



# Medical Spa Services Work Group

Alaska Division of Corporations, Business and Professional Licensing

**DRAFT Minutes for Wednesday, April 30, 2025, at 4:00 PM AKDT**

Held via Zoom videoconference

**Work group members present:** April Erickson, Board of Nursing; Ashley Schaber, Board of Pharmacy; Shannon Thompson, Board of Barbers and Hairdressers; John Lloyd, Board of Chiropractic Examiners; Kenley Michaud, Board of Dental Examiners

**Work group members absent:** David Paulson, State Medical Board

**Staff present:** Sara Chambers, facilitator; Lacey Derr, Natalie Norberg, Michael Bowles, Patty Wolf

**Members of affiliated boards present:** Mae Canady, Board of Barbers and Hairdressers

**Public:** Approximately half a dozen members of the public were present.

## CALL TO ORDER

As facilitator, Ms. Chambers called the Work Group to order at 4:00 p.m. by calling the roll. She noted that a quorum was present and welcomed staff and members of the public who were present. She mentioned that Dr. Paulson could not attend the meeting due to a work commitment, and American IV Association representatives had been invited but were unavailable for a presentation.

She clarified the purpose of the Work Group:

- Identify “lifestyle enhancement” services that have a medical nexus and are currently performed or likely to be performed outside of a medical clinic or without appropriate supervision.
- Identify existing statutes and regulations that govern current requirements for training, licensure, and supervision of these procedures.
- Clarify how licensing boards could—jointly or in part—explain existing statutes and regulations that would help the public and licensees understand how these procedures should be safely administered according to the current laws of the state.
- Suggest changes in statute that would allow defensible and transparent pathways forward for appropriately trained and supervised individuals to provide these services without imposing undue economic or regulatory barriers.
- Carry forward Work Group updates and work products to the member boards for their subsequent review and action.

## REVIEW CORRESPONDENCE and PUBLIC COMMENT

Whitney Carlson, APRN, spoke to the letter she submitted pertaining to the role of a medical director. Dr. Lloyd stated that IV hydration was a big part of his chiropractic practice, and Dr. Michaud stated that at previous work group meetings, they had discussed that chiropractors cannot prescribe medications such as ordering saline bags for IV drips despite having authority for venipuncture. They agreed to revisit the topic for further clarification.

## IV HYDRATION DISCUSSION

Dr. Erickson and Dr. Schaber provided information on IV hydration in the context of nursing and pharmacy, respectively. Dr. Erickson emphasized the importance of initial consultations by medical

directors who are physicians, physician assistants, or APRNs working within their population focus. She also mentioned the role of RNs in administering IV fluids. Dr. Schaber explained the standards for compounding medications, including labeling, aseptic technique, and dating of medications. She mentioned that USP guidelines for immediate use vs. safety and sanitation requirements when compounding for longer-term use. She recommended that other boards with prescriptive authority adopt similar language to refer to USP guidelines for best practices and standard of care.

#### *Supply Chain Concerns*

Dr. Michaud and Dr. Schaber raised concerns about the fragile supply chain for IV bags and the potential impact of IV hydration clinics on the availability of these supplies for hospitals and other medical facilities. Ms. Chambers stated that availability of medical supplies was a market-driven situation and outside the scope of a regulatory board. One member praised a local IV hydration clinic for offering their supply of bags to their clinic following the demise of a major manufacturer due to Hurricane Helene.

#### *EMTs and IV Hydration*

A question arose regarding whether EMTs could “moonlight” in a hydration clinic. Ms. Chambers mentioned that EMTs are regulated by the Department of Health, and she will follow up with the department to clarify whether EMTs can be involved in IV hydration in a spa setting.

#### *Collaboration Among Practitioners*

Dr. Lloyd highlighted that providers in medical spas should be working within their scope of practice and that many were collaborating with other practitioners. He emphasized the importance of following regulatory board procedures while offering spa services.

#### *Medical Record Keeping*

Dr. Erickson mentioned that medical record keeping should follow HIPAA guidelines and state regulations, and that they should be established by facility protocol. She noted that malpractice insurance might also determine the duration for keeping records.

### **Aesthetics and Scope of Practice**

Since there was space for additional topics, Dr. Schaber and Dr. Michaud discussed the scope of practice for dentists and the use of Botox for cosmetic reasons. Dr. Michaud explained that dentists can perform Botox injections within the scope of dentistry, but not for general cosmetic purposes.

### **Future Meetings**

The group was reminded of upcoming dates they had set at the April 4 meeting:

- May 21st at 4:00 PM to follow up on discussions and any updates from the medical and nursing boards.
- June 11th at 4:00 PM to continue discussions and review any new developments.

Ms. Chambers mentioned that the workgroup aims to draft a document reflecting current statutes and regulations for medical spas, IV hydration, and esthetics. The document will provide guidance on the need for medical directors and the scope of practice for various procedures. She thanked everyone for their flexibility in meeting so late in the day.

## **ADJOURN**

Having no further business to come before it, the work group adjourned the meeting at approximately 5:10 p.m.

### **Follow-up tasks:**

- **Conflict of Interest Clarification:** Circle back to clarify the chiropractic board's stance on IV hydration and prescription medications. (Chambers)
- **EMT Scope Clarification:** Follow up with the Department of Health to determine if EMTs and paramedics can use their license to engage in IV hydration. (Chambers)
- **Medical Board Discussion:** Present the questions regarding medical directorship and delegation to the Medical Board at their upcoming meeting in May. (Paulson)
- **Nursing Board Discussion:** Present the questions regarding medical directorship and delegation to the Board of Nursing at their upcoming meeting in May. (Erickson)
- **Pharmacy Regulations Sharing:** Send the pharmacy regulations related to compounding to the work group for reference. (Schaber)
- **Record Keeping Requirements:** Circle back with information on the Board of Nursing's standards for how many years a facility needs to keep records. (Erickson)
- **IV Hydration Guidance:** Draft a document that reflects the primary questions and guidance on IV hydration, aesthetics, and medical directorship based on current statutes and regulations. Forward to work group for initial review.(Chambers)