

improving working conditions, and establishing organizational policies that promote psychological safety and professional recognition.

Despite these insights, the current evidence base remains limited by the predominance of cross-sectional designs and reliance on self-reported measures, which restrict causal interpretation and may introduce bias. Future research should prioritize longitudinal and mixed-method designs, as well as incorporate patient-centered outcomes, to better understand the long-term impact of nurses' emotional satisfaction on healthcare quality and system performance.

In conclusion, enhancing emotional satisfaction among nurses is not only critical for individual well-being but also represents a strategic priority for strengthening healthcare systems, improving patient outcomes, and ensuring workforce sustainability.

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ND:YAG LASER THERAPY IN MODERATE-TO-SEVERE ACNE WITH POST-ACNE SCARRING: A STRATEGY FOR MIXED CLINICAL FORMS

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Moderate-to-severe acne vulgaris is frequently associated with the development of post-acne scarring, reflecting the progressive nature of the disease and leading to long-term structural skin changes. In clinical practice, mixed forms are commonly observed, where active inflammatory lesions coexist with residual scarring, requiring a comprehensive therapeutic approach.

The aim of this study was to evaluate the clinical effectiveness of long-pulsed Nd:YAG (1064 nm) laser therapy in patients with moderate-to-severe acne vulgaris associated with post-acne scarring.

This analysis was based on data from a prospective clinical study including patients with moderate and severe acne vulgaris, as well as post-acne scars. Clinical efficacy was assessed using validated dermatological scales, including the Global Acne Grading System (GAGS), Goodman–Baron classification, Visual Analogue Scale (VAS), and Dermatology Life Quality Index (DLQI).

Nd:YAG laser therapy demonstrated significant clinical improvement in inflammatory acne lesions and contributed to gradual enhancement of skin texture. A reduction in disease severity was observed in both moderate and severe cases, accompanied by visible improvement in post-acne scars over time. Patients reported high levels of satisfaction with treatment outcomes.

In the management of mixed forms of acne, it is essential to address both active inflammation and structural skin changes. Nd:YAG laser therapy provides effective control of inflammatory activity while simultaneously stimulating dermal remodeling. Although improvement in scar appearance requires a longer treatment duration, Nd:YAG therapy represents a safe and effective monotherapeutic option, particularly in cases where combined approaches are not indicated.

In conclusion, long-pulsed Nd:YAG laser therapy is an effective and safe treatment modality for patients with moderate-to-severe acne vulgaris associated with post-acne scarring. Its dual mechanism of action supports its use as a primary therapeutic strategy in mixed clinical forms.

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