


☐

I'm not robot

  
reCAPTCHA

I'm not robot!

Nmc revalidation reflective discussion examples

Nmc revalidation reflective account ideas. Nmc revalidation reflective account examples. Nmc revalidation reflection ideas. Nmc revalidation reflection examples.

Welcome to revalidation What is revalidation? Revalidating as a nursing associate What you need to do Your online application Information for confirmers and employers Information for confirmers Information for employers Resources and templates Guidance and information Forms and templates Training materials Films Revalidation stories Nurses, midwives and nursing associates Introduction Amrit's revalidation story Caroline, Labour Ward Coordinator Carol, registered nurse and care home manager Catriona, interim lead midwife Gemma's revalidation story Hayley, community mental health nurse Heather, learning disabilities nurse John, Head of Undergraduate Studies Julie, GP practice nurse Lynne's revalidation story Marcela, GP practice nurse Miranda, self-employed aesthetic nurse Nina, midwife Sally, registered nurse Sarah, health visitor Susie, nursing associate Thulani, agency mental health nurse Victoria, senior consultant admiral nurse Confirmers Organisations Recently viewed pages The NMC has provided a template that you must use to record your reflections. However, we encourage you to explore the range of reflective models available that we have provided links to below. Any reflective account needs to explain what you learnt from the CPD activity, feedback or experience; how you changed or improved your work as a result, and how this is relevant to the Code. The revalidation model aligns with the four themes of the Code: Prioritise people by actively seeking and reflecting on any direct feedback received from patients, service users and others to ensure that you are able to fulfil their needs Practise effectively by reflecting on your professional development with your colleagues, identifying areas for improvement in your practice and undertaking professional development activities Preserve safety by practising within your competency for the minimum number of practice hours, reflecting on feedback, and addressing any gaps in your practice through CPD Promote professionalism and trust by providing feedback and helping other NMC colleagues reflect on their professional development, and being accountable to others for your professional development and revalidation. You should retain your reflections in your portfolio as a record and be prepared to share them with your reflective discussion partner. RCN guide to reflection It is important for lifelong learning, and to assist meeting your revalidation requirements, that you try to capture what you have learned from any educational initiative that you have undertaken. What is reflection? A conscious effort to think about an activity or incident that allows us to consider what was positive or challenging and if appropriate plan how it might be enhanced, improved or done differently in the future. Why is it important? Reflection helps us to think about, plan and deliver high quality and safe care to our patients/clients. Principles of reflection You should explore the nature of the practice activity / incident, CPD activity or practice related feedback, what you learn from it, how it might impact on your future practice and how it is relevant to the code. Reflection in and on action 'Reflection in action' means to think about or reflect while you are carrying out the activity. It is typical when something is going wrong or you are nervous about something new or out of the ordinary and you cannot help yourself thinking about it, but practitioners rarely formalise this process.

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)						
LOG TEMPLATE						
21.1.15	Corporate Leadership Conference Conference attendance	Leadership across the organisation; people development; strategic decision, development; including 1 hour lecture from psychologist	Prioritise people Preserve safety	7	2	
4.2.15	Developing Leadership and Facilitation Capability of the Nursing Workforce Conference and workshop attendance	Coventry number of regional guest speakers & afternoon 3x workshops looking at innovative practices in the region related to developing leaders on the frontline	Prioritise people Practise effectively Preserve safety Promote professionalism and trust	6	3	
19.2.15	Corporate Healthcare Conference Conference attendance	1 hour presentation on people skills	Prioritise people	1	0	
4.3.15	Department of Health Independent Advisory Forum Workshop attendance	Shape of the DoH and impact on independent and/or Preparation on Revalidation	Prioritise people Practise effectively Preserve safety Promote professionalism and trust	2	2	
15.1.14	Pelvic Training and Conference Centre Course attendance	Review on multi agency working, cross county boundaries, individual and organisational responsibility and accountability, communication	Prioritise people Practise effectively Preserve safety	2	2	

'Reflection on action', however, means thinking about the practice undertaken after the event and turning that information into knowledge. You can use the questions below to help you. Once completed, keep your reflections, together with the relevant documentation, in your personal professional portfolio. What have I learnt that maintains or develops my professional knowledge and competence?

REVALIDATION

How to revalidate with NMC requirements for renewing your registration

1  
450 practice hours for a nurse and midwife or 900 hours if practising as both  
900 hrs

2  
5 pieces of practice related feedback per year

3  
5 written reflective accounts covering practice related events

4  
Health and Character Declaration

5  
Professional Indemnity Arrangements

6  
35 hours of CPD (continuing professional development) with 20 hours being participatory learning (face to face/ classroom based)

What do I know or can I do now that I couldn't do before attending/completing this educational initiative? What can I apply immediately to my practice and client care? Is there anything I didn't understand or need to explore further/read more about in order to clarify my learning? What else do I need to do/know to extend my professional development in this area? Thinking about the four themes of the Code featured at the top of this page, how does this activity relate to the NMC Code? There are a number of structured reflective models to help you formulate your reflections.

NMC Nursing & Midwifery Council

Reflective discussion

You must have had a reflective discussion with another NMC-registered nurse or midwife, usually your line manager, covering your five written reflective accounts and how they relate to the Code

Template forms are available on NMC website

Reflective discussion

Here are a few popular ones: Gibb's (1980) Johns (1994; 1995) Borton's (1970) Back to top You must have had a reflective discussion with another NMC registrant, covering your five written reflective accounts on your CPD and/or practice-related feedback and/or an event or experience in your practice and how this relates to the Code. You must ensure that the NMC registrant with whom you had your reflective discussion signs the approved form recording their name, NMC Pin, email, professional address and postcode, as well as the date you had the discussion. Back to top Many people on our register have told us the reflective discussion is one of the most rewarding elements of revalidation. You should hold your discussion with another registered nurse, midwife or nursing associate. This could be someone who works with you on a regular basis, but you can decide who they will be. The discussion should take place face to face and you should be careful not to discuss other individuals in a way that can identify them. If your confirmer is a nurse, midwife or nursing associate your reflective discussion can form part of the confirmation discussion. If your confirmer is not registered with the NMC, you must have your reflective discussion before your confirmation discussion takes place. Recording your reflective discussion You must use the reflective discussion form to record your reflective discussion. Although you are not required to submit this form to the NMC at any point, you should keep it safe as part of your records. You may choose to store the completed reflective discussion form in either paper or electronic format. Please make sure you respect the fact that this form contains personal data about your reflective discussion partner, and that you uphold your obligations in relation to confidentiality and data protection. You may find the section on non-identifiable information in How to revalidate with the NMC useful.

Figure 2. Example reflective writing for revalidation

NMC Nursing & Midwifery Council

You must use this form to record five written reflective accounts on your CPD and/or practice-related feedback and/or an event or experience in your practice and how this relates to the Code. Please fill in a page for each of your reflective accounts, making sure you do not include any information that might identify a specific patient, service user or colleague. Please refer to our guidance on preserving anonymity in the section on non-identifiable information in How to revalidate with the NMC

Reflective account: Practice Related Feedback
What was the nature of the CPD activity and/or practice-related feedback and/or event or experience in your practice? In February 2017 I was fortunate to be teaching year one student nurses in the clinical simulation suite regarding the approaches to end of life care and last offices with a deceased patient.
What did you learn from the CPD activity and/or feedback and/or event or experience in your practice? This was an incredibly emotive session in which I was able to share my own practice experiences and knowledge to support student learning. I actively encouraged open discussion, acknowledging the difficulties within society and many cultures to discuss death. We opened up to what happens, how we might react and what it means to be a nurse with our own feelings and experiences which may affect how this type of practice experience affects us. I realised that I was a valuable resource to the students who showed great trust in asking me a multitude of questions. I felt proud to say that I had a wealth of experience and was an effective and knowledgeable nurse in the subject of end of life care. At the end of the session the students commented on how much I had helped them to understand their role when caring for dying patients. They thanked me for generating an open and honest environment where they had felt comfortable to share their fears and anxieties.
How did you change or improve your practice as a result? I had never really considered that I had particular skills in this fundamental area of nursing practice. However, the experience and feedback from students enabled me to realise my worth in supporting them to ensure that they deliver meaningful and compassionate care to both dying patients and their loved ones. I have therefore put myself forward to undertake this teaching session on an ongoing basis annually.
How is this relevant to the Code? Select one or more themes: Prioritise people – Practise effectively – Preserve safety – Promote professionalism and trust This experience demonstrates my ability to practise in all four themes of the Code both as a registrant and an educator.

When you come to complete your revalidation application via NMC Online, we'll ask you to enter your reflective discussion partner's NMC Pin. If you enter your Pin by mistake you will not be able to proceed with your application. Back to top Reflective discussion form (mandatory) You must use this form to record your reflective discussion. Reflective practice guidance sheet Guidance for nurses, midwives and nursing associates on having a reflective discussion. Examples of completed forms and templates