



National Esthetics Advanced Practice Practical
Examination CIB

National-Interstate Council of State Boards of Cosmetology (NIC)

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CANDIDATE INFORMATION BULLETIN (CIB)

EXAMINATION CONTENT AND IMPORTANT INSTRUCTIONS

Please visit your official examination provider website OR www.nictesting.org for the most current bulletin prior to testing.

The National Esthetics Advanced Practice Practical Examination is a licensure examination for Esthetics Advanced Practice, developed by the National-Interstate Council of State Boards of Cosmetology (NIC).

This bulletin contains IMPORTANT INFORMATION regarding National Esthetics Advanced Practice Practical Examination content and administration for core services and additional sections and references.

PLEASE REVIEW ALL INFORMATION CAREFULLY.

For each NIC Practical Examination, there are multiple parts to every Candidate Information Bulletin (CIB):

- **Important Instructions and Examination Content Domain Sections** – This provides information and guidelines related to administration of the Practical examination and information about the scope of content covered in the core sections of the Practical examination.
- **Additional Services** – These provide information about additional sec-

IMPORTANT INSTRUCTIONS

tions offered by NIC for examination. Check with your State regulatory agency or examination administration vendor to determine which of these sections your State requires as part of their Practical examination.

- **References** – This provides a list of references used to develop and support the content covered in NIC examinations. References will be the same across exam types for each exam.

BE CERTAIN TO REVIEW ALL PARTS OF THIS NIC EXAMINATION CIB CAREFULLY!

IMPORTANT INSTRUCTIONS

General

- The NIC Practical examinations are designed to assess candidates' ability to perform tasks expected to be performed while working as a licensed professional. The tasks a candidate will be asked to perform are those that frequently occur on-the-job and that are important to safe and proficient performance. Though the tasks are performed in an artificial testing session, efforts are made to make the tasks seem realistic and to closely mimic actual conditions. Candidates are expected to conduct themselves as if they were performing these tasks in actual scenarios.
- Do not leave the examination area without permission. Permission must be obtained to leave the examination area for any reason, including restroom usage or at the completion of the examination. *Picture ID is required for re-entry into the examination.*
- All examinations are administered in a testing environment.
- Candidates are evaluated at all times. Continue working until the entire section is complete or time has elapsed.

IMPORTANT INSTRUCTIONS

Supplies

Candidates are required to bring a supply kit for their own use.

- It is the candidate's responsibility to make certain they have a sufficient quantity of supplies that have been properly cleaned and disinfected and that implements are in proper working order.
- The kit will be used during the examination as dry storage and is considered part of the work area. The kit must be kept closed except when removing materials for a particular service.
- Candidates may remove items, supplies, etc., from the kit at any time, however *nothing* may be returned to the kit.
- EPA registered, disinfectant wipes that demonstrate bactericidal, fungicidal, and virucidal properties must be used. DISINFECTANT AND AEROSOL SPRAYS ARE NOT ALLOWED IN THE TESTING ENVIRONMENT.
- **All supplies must be labeled in English.** When an original manufacturer's label is required, there can be NO handwritten or any other type of labeling. Original manufacturers' labels must have English and may also include other languages. All non-manufacturer-created labels must be only in English. No labels indicating order of use when performing the service are allowed.
- Original manufacturer's labels are *required* for all disinfectants and hand-sanitizers.
- Simulated products are not allowed for disinfectants and hand sanitizers.
- Candidates are to perform all tasks, utilizing products and supplies, as they were taught. There is however, a section titled "Suggested Examination Supplies" provided for each section of the examination. Suggested Supplies can be found after the "Content Domains" section of this bulletin.

IMPORTANT INSTRUCTIONS

Standardized Administration

Due to standardization of the NIC National Examinations, proctors and examiners are required to adhere to the following standards:

- All practical examinations are administered in English. The verbal instructions will be read twice for each section of the examination.
- With the exception of verbal instructions or an emergency situation, the proctors and/or examination administration personnel are not allowed to communicate with other testing candidates.
- Candidates requesting information during the examination will be told one of the following statements:
 - “Do the best you can with what you have available.”
 - “Do as you were taught.”
- If a candidate experiences an emergency situation, they may notify the proctor by raising their hand.
- Candidates will be given time to set up the universal (also known as general) supplies they will use throughout the examination.
 - Each section of the examination has a maximum time allowance, with the exception of those specified as untimed sections.
 - Once a candidate has completed all tasks in the section, they need to step back to indicate they have finished. In the event that all candidates complete a section before the time has elapsed, the examiners will proceed to the next section of the examination. When the timer goes off, all candidates must stop working and step back IMMEDIATELY.

Prohibited Items

- The following provides examples of materials and actions that are prohibited

IMPORTANT INSTRUCTIONS

in the examination room during the examination administration:

- Possession of cellular phones, watches (of any kind), pagers, tablets, computers, projectors, cameras, or any other electronic or recording devices, printed materials, or handwritten notes.
- Purses, bags, coats, hats, and any other personal items not directly needed to complete the examination, are not allowed.
- Communicating to other candidates or any examiner.
- Exhibiting disruptive behavior. The above referenced items or actions are not an exhaustive list.

Failure to comply with any of these conditions or exhibiting ANY behavior that suggests an effort to cheat will result in immediate dismissal from the examination and the candidates' actions reported to the proper authorities.

Safety

- During all phases of the examination, candidates must follow all appropriate public protection and infection control procedures and maintain a safe work area.
 - In the event of a blood exposure incident, candidates will be expected to follow proper blood exposure procedures.
- Failure to do so may result in dismissal from the examination.
- Be sure to contact the examination provider or State to obtain the most current version of, and any addenda to blood exposure procedures.
- If a candidate does not follow infection control procedures or allows the work area to become and remain unsafe, the result may be a failing score for the examination and could result in removal from the testing area.
- If a candidate experiences any unsafe conditions, they need to address it immediately.

IMPORTANT INSTRUCTIONS

NIC Model or Mannequin Requirements

Please refer to your state specific guidelines for model and mannequin requirements. If your state requires that you use a mannequin head(s) :

- Candidates who are required to use a mannequin head(s) are responsible for coming prepared for the examination.
- Mannequin heads that are premarked for services or presectioned are not allowed for any part of the practical examination.
- Mannequin heads MUST be a full-size head, “minikin” or “junior” mannequin heads are NOT permitted.
- Mannequin heads must be approved by the examination state/vendor prior to admittance into examination.

Special Attention

The following information is vital and specific to the NIC National Esthetics Advanced Practice Practical Examination:

- Candidates will be evaluated on proper designation of materials that are disposed. Candidates are *required* to bring and use the following supplies for the appropriate disposal of materials:
 - Container labeled ‘To be disinfected’
 - Container labeled ‘Soiled linens’
 - Container labeled ‘Trash’
- It is specified that there is more than one client set up required during this examination. A new client is introduced and must be prepared for during the course of the examination (see Esthetics Advanced Practice Practical Examination Content Domains Sections). Only bring one (1) live model.
- The following sections are new to the Esthetics Advanced Practice Practical Examination:
 - Work Area and New Client Preparation, and Set Up of Supplies (Content Domain Section 6)
 - Body Treatment-Dry Exfoliation and Mud Mask (Content Domain Section 10)
 - Blood Exposure Procedure (Content Domain Section 11)
- Candidates are expected to brace any time they are working around the eye and mouth areas.
- Candidates are not allowed to label products as single-use items.

IMPORTANT INSTRUCTIONS

- Use of single-use products may result in a failing score for the examination.

ESTHETICS ADVANCED PRACTICE PRACTICAL EXAMINATION CONTENT OUTLINE

Core Domain Sections

The scope of the National Esthetics Advanced Practice Practical Examination includes 11 (eleven) Core Domain Sections. The Core Domain Sections are based on the national job analysis.

1. WORK AREA AND CLIENT PREPARATION, AND SET UP OF SUPPLIES (15 minutes)
2. CLEANSING OF THE FACE WITH PRODUCT (10 Minutes)
3. MANUAL LYMPHATIC DRAINAGE (10 minutes)
4. PARTICLE MICRODERMABRASION ON THE FOREHEAD (10 minutes)
5. LED TREATMENT (10 minutes)
6. WORK AREA AND NEW CLIENT PREPARATION, AND SET UP OF SUPPLIES (15 minutes)
7. ULTRASONIC TREATMENT OF FOREHEAD AND UPPER LIP (10 minutes)
8. BETA HYDROXY ACID (BHA) TREATMENT (10 minutes)
9. MICROCURRENT TREATMENT TO THE UPPER ORBICULARIS OCULI (10 minutes)
10. BODY TREATMENT - DRY EXFOLIATION AND MUD MASK (15 minutes)
11. BLOOD EXPOSURE PROCEDURE (10 minutes)

Domain Details

The following outlines the scope of content covered by the NIC National Esthetics Advanced Practice Practical Examination.

ESTHETICS ADVANCED PRACTICE PRACTICAL EXAMINATION
CONTENT OUTLINE

1. WORK AREA AND CLIENT PREPARATION, AND SET UP OF SUPPLIES (15 minutes) Proctor – Verbal Instructions: Read to all candidates:

“You will prepare your work area for your client.

You will set up the universal supplies you will use throughout the examination.

You will also set up the supplies for the following sections of the examination-

- Cleansing of the Face with Product,*
- Manual Lymphatic Drainage,*
- Particle Microdermabrasion on the Forehead,*
- LED Treatment.*

You will prepare your client for services.

You will be expected to follow all client protection, safety and infection control procedures.

You will have 15 minutes to complete this section.

You will be informed when you have 8 minutes remaining.

Do not demonstrate any procedures until the verbal instructions are given and you are instructed to

begin.

Step back to indicate you have finished.

(1) The instructions will be repeated.

(2) You may begin.”

- **Candidates will be evaluated on the following tasks:**
- **1.1 Disinfects all work areas completely with product labeled with manufacturer’s label in English as EPA-registered disinfectant that is bactericidal, virucidal, and fungicidal**
- **1.2 Sanitizes hands with product labeled in English**
- **1.3 Universal supplies are labeled in English**
- **1.4 Applies protective covering to model’s hair and body**
- **1.5 Places items to be disinfected, soiled linens, and trash in correct containers throughout section**

Proctor - Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

ESTHETICS ADVANCED PRACTICE PRACTICAL EXAMINATION
CONTENT OUTLINE

“All candidates have indicated they have completed this section of the examination, we will now proceed.”

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

“Please stop working.”

2. CLEANSING OF THE FACE WITH PRODUCT (10 Minutes)

Proctor – Verbal Instructions: Read to all candidates:

“You will perform Cleansing of the Face.

You will be expected to follow all client protection, safety and infection control procedures.

You will have 10 minutes to complete this section.

You will be informed when you have 5 minutes remaining.

Step back to indicate you have finished.

(1) The instructions will be repeated.

(2) You may begin.”

- **2.1 Cleansing of the face with product supplies are labeled in English**
- **2.2 Implements and supplies are visibly clean**
- **2.3 Cleanses eye area completely**
- **2.4 Cleanses lips completely**
- **2.5 Distributes cleanser over face**
- **2.6 Removes residual makeup and cleanser**
- **2.7 Applies toner/astringent**
- **2.8 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

“All candidates have indicated they have completed this section of the examination, we will now proceed.”

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

“Please stop working.”

ESTHETICS ADVANCED PRACTICE PRACTICAL EXAMINATION
CONTENT OUTLINE

3. MANUAL LYMPHATIC DRAINAGE (10 minutes) Proctor – Verbal Instructions: Read to all candidates:

“You will perform Manual Lymphatic Drainage.

You will be expected to follow all client protection, safety and infection control procedures.

You will have 10 minutes to complete this section.

You will be informed when you have 5 minutes remaining.

Step back to indicate you have finished.

(1) The instructions will be repeated.

(2) You may begin.”

- **Candidates will be evaluated on the following tasks:**
- **3.1 Manual lymphatic drainage supplies are labeled in English**
- **3.2 Implements and supplies are visibly clean**
- **3.3 Applies massage product**
- **3.4 Demonstrates slow, stationary circles with pads of fingers, between thyroid cartilage and sternocleidomastoid muscle for at least one minute on both sides of the neck simultaneously**
- **3.5 Demonstrates slow, stationary circles with pads of fingers between ear lobe and masseter muscle for one minute on both sides of the face simultaneously**
- **3.6 Place the pads of the fingers flat over the eyebrows, curl the fingertips down below the eyebrows to massage the supraorbital ridge for one minute simultaneously**
- **3.7 Removes residual massage product**
- **3.8 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

“All candidates have indicated they have completed this section of the examination. Please do nothing until the next verbal instructions are given.”

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

“Please stop working. Please do nothing until the next verbal instructions are given.”

ESTHETICS ADVANCED PRACTICE PRACTICAL EXAMINATION
CONTENT OUTLINE

**4. PARTICLE MICRODERMABRASION ON THE FOREHEAD
(10 minutes) Proctor – Verbal Instructions: Read to all candidates:**

“You will perform Particle Microdermabrasion.

You will demonstrate horizontal and vertical strokes on the forehead.

You will be expected to follow all client protection, safety and infection control procedures.

You will have 10 minutes to complete this section.

You will be informed when you have 5 minutes remaining.

Step back to indicate you have finished.

(1) The instructions will be repeated.

(2) You may begin.”

- **Candidates will be evaluated on the following tasks:**
- **4.1 Particle microdermabrasion supplies are labeled in English**
- **4.2 Implements and supplies are visibly clean**
- **4.3 Applies degreaser/prep solution**
- **4.4 Dries excess moisture**
- **4.5 Applies eye protection to model**
- **4.6 Candidate wears eye protection and mask that covers nose and mouth**
- **4.7 Candidate wears gloves**
- **4.8 Holds skin taut**
- **4.9 Demonstrates vertical strokes with simulated hand piece across entire forehead. Cord must be attached to hand piece**
- **4.10 Demonstrates horizontal stroke with simulated hand piece across entire forehead. Cord must be attached to hand piece**
- **4.11 Removes particles from treated area**
- **4.12 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

“All candidates have indicated they have completed this section of the examination, we will now proceed.”

ESTHETICS ADVANCED PRACTICE PRACTICAL EXAMINATION
CONTENT OUTLINE

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

“Please stop working.”

5. LED TREATMENT (10 minutes) Proctor – Verbal Instructions:
Read to all candidates:

“You will perform an LED Treatment.

You will demonstrate the treatment on the entire face.

You will be expected to follow all client protection, safety and infection control procedures.

You will have 10 minutes to complete this section.

You will be informed when you have 5 minutes remaining.

Step back to indicate you have finished.

(1) The instructions will be repeated.

(2) You may begin.”

- **Candidates will be evaluated on the following tasks:**
- **5.1 LED treatment supplies are labeled in English**
- **5.2 Implements and supplies are visibly clean**
- **5.3 Applies degreaser/prep solution**
- **5.4 Dries excess moisture**
- **5.5 Applies eye protection to model**
- **5.6 Holds hand piece so light strikes skin. Cord must be attached to hand piece.**
- **5.7 Moves light around face, pausing to ensure entire face is treated. Cord must be attached to hand piece**
- **5.8 Applies sunscreen to face**

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

“All candidates have indicated they have completed this section of the examination, we will now proceed.”

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

“Please stop working.”

ESTHETICS ADVANCED PRACTICE PRACTICAL EXAMINATION
CONTENT OUTLINE

Proctor – Verbal Instructions: Read to all candidates:

“You will breakdown your work area and dispose of supplies used in the previous sections of the examination.

You will be expected to follow all client protection, safety and infection control procedures.

You will have 5 minutes to complete this section.

You will be informed when you have 2 minutes remaining.

Do not set up or perform any services until the verbal instructions have been given and you are instructed to begin.

Step back to indicate you have finished.

(1) The instructions will be repeated.

(2) You may begin.”

- **Candidates will be evaluated on the following tasks:**
- **5.9 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

“All candidates have indicated they have completed this section of the examination, we will now proceed.”

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

“Please stop working.”

6. WORK AREA AND NEW CLIENT PREPARATION, AND SET UP OF SUPPLIES (15 minutes) Proctor – Verbal Instructions: Read to all candidates:

“You will prepare your work area for a NEW client.

You will set up the universal supplies you will use for the remainder of the examination.

You will also set up the supplies for the following sections of the examination-

- *Ultrasonic Treatment of Forehead and Upper Lip,*
- *Beta Hydroxy Acid (BHA) Treatment,*
- *Microcurrent Treatment to Upper Orbicularis Oculi,*
- *Body Treatment-Dry Exfoliation and Mud Mask.*

ESTHETICS ADVANCED PRACTICE PRACTICAL EXAMINATION
CONTENT OUTLINE

You will prepare your client for the services.

You will be expected to follow all client protection, safety and infection control procedures.

You will have 15 minutes to complete this section.

You will be informed when you have 8 minutes remaining.

Do not demonstrate any procedures until the verbal instructions are given and you are

instructed to begin.

Step back to indicate you have finished.

(1) The instructions will be repeated.

(2) You may begin.”

- **Candidates will be evaluated on the following tasks:**
- **6.1 Disinfects all work areas completely with product labeled in English as EPA-registered disinfectant that is virucidal, bactericidal, and fungicidal**
- **6.2 Sanitizes hands with product labeled in English**
- **6.3 Universal supplies are labeled in English**
- **6.4 Applies new protective covering to model’s hair and body**
- **6.5 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

“All candidates have indicated they have completed this section of the examination, we will now proceed.”

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

“Please stop working.”

7. ULTRASONIC TREATMENT OF FOREHEAD AND UPPER LIP (10 minutes) Proctor – Verbal Instructions: Read to all candidates:

“You will perform an Ultrasonic Treatment.

You will demonstrate the ultrasonic treatment on the forehead and upper lip.

You will be expected to follow all client protection, safety and infection control procedures.

ESTHETICS ADVANCED PRACTICE PRACTICAL EXAMINATION
CONTENT OUTLINE

You will have 10 minutes to complete this section.

You will be informed when you have 5 minutes remaining.

Step back to indicate you have finished.

(1) The instructions will be repeated.

(2) You may begin.”

- **Candidates will be evaluated on the following tasks:**
- **7.1 Ultrasonic treatment supplies are labeled in English**
- **7.2 Implements and supplies are visibly clean**
- **7.3 Attaches wristband to model**
- **7.4 Applies ear and eye protection to model**
- **7.5 Applies solution to the area to be treated**
- **7.6 Performs horizontal strokes across forehead. Cord must be attached to hand piece**
- **7.7 Performs vertical strokes across forehead. Cord must be attached to hand piece**
- **7.8 Performs strokes in a downward motion across the upper lip. Cord must be attached to hand piece**
- **7.9 Removes residual product**
- **7.10 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

Examiner – Verbal Instructions: Read to candidate individually once the final appearance of the foil has been examined:

“Please do nothing until the next verbal instructions are given.”

Proctor – Verbal Instructions: Read to all candidates once examiners have completed assessment for this section:

“All examiners have indicated they are ready to proceed.”

8. BETA HYDROXY ACID (BHA) TREATMENT (10 minutes)

Proctor – Verbal Instructions: Read to all candidates:

“You will perform a Beta Hydroxy Acid (BHA) Treatment.

You will demonstrate the Beta Hydroxy Treatment on the entire face.

You will be expected to follow all client protection, safety and infection control procedures.

You will have 10 minutes to complete this section.

ESTHETICS ADVANCED PRACTICE PRACTICAL EXAMINATION
CONTENT OUTLINE

You will be informed when you have 5 minutes remaining.

Upon completion of this section, you will be instructed by the Proctor to remove any residue from the face.

Step back to indicate you have finished.

(1) The instructions will be repeated.

(2) You may begin.”

- **Candidates will be evaluated on the following tasks:**
- **8.1 Beta hydroxy acid (BHA) treatment supplies are labeled in English**
- **8.2 Implements and supplies are visibly clean**
- **8.3 Candidate wears gloves**
- **8.4 Applies degreaser/prep solution**
- **8.5 Apply occlusive barrier**
- **8.6 Applies eye protection to model**
- **8.7 Applies the BHA solution to the entire face**
- **8.8 Neutralizes treatment area**

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

“All candidates have indicated they have completed this section of the examination, we will now proceed.”

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

“Please stop working.”

Proctor – Verbal Instructions: Read to all candidates:

“Please remove all remaining residue from the face.”

- **8.9 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

“All candidates have indicated they have completed this section of the examination, we will now proceed.”

ESTHETICS ADVANCED PRACTICE PRACTICAL EXAMINATION
CONTENT OUTLINE

9. MICROCURRENT TREATMENT TO THE UPPER ORBICULARIS OCULI (10 minutes)

Proctor – Verbal Instructions: Read to all candidates:

“You will perform a Microcurrent Treatment.

You will demonstrate the Microcurrent Treatment on one upper orbicularis oculi.

You will be expected to follow all client protection, safety and infection control procedures.

You will have 10 minutes to complete this section.

You will be informed when you have 5 minutes remaining.

Step back to indicate you have finished.

(1) The instructions will be repeated.

(2) You may begin.”

- **Candidates will be evaluated on the following tasks:**
- **9.1 Microcurrent treatment supplies are labeled in English**
- **9.2 Implements and supplies are visibly clean**
- **9.3 Applies conducting gel/lotion**
- **9.4 Moistens conductors**
- **9.5 Begin treatment at the corrugator moving toward the outer area of the eyebrow. Cord must be attached to hand piece**
- **9.6 Applies sunscreen to face**
- **9.7 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

“All candidates have indicated they have completed this section of the examination, we will now proceed.”

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

“Please stop working.”

10. BODY TREATMENT - DRY EXFOLIATION AND MUD MASK (15 minutes) **Proctor – Verbal Instructions: Read to all candidates:**

“You will perform a Body Treatment - Dry Exfoliation and Mud Mask.

ESTHETICS ADVANCED PRACTICE PRACTICAL EXAMINATION
CONTENT OUTLINE

You will demonstrate the Body Treatment on the décolletage.

You will be expected to follow all client protection, safety and infection control procedures.

You will have 15 minutes to complete this section.

You will be informed when you have 8 minutes remaining.

Step back to indicate you have finished.

(1) The instructions will be repeated.

(2) You may begin.”

- **Candidates will be evaluated on the following tasks:**
- **10.1 Body treatment supplies are labeled in English**
- **10.2 Implements and supplies are visibly clean**
- **10.3 Dry exfoliate the décolletage**
- **10.4 Apply mask and wrap the area**
- **10.5 Unwrap model, remove mask with steam towel and complete service**
- **10.6 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

“All candidates have indicated they have completed this section of the examination, we will now proceed.”

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

“Please stop working.”

11. BLOOD EXPOSURE PROCEDURE (10 minutes) Proctor – Verbal Instructions: Read to all candidates: **You will demonstrate the blood exposure procedure. You will imagine the following scenario:**

“During a service, your client has sustained a minor cut to the forehead. The injury is such that you can continue with the service. You have not come in contact with the blood and your work area has not been contaminated. You are expected to demonstrate the proper procedure for a blood exposure.

You are expected to follow all client protection, safety and infection control procedures.

ESTHETICS ADVANCED PRACTICE PRACTICAL EXAMINATION
CONTENT OUTLINE

You will have 10 minutes to complete this section.

You will be informed when you have 5 minutes remaining.

Step back to indicate you have finished.

(1) The instructions will be repeated.

(2) You may begin.”

- **Candidates will be evaluated on the following tasks:**
- **11.1 Blood exposure supplies are labeled in English**
- **11.2 Removes materials from first aid kit**
- **11.3 Supplies and materials are visibly clean**
- **11.4 Cleans injured area with antiseptic**
- **11.5 Covers with dressing that is absorbent and secured**
- **11.6 Candidate wears glove or finger guard**
- **11.7 Disposes of all contaminated supplies**

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

“All candidates have indicated they have completed this section of the examination, we will now proceed.”

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

“Please stop working.”

- **CANDIDATE CLEANUP AND FINAL SUMMARY**

Proctor – Verbal Instructions: Read to all candidates at the conclusion of the examination:

“All examiners have indicated they have completed their assessment.

Make sure that all kit supplies and disposable materials are taken with you.

This concludes the National-Interstate Council of State Boards of Cosmetology, National Advanced Practice Ethics Practical Examination.

Thank you for your participation.”

SUGGESTED EXAMINATION SUPPLIES

Suggested supply list:

- This is a list of suggested supplies for the practical examination.
- Candidates are responsible for bringing all needed materials, even if not included on this list.
- Tools must be in good working order.

Information related to labeling of supplies:

- ALL supplies must be labeled in English
- No other languages can be present unless an original manufacturer's label is present in English
- All other created labels must be only English

Suggested Supplies

- * Astringent/Toner
- * Bag for Disposal of Blood-Contaminated Materials
- * Candidate Supply Kit to Serve as Dry Storage Area (Must be Closeable)
- * Cleanser
- * Cleanser
- * Cloth and Paper Towel(s)
- * Conducting Gel
- * Conducting Probes with at Least a 4 Ft Cord (may be Simulated)
- * Container Labeled "items to be Disinfected"
- * Container Labeled "soiled Linens"
- * Container Labeled "trash"
- * Container of Water (if Needed)

SUGGESTED *EXAMINATION SUPPLIES*

Suggested Supplies

- * Cotton Rounds
- * Degreaser/Prep Solution
- * Degreaser/Prep Solution
- * Disposable Applicators
- * Disposable Protective Gloves
- * Dry Exfoliator
- * Dry Material for Brushing
- * Ear Protection
- * EPA-Registered Disinfectant Wipes with Manufacturer's Label that Demonstrates Bactericidal, Fungicidal and Virucidal Properties Must be Used (Must be Actual Disinfectant Wipes)
- * Eye Protection
- * Eye Protection
- * Eye Protection
- * Face Mask
- * First Aid Kit
- * Gauze Pads
- * Goggles
- * Hand Piece that Emits Light and Has at Least a 4 Ft Cord (may be Simulated)
- * Hand Piece with at Least a 4 Ft Cord
- * Hand Piece with at Least a 4-Foot Tubing (may be Simulated)
- * Hand Sanitizer and Manufacturer's Label (Must be Actual Hand Sanitizer)
- * Hydrating Product
- * Mannequin Head (MUST Have a Décolletage)
- * Massage Product
- * Mud Mask
- * Neutralizer
- * Occlusive Product
- * Plastic Wrap
- * Safety Glasses (Prescription Glasses Acceptable)

SUGGESTED *EXAMINATION SUPPLIES*

Suggested Supplies

- * Spatula(s)
 - * Sponges
 - * Steam Towels
 - * Sunscreen
 - * Tissues
 - * Wristband (may be Simulated)
-

NATIONAL-INTERSTATE COUNCIL OF STATE BOARDS OF COSMETOLOGY (NIC) REFERENCES

This list provides the references used to develop and support the content covered in the NIC examinations. References will be the same across exam types for each exam. Candidates are responsible for using these most updated versions of references, as these editions were used to reference exam material.

Standard

Skin Care: Beyond the Basics

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The Epidermal Cell Therapy Skillsbook

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