2 credit hours	20
6	Lasers for treating skin pigmentation	2 credit hours	20
7	Lasers for skin rejuvenation /fractional lasers	2 credit hours	20
8	Lasers for hair removal (e.g. long pulsed Nd:YAG, Diode)	2 credit hours	20
9	Skin Tightening Procedures - Radiofrequency, Ultrasound, infrared- up to upper dermis	2 credit hours	20
10	Hair Transplant Technicians	4 credit hours	40

## LIST OF ABBREVIATIONS

AP	Aesthetic Physician
AS	Aesthetic Surgeon
CS	Core Specialists
CME	Continued Medical Education
CPD	Continued Professional Development
FCPS	Fellow of the College of Physicians and Surgeons
IPL	Intense Pulse Light
MCPS	Member of College of Physicians and Surgeons
MD	Doctor of Medicine
NCS	Non-Core Specialists
PMC	Pakistan Medical Commission
RMP	Registered Medical Practitioner
RDP	Registered Dental Practitioner