



# AHPRA-Ready Patient Suitability Checklist

This checklist helps cosmetic practitioners to audit your clinic's patient suitability assessment process, in preparation for AHPRA's guidelines for registered health practitioners who perform non-surgical cosmetic procedures which take effect on 2 September 2025.

## 1. PROCESSES

- We have a standardised intake, screening and consultation process
- We use evidence-based screening tools to support our clinical judgement
- Any screening and conversation around patient suitability or expectations is documented on the patient's file.

## 2. CONSULTATION

- We ask about external motivators (e.g., pressure from others)
- We assess for unrealistic or perfectionistic physical and psychological expectations
- We ask about previous cosmetic procedures and satisfaction
- We assess or ask about current or past mental health concerns (e.g, body dysmorphic disorder, depression, anxiety, trauma etc.)
- We ask about recent stressors that may affect patient decision-making (e.g., break-up, grief, trauma)
- We explore how cultural factors may affect treatment motivations and goals

## 3. INFORMED CONSENT

- Patients are informed of any physical and psychological risks of the procedure
- We discuss with patients whether their expectations are realistic
- We tell patients about alternative treatment options, or the option of no treatment
- Informed consent documents indicate that a discussion about psychosocial factors has taken place

## 4. TRAINING NEEDS

- We are comfortable discussing sensitive topics and explaining the rationale for this to patients
- We are confident to refuse treatment, or refer on for further assessment, if indicated
- We have a strong understanding of how psychosocial and cultural factors influence the cosmetic patient experience

If you answer NO to any of these questions, further training may be needed before September 2<sup>nd</sup> 2025.

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