

## Skills of Professional Nurses for Performing Facial Aesthetic Procedures with Botulinum Toxin

Habilidades do Profissional Enfermeiro para a Realização de Procedimentos Estéticos Faciais com Toxina Botulínica  
Habilidades del Profesional de Enfermería para la Realización de Procedimientos Estéticos Faciales con Toxina Botulínica

### RESUMO

**Objetivo:** descrever das habilidades do profissional da enfermagem para a realização de procedimentos estéticos faciais com toxina botulínica. **Método:** trata-se de uma revisão bibliográfica, de caráter exploratório, de natureza aplicada de abordagem quantitativa. O levantamento de dados ocorreu por meio de pesquisa em base de dados: Scientific Electronic Library On-line (SciELO), Literatura Latino-Americana e do Caribe em Ciências da Saúde (LILACS) Medical Literature Analysis and Retrieval System Online (MEDLINE). Os Descritores em Ciências da Saúde (DeCS/MeSH) utilizados foram: papel do profissional de enfermagem, toxina botulínica A e mercado de trabalho, por meio dos operadores booleanos "and" e "OR". Ao todo foram exibidos 218 artigos, e após os filtros e critérios de exclusão, foram selecionados apenas 23 para serem incluídos na revisão. **Resultados:** foi possível discorrer sobre comparação e evolução do mercado brasileiro e mundial, e a construção do espaço conquistado pela enfermagem na área de estética ao longo dos anos; as habilidades do profissional enfermeiro e o empreendedorismo na área da estética; e a qualificação de trabalho na área estética e seu benefício para saúde. A atuação do enfermeiro é indispensável neste novo ramo que vem ganhado tanta popularidade no mercado de trabalho que é a estética, proporcionando a ele maior valorização ao profissional. **Conclusão:** é notável que o serviço prestado pelo enfermeiro esteticista vem sendo cada vez mais requisitado ao se perceber a qualidade dos procedimentos que eles vêm realizando e o sucesso do atendimento humanizado, diferenciado se comparado a outras profissões, e que tanto vem sendo discutido e implantado desde a graduação.

**DESCRITORES:** Papel do Profissional de Enfermagem. Toxina Botulínica A. Mercado de Trabalho.

### ABSTRACT

**Objective:** describing the skills of nursing professionals in performing facial aesthetic procedures with botulinum toxin. **Method:** This is an exploratory literature review of an applied nature with a quantitative approach. The data was collected by searching the following databases: Scientific Electronic Library Online (SciELO), Latin American and Caribbean Literature in Health Sciences (LILACS) and Medical Literature Analysis and Retrieval System Online (MEDLINE). The Health Sciences Descriptors (DeCS/MeSH) used were: the role of the nursing professional, botulinum toxin A and the job market, using the Boolean operators "and" and "OR". A total of 218 articles were displayed, and after the filters and exclusion criteria, only 23 were selected for inclusion in the review. **Results:** It was possible to discuss the comparison and evolution of the Brazilian and world markets, and the space that nursing has gained in the area of aesthetics over the years; the skills of professional nurses and entrepreneurship in the area of aesthetics; and the qualification of work in the area of aesthetics and its benefits for health. The work of nurses is indispensable in this new field that is gaining so much popularity in the job market, which is aesthetics, giving them greater professional value. **Conclusion:** It is notable that the service provided by nurse aestheticians has been increasingly in demand as we see the quality of the procedures they perform and the success of their humanized care, which is different compared to other professions, and which has been discussed and implemented since graduation.

**DESCRIPTORS:** Role of the nursing professional. Botulinum toxin A. Labor Market.

### RESUMEN

**Objetivo:** describir las competencias de los profesionales de enfermería en la realización de procedimientos estéticos faciales con toxina botulínica. **Método:** Se trata de una revisión bibliográfica exploratoria de

carácter aplicado con abordaje cuantitativo. Los datos fueron recolectados a través de búsquedas en las siguientes bases de datos: Scientific Electronic Library Online (SciELO), Latin American and Caribbean Literature in Health Sciences (LILACS) y Medical Literature Analysis and Retrieval System Online (MEDLINE). Los Descriptores en Ciencias de la Salud (DeCS/MeSH) utilizados fueron: papel del profesional de enfermería, toxina botulínica A y mercado de trabajo, utilizando los operadores booleanos «and» y «OR». Se visualizaron un total de 218 artículos, y tras los filtros y criterios de exclusión, sólo 23 fueron seleccionados para su inclusión en la revisión. **Resultados:** Fue posible discutir la comparación y evolución de los mercados brasileño y mundial, y el espacio que la enfermería ha ganado en el área de la estética a lo largo de los años; las competencias de los profesionales de enfermería y el emprendimiento en el área de la estética; y la calificación del trabajo en el área de la estética y sus beneficios para la salud. El trabajo de las enfermeras es indispensable en este nuevo campo que está ganando tanta popularidad en el mercado laboral, que es la estética, dándoles mayor valor profesional. **Conclusión:** Es notable que el servicio prestado por las enfermeras esteticistas ha sido cada vez más demandado al ver la calidad de los procedimientos que realizan y el éxito de sus cuidados humanizados, que son diferentes en comparación con otras profesiones, y que han sido discutidos e implementados desde la graduación.

**DESCRIPTORES:** Papel del profesional de enfermería. Toxina botulínica A. Mercado de trabajo.

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- ID Rebeca Oliveira Lima Veras**  
Nurse graduated from FADESA.  
ORCID: <https://orcid.org/0009-0009-3041-2819>
- ID Mariana de Araujo Rocha:**  
Master's student in Health Education in the Amazon (UEPA).  
ORCID: <https://orcid.org/0000-0002-0650-8062>
- ID Dayane Menezes Santos:**  
Specialist in Health Management and Patient Safety and Quality – FaHol.  
ORCID: <https://orcid.org/0000-0002-5866-4323>
- ID Policena Vieira de Lucena Silva:**  
Staff Nurse at the State Department of Health of Rio Grande do Norte (SESAP-RN).  
ORCID: <https://orcid.org/0009-0004-0983-2185>

- ID Averlândio Wallysson Soares da Costa:**  
Master in Public Health(UFRN).  
ORCID: <https://orcid.org/0000-0001-9305-9965>
- ID Thiago Duarte Nóbrega de Paiva:**  
Master in Public Health(UFRN).  
ORCID: <https://orcid.org/0009-0006-1769-2199>
- ID Najara Rodrigues Dantas:**  
Master in Nursing, Graduate Program in Nursing, Regional University of Cariri (URCA).  
ORCID: <https://orcid.org/0000-0003-4852-0075>
- ID Jakson Luis Ferreira Cantão:**  
Master in the Graduate Program in Surgery and Experimental Research/Nurse – UEPA.  
ORCID: <https://orcid.org/0009-0005-7946-8064>

## INTRODUCTION

Nurses have been gaining ground in the aesthetics market, gaining more recognition and new areas of practice, which is a major achievement, since it was not always possible to perform this type of procedure legally, as they were delegated

only to other professionals, mainly doctors, who for a long time discredited the ability of nursing professionals to perform procedures related to facial and body aesthetics<sup>1</sup>.

According to the Brazilian Society of Wound and Aesthetic Nursing<sup>2</sup>, there was a position taken by the Federal Nursing Council (COFEN) and

professionals in the field who were interested in entering the field of aesthetics, obtaining permission to perform some non-invasive dermatological procedures, and only much later was permission obtained to perform invasive procedures, such as intramuscular applications with botulinum toxin.

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Consequently, there has also been a change in the care process, determining that it goes far beyond wound and injury care or drug administration; according to Rocha<sup>3</sup> nursing science works not only with visible problems but also with potential ones, which can affect any of the three areas that make up health, which ultimately requires planning and monitoring as a whole, evaluating their life and considering that each human being is unique and has their own particularities; this is called comprehensive care.

In aesthetics, this principle applies in a simple and precise way, since when dealing with aesthetic procedures, we deal with someone's well-being and self-esteem, which may be compromising their mental or social health<sup>4</sup>.

It is necessary to clarify that image is part of integration into society; people need to feel good about themselves in order to fit in and live fully, and when this does not happen and there is some discomfort with their appearance, this is where the aesthetic nurse comes in, who not only performs the procedure with precision and quality, but also restores their health by understanding their desires and expectations, ensuring a greater connection with the patient, and achieving the expected results that are stipulated by the professional and idealized by the patient<sup>5</sup>.

Nursing has been defined by many as the art of care since its inception, when it was not yet a profession<sup>6</sup>. Aesthetic nursing has achieved recognition and space in the Brazilian market; however, there is still a need for greater dissemination of the role of nurses in this area<sup>7</sup>.

Thus, the following work will enrich the population's knowledge about the training of nursing professionals, such as their aptitude for performing facial aesthetic procedures in a technical and humanized manner from the moment of care to the end of treatment, in addition to updating

nursing professionals who wish to pursue this area of practice but do not have sufficient knowledge about their competencies. This raises the question: what knowledge, competencies, and skills do professional nurses need in relation to the technical and scientific aspects of performing facial aesthetic procedures?

Thus, the general objective of this study is to describe the skills of nursing professionals for performing facial aesthetic procedures with botulinum toxin.

## METHOD

### Type of study

This is an exploratory, applied, qualitative literature review, divided into six stages<sup>8</sup>.

The first stage involves formulating the guiding question. The second stage involves searching or sampling the literature for data collection. The search for data should be as broad and diverse as possible, looking in various places and not restricting oneself to just one article or platform. The third stage involves the critical analysis of the studies included; it is summarized in evidence-based practices and focuses on evidence classification systems characterized hierarchically, depending on the methodological approach adopted. To assist in choosing the best possible evidence, a hierarchy of evidence is proposed, according to the research design, which is one of the items to be analyzed at this stage. The fourth stage is data collection; its main purpose is to extract data from separate articles, using a tool that ensures that data relevant to the following research is extracted. The fifth step is the discussion of the results; in this step, based on the interpretation and synthesis of the results, the data evidenced in the analysis of the articles are compared to the theoretical framework. In addition to identifying possible gaps in knowledge, it is

possible to define priorities for future studies. The sixth step is the presentation of the literature review; the presentation of the review must be accurate and complete so that the reader can critically evaluate the results.

### Sampling and data collection

Data extraction was performed using Excel, with the virtual databases of the Scientific Electronic Library Online (SciELO), Latin American and Caribbean Health Sciences Literature (LILACS), and Medical Literature Analysis and Retrieval System Online (MEDLINE). The Health Sciences Descriptors (DeCS/MeSH) used were: role of the nursing professional, botulinum toxin A, and labor market, using the Boolean operators "and" and "OR."

### Data analysis

The data were obtained using discursive textual analysis (DTA), which is divided into three stages: the dismantling of texts, called unitarization, categorization, and the capture of the new emerging, called communication.

Data analysis was performed according to the results obtained in the studies selected for textual inclusion, all following the inclusion and exclusion criteria. The studies were separated by title, author, and year, and a brief summary of each study was provided for the reader's better understanding of the topics discussed.

In addition, the data were categorized in tabular form for a better understanding of the research topic and to provide an adequate response to the research problem.

To organize the results, the PRISMA flowchart model was used, commonly used in systematic reviews, but adapted for better organization and understanding of the research conducted by the author.

### Inclusion and exclusion criteria

Literature on the topic of aesthetics in nursing was included, covering the period from 2003 to 2024, in Portuguese, English, and Spanish, using filters for language, date, and titles related to the topic addressed. Articles within the theme, resolution documents, and laws were included.

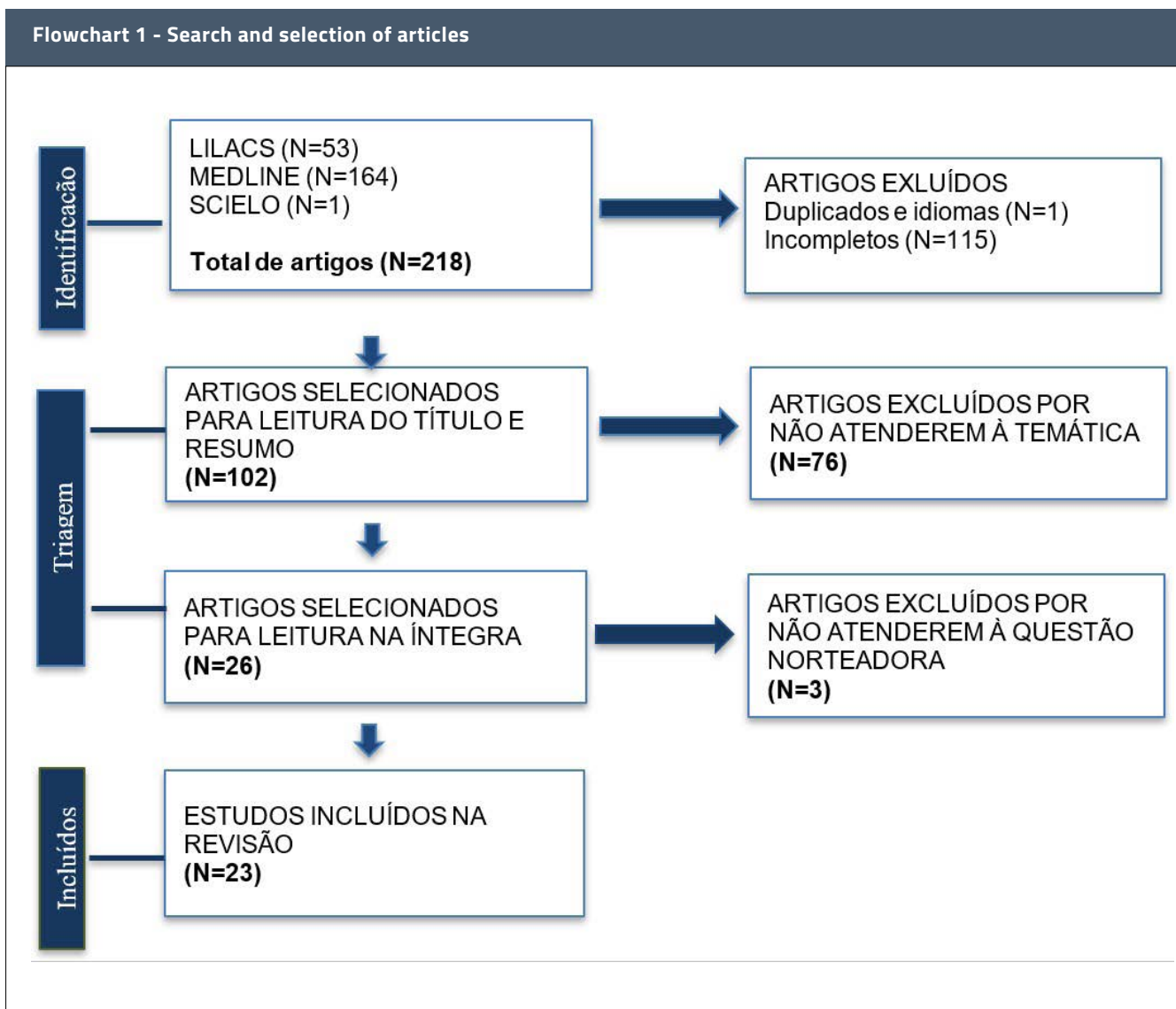
The following were excluded: books, dissertations or theses, literature reviews, and articles unavailable in full text.

### Ethical aspects

As this is a literature review, it will not be necessary to prepare documen-

tation and submit it to the research ethics committee, as it will not require the collection of primary data, excluding the participation of humans or animals.

### RESULTS



Source: adapted from Prisma 2020.

First, the descriptors “role of the nursing professional” and “botulinum toxin A” were used with the Boolean operator “AND” together with the Boolean operator “OR” and the de-

scriptors “labor market” and “role of the nursing professional” again with the Boolean operator “AND.” This yielded a smaller but more specific result. With regard to publication dates, very few were excluded because

they covered a longer period of time. As for languages, only Portuguese and English were selected, which also had a small number of exclusions because they covered most of the languages available in the article

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**Table 1 – Explanation of the authors, years, and their main results used in the research.**

N°	RESEARCH TITLES	AUTHORS	YEAR	MAIN RESULTS
01	Integrative review on nurse training based on competencies	Chalita et al.	2016	Defines what competencies are and the need to acquire them during training in order to perform tasks and meet challenges imposed by society for management and decision-making in the health field. Thus, it is concerning that decision-making regarding the content taught in educational institutions varies according to location, since they may serve a temporary labor market that is subject to constant technological changes.
02	Professional identity of the nurse: An integrative review	SANTOS et al.	2019	The article demonstrates the evolution of the professional image of nurses, which was once linked to religious practices, since at the time the determining factors were political and social, strongly linked to Christianity, making their practices known as lay practices. These practices, carried out voluntarily during the war, were justified on religious grounds of devotion to helping people.
03	Instruments for assessing leadership competencies in nursing: Literature review	FACIÃO et al.	2022	The article discusses the nursing profession and important aspects that a nurse needs to possess, such as managerial skills and competencies. It also reports on the tools needed to assess nurses' leadership competencies.
04	The value of the nurse's workforce	SANTOS, TATIANE ARAÚJO DOS	2012	Expresses the value of the nursing workforce based on Karl Marx's theory of value with the variables: female labor; training time for work; division of labor; and working time.
05	Autonomy and the nurse's work	KRAEMER et al.	2011	Addresses the autonomy of nurses in both hospital and primary care settings, mentioning the advantages that autonomy provides in the workplace and to professionals.
06	The visibility of the nursing profession: Recognizing achievements and gaps	ERDMANN et al.	2009	It portrays visibility, autonomy, and entrepreneurship from the nursing perspective, contextualizing other people's views of the profession before and now.
07	The visibility of nurses according to the perception of communication professionals	KEMMER et al.	2007	Research conducted with journalists as the target audience, who create or demonstrate an outdated image of nursing. Although they are familiar with the definition of health, they are unaware of the other aspects of nursing, such as management and entrepreneurship. For many, the image of nurses is still closely associated with that of a doctor's assistant or aide.
08	The development of ethical-political competencies according to graduates of a nursing undergraduate program	MEIRA; KURCGANT	2013	Identifies ethical-political competencies enabled by the training process that are compatible with the nurse profile described in the National Curriculum Guidelines for Undergraduate Nursing Courses
09	Entrepreneurship in nursing: Contribution to the Sustainable Development Goal of health and well-being	MENEGAZ et al.	2021	The article focuses on entrepreneurship in nursing, such as its three aspects: social entrepreneurship, business entrepreneurship, and intrapreneurship. It cites the characteristics of an entrepreneur and explains why nurses have them.
10	The conception of ethics among nursing professionals	LEAL et al.	2012	Investigates and identifies whether there is a difference in training between nursing professionals with regard to ethics and humanization.
11	History	SOBENFEE	2019	Note declaring the formation of a society for specific care for the treatment of patients with wounds.
12	Who we are	SOBESE	2019	Clarification note from SOBESE explaining who they are and how it was created, conceived by nurses who performed aesthetic procedures and requested support.
13	Court decision suspends resolution on nursing and aesthetics	COFEN	2017	The court grants preliminary relief in a public civil action filed by medical entities, suspending Resolution 0529/2016, which regulates the legal practice of nurses in aesthetics.
14	Case law on public civil action	BRASIL(MINISTÉRIO PÚBLICO)	2017	Case law on the decision in the public civil action of September 20, 2017, brought by the Federal Council of Medicine (CFM) against the Federal Council of Nursing (COFEN). Seeks urgent relief to suspend the effectiveness of COFEN Resolution No. 529/2016.
15	Resolution No. 528, of July 22, 2018	COFEN	2018	COFEN issues a new resolution updating the procedures for registering Lato and Stricto Sensu Postgraduate Degrees granted to Nurses in the regional and federal nursing council system granted to Nurses and approves a list of specialties. It also reports that aesthetics in nursing is already a reality in Brazil.

16	Bill No. 1,559, of 2019	BRASIL (CÂMARA DOS DEPUTADOS)	2019	The bill presented by Representative Fred Costa proposes that aesthetic services be regulated for nurses, dental surgeons, and other professional .
17	Entrepreneurial profile among nursing residents	FERREIRA, et al.	2018	Research identifying the entrepreneurial profile among nursing residents.
18	CNE/CES Resolution No. 3, of November 7, 2001: Establishes national curriculum guidelines for the undergraduate nursing course	CONSELHO NACIONAL DE EDUCAÇÃO	2001	defines curriculum guidelines for undergraduate nursing programs, which should train professionals with a generalist, humanistic, critical, and reflective education
19	Clinical and managerial competencies for hospital nurses: The view of nursing graduates	LEAL et al.	2018	demonstrates the views of trained nurses regarding the managerial skills developed in college for use in the hospital setting.
20	Body image, self-esteem, and psychological problems among candidates and non-candidates for aesthetic surgery	HEIDARZADEH et al.	2019	A study that analyzes the psychology of people who are going to undergo cosmetic surgery and their self-confidence regarding their body image, since those with low self-esteem are more likely to undergo cosmetic procedures.
21	The effects of aesthetic surgery on patients' self-esteem and negative self-image	ZAMANI; FAZILAT-POUR	2013	Cosmetic surgery can cause mental changes, such as feelings of competence and self-esteem, and improve the negative image of those who undergo these procedures.
22	Comfort measures and communication in nursing care actions for critical patients	POTT et al.	2013	Shows the importance of communication during procedures in hospitals and how much this contributes to humanization towards the patient.
23	Comprehensive health care: Dilemmas and challenges in nursing	ASSIS et al.	2015	The text portrays comprehensive care as a path to be followed, guided by the Unified Health System (SUS), characterizing health practices, mainly in nursing, and their relationships built by the subjects in action through different types of knowledge.

Source: Author, 2024.

## DISCUSSION

One of the areas that has been gaining ground in nursing is aesthetics, which, in addition to offering a range of procedures, has been providing more autonomy and quality of work to these professionals, who can enjoy a more peaceful environment with time to make their plans, possible interventions, and apply practices they believe to be correct, treating the individual in a particular way and providing health and ity with quality procedures<sup>5</sup>.

It is well known that society is governed by ethical and aesthetic standards, which drive people to follow them and always "run" in search of perfection, standards that have come and gone and continue to change over the years. These criteria can easily include or exclude people from a particular social group, which makes peo-

ple care more and more about their appearance, and can even unbalance an individual's social or psychological state, depending on how their self-esteem is affected<sup>2</sup>.

The quality of care in aesthetics is not restricted to the performance of technical activities, but rather, according to, 10 relates to the patient as a whole, with their own stories, feelings, and expectations, without neglecting the interaction and communication between the professional and the client. Complementing this logic, humanized care prioritizes dialogue, through which it is possible to create bonds and autonomy between the individuals who are part of this process<sup>4</sup>.

Competence is considered to be the ability to act effectively in a given situation, supported by knowledge, but not limited to it. Thus, developing competencies means developing attributes, that is, knowledge, skills,

and attitudes that, when combined, can configure different ways of successfully performing certain activities related to a professional practice<sup>11</sup>.

In the health field, the nursing team stands out as the largest of the multidisciplinary teams, representing 60% to 89% of the health workforce. Thus, it is important for the nurse responsible for leading this team to constantly improve their leadership skills<sup>12</sup>.

Historically, nurses have preferably assumed managerial positions in health services, when not working in the care area focused on health promotion, prevention, and treatment. However, in recent years, new areas of professional activity have emerged for nurses, including the area of aesthetic care, focused on caring for patients' self-esteem. These changes in the job market, resulting from technological innovation and new forms of work organization, have made the market

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more unstable and flexible, requiring nurses to adopt new models of training and workforce management based on their professional skills<sup>5</sup>.

The autonomous nurse is one who performs and follows their professional conduct aware of the areas in which they can or cannot work and who seeks personal satisfaction and that of their clients, always considering the importance that their practice reflects on people, work processes, health services, and employing institutions<sup>13</sup>.

One of the paths to be followed by nurses would be to take on this new challenge in their daily practice, overcoming the predominant use of biomedical model concepts and technology in the treatment of disease and in the nursing care provided to health service users. Of course, hegemonic representations weigh heavily on this option, where many nurses have felt valued by being responsible for decision-making with clients regarding clinical approaches<sup>14</sup>.

The entrepreneurial profile comprises management characteristics, visionary, systemic, dynamic, and creative skills that require self-confidence and dedication to implement actions, in addition to the ability to recognize the intrinsic and extrinsic factors for decision-making<sup>12</sup>.

Thus, the professional category can act on different fronts, since it has the potential to undertake, in the case of nurses, also as liberal professionals, in clinics and offices, which in the medium and long term will expand the care network. That said, we propose to reflect on the relationship between nursing entrepreneurship and the goals of the Health and Well-Being development objective<sup>15</sup>.

Erdmann et al.<sup>16</sup> point out that entrepreneurship fits into the active conduct of professionals in first detaching themselves from backward thinking that limits thoughts and attitudes, identifying some unresolved

weaknesses in their area; creating or revolutionizing efficient and effective techniques or using existing ones innovatively to achieve better results and solve problems; taking advantage of all opportunities that arise, growing with the achievement of substantial gains, both professionally and socially.

In social entrepreneurship, which is one of the aspects of entrepreneurship identified in the nursing category, all nursing professionals are potential actors, distinguished more by the characteristic of entrepreneurial action, focused on the articulation between social and health issues, in a way that contributes to the goal of healthy living. This is an entrepreneurial activity that takes into account the context of the person, transcending traditional care spaces and processes<sup>15</sup>.

There are guidelines for health courses that shape an academic and professional profile that encompasses the following competencies: Health Care; Decision Making; Communication; Leadership; Administration and Management, and Continuing Education<sup>17</sup>.

The main competencies required for care management include: teaching, organizational skills, up-to-date information, readiness for analysis and decision-making, organization and delegation of tasks, care and time management, as well as prioritization of activities and financial management. The competencies related to the professional practice of nursing comprise those related to care and management, in accordance with public and institutional policies<sup>12</sup>.

In the field of nursing, the national curriculum guidelines for basic education include competencies as indispensable aspects in the development of pedagogical projects for health courses, thus guiding the training of nurses. Thus, competency-based teaching is a strategy used to bring about changes in the fields of work,

especially in the area of health<sup>18</sup>.

## CONCLUSION

Aesthetics in nursing has undergone and continues to undergo a process of struggle for acceptance in recent years, since originally, this type of care was performed only by dermatologists and physicians. Demonstrating interest, some nurses got together and, due to the need for recognition and support for their legal activity, some associations were created.

Although it is not yet one of the most recognized specialties among the many in nursing, it is necessary to have a curriculum during nursing school on entrepreneurship, preparing professionals for the job market, since it is an important point that is only explored after training, but which makes such a difference in one's career.

Thus, it is necessary to provide greater recognition and autonomy with regard to the limitation of procedures allowed to nurses, since their restriction covers procedures that are of technical and scientific competence, which are already performed by them in hospitals, where most of their work is carried out by these professionals.

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