**CONFERENCE UPDATE ▼**

**Must-attend sessions at this year’s Clinical, Cosmetic and Reconstructive Expo**

This year, for the first time, the *Journal of Aesthetic Nursing* will be joining forces with the Private Independent Aesthetic Practices Association (PIAPA) at Clinical, Cosmetic and Reconstructive Expo. To mark this new and exciting partnership, Yvonne Senior predicts the best conference sessions from both the Expo and aesthetic nursing conference agendas.

The Private Independent Aesthetic Practices Association (PIAPA) is pleased to join together with Clinical, Cosmetic and Reconstructive (CCR) Expo and the *Journal of Aesthetic Nursing* (JAN) this year as an official partner. CCR Expo promises to supply some of the finest speakers and demonstrations, while JAN once again provides vital learning delivered by nurses, for nurses. It is believed that nurses provide approximately 75% of all non-surgical aesthetic procedures in the UK and JAN remains crucial to bringing practitioners together to advance their aesthetic practice. In this article, PIAPA picks its top sessions for this year’s conference.

**Periorbital beautification**

CCR Expo’s conference agenda will feature a presentation from Kate Goldie on periorbital beautification and injection technique. Aesthetic nurses are so often faced with patients who are concerned about the eye area, with problems including hollowness, fine lines or sagging. In this session, Goldie will back up her theoretical talk with a live injecting showcase, interactive discussion and a Q&A session. PIAPA predicts that this talk will be comprehensive, with a good emphasis on anatomy and safety.

**All about anatomy**

Over at the JAN conference, the first of two anatomy-focused sessions will be delivered by Helena Collier. When considering past presentations, it is likely that Collier’s talk will be extremely well-researched, drawing from the most up-to-date, validated information available. It’s so easy to forget the basic assessments when shaping a patient’s mouth, and it’s good to consider the various methods we are taught rather than the ones we feel most comfortable with as we often see the negative results that can occur from a one-size-fits-all approach.

The second anatomy session—pinning down the periorbital area—will be presented by Anna Baker. Baker’s work in anatomy is groundbreaking for nurses as she completes her masters in advanced anatomy, which has long remained the domain of medics. Her talks are highly informational and go an enormous way to helping aesthetic nurses understand the areas they are injecting and deliver safe treatments.

**Prevention of complications from resorbable injectables**

Daniel Cassuto, a world-renowned plastic surgeon and speaker, will discuss the prevention and treatment of complications from resorbable injections. Cassuto is highly regarded within the field of aesthetics and refreshers on how to handle complications will be more than welcome. Quite rightly, Cassuto will start by addressing the prevention of complications as many practitioners forget that this is simply the most effective way of dealing with them.

**Panel discussion: body contouring modalities**

Over the last few years, it seems like non-surgical solutions for body contouring have really ramped up, with new systems and methods constantly being sold to aesthetic practitioners as the best new innovation in fat busting. At the JAN conference, aesthetic nurses Trudy Friedman, Esther Loughran and Emma Soos will be having an honest debate about the efficacy of hot and cold methods of treatment. Hearing from experienced nurses in a neutral setting will really help those who are curious about body contouring but hesitant to invest in the treatment when there are so many confusing and costly options.

**Skin rejuvenation**

With so many emerging treatments for skin rejuvenation, it’s great to see a whole section of CCR Expo’s non-surgical conference agenda devoted to the canvas aesthetic nurses work with every day. Practitioners have finally realised that the best results for the patient in the long term can only be achieved by combining more invasive treatments, such as dermal filler injections, with those that regenerate and strengthen the skin. Sandeep Cliff’s lecture on delivering long-term skin fitness will hopefully shed more light on this.

**Revalidation for aesthetic nurses: the story so far**

Towards the end of the day at the JAN conference, there will be a vital presentation on revalidation for aesthetic nurses, in preparation for the new registration format coming into place as of April next year. Both PIAPA and the British Association of Cosmetic Nurses (BACN) have been working closely with the Nursing and Midwifery Council (NMC) and other health organisations and trusts to create a new process of registration which encourages reflection and discussion with fellow nurses. During the afternoon session at the JAN conference, find out the what, how and when of nursing revalidation from PIAPA and BACN representatives.