



REVALIDATION

A supportive guide

HOW DO WE FEEL ABOUT
REVALIDATION?



WHAT DO WE NEED TO DO?

- Practice Hours.
- Continual Professional Development (CPD).
- Practice Related Feedback.
- Written Reflective Accounts.
- Reflective Discussion.
- Health and Character.
- Professional Development.
- Confirmation.



PRACTICE HOURS

	Hours
Nurse	450hrs
Midwife	450hrs
Nursing associate	450hrs
Nurse/SCPHN	450hrs
Nurse and Midwife or Nursing Associate	900hrs (450 Nursing Hours + 450 Midwifery hours or 450 Nursing Associate hours)



CAN I USE THIS FOR CPD?

Ways that you are already gathering CPD for Revalidation.



WHAT'S REQUIRED?

You must have undertaken 35 hours of continuing professional development (CPD) relevant to your scope of practice as a nurse or midwife in the three year period since your registration was last renewed, or when you joined the register.

Of those 35 hours of CPD, at least 20 must have included participatory learning.



WHAT IS PARTICIPATORY CPD?

To meet the participatory learning requirement, you simply have to undertake activity that involves interaction with one or more other professionals. This can be in a physical environment or a virtual one – you don't have to be in the same room as the people you undertake the activity with.

WHAT CAN BE CLASSSED AS CPD ?





DISCUSSION GROUPS



DISCUSSION GROUPS

- Journal groups- a Meeting of 2 or more Nurses discussing a piece of research. This could be colleagues at work or other professionals as long as it is relevant to practice.
- Staff Meetings- Any kind of staff meeting that discusses practice. This can include changes in procedure or reviews of Datix and incident forms.
- RCN Forums- 36 different forums which are excellent for networking if your area of nursing is niche.
- RCN Branch meetings and Congress.- We are currently researching what members want from Branch meeting and what learning events are wanted.

GAMES



Masterful Mentoring @MentorGame · 9 May 2017

The @MentorGame for #mentor annual updates now contains new #revalidation category cards! #WeNurse #WeAHPs shop.focusgames.com/product_p/mmg...



🗨️ ↻ ❤️ 2 ✉️



#HelloMyName's Kenny (RN) @kennygibsonnhs · 27 Oct 2015

@JackieSmith_nmc @nmcnews #wenurse every CPD counts, every #revalidation matters, especially multi-disciplinary & patient /community centric

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GAMES

- Number of educational games are available at a wide range of levels and different subjects
- Designed to make you think about a subject in a different way in order to gain a bigger insight into the CPD subject.
- These can be borrowed at the RCN Library. Hospital libraries and Practice development teams are also sometimes able to lend these to teams as they can be expensive to purchase.

TWITTER





Tweets	Following	Followers	Likes	Lists
75.9K	17.1K	22.8K	31.5K	2

NurChat
@NurChat Follows you

Online discussion for healthcare professionals. #Debate #Support #Inspire Proudly supported by @NewcrossHealth

UK
newcrosshealthcare.com
Joined July 2011

[Tweet to](#) [Message](#)

8 Followers you know

Tweets **Tweets & replies** **Media**

NurChat @NurChat · Jul 31
Hi NurChatters! Working strange hours can be challenging sometimes. What are your top tips for getting through a night shift? #NurChat #nightshift #HealthTalk
5 replies 1 retweet 5 likes

NurChat @NurChat · Jul 27
Hi Nurchatters! Who else has got Friday feeling? How are you going to spend this beautiful, sunny day? #Fridayfeeling #Nurchat
1 reply 2 likes

NurChat @NurChat · Jul 25
Hi Nurchatters!

WeNurses @WeNurses · 20 Jul 2017
What have U learned & change in our practice? U can use #MyWe to turn this chat into #Revalidation content #Wenurses wecomunities.org/tweet-chats/tw...

#WeCommunities
Connecting, driving and supporting thriving communities



wecomunities.org/MyWe

As a healthcare professional you are more than likely going to need to do Continuous Professional Development, what this looks like for your specific profession may vary, from point approved sessions to more a self-assessed flexible approach.

Tweetchats offer an opportunity to share best practice, learn together and take what we've learnt into practice. Capturing this process can be an excellent demonstration of CPD or Revalidation for nurses.

This page collates the resources and tools that We have in place to support you, we hope it is useful.

#MyWe
#MyWe is an free to use end-to-end tool that supports you through to a downloadable PDF to add to your CPD evidence.
You can access #MyWe here - It contains all the archives WeCommunities chats (you don't have been on the chat to use it).
Here is a guide to using #MyWe for CPD / Revalidation
(Find out about other #MyWe features here and here about the support from @ClarissHCareLts to make #MyWe happen.)

We have a couple of guides / infographics raising awareness of the opportunities Tweetchats offer for CPD/Revalidation and using #MyWe.

TWITTER

- Weekly chats are run by @WeNurses on a variety of topics.
- Other Twitter groups are acceptable such as @NurChat and @RCN.
- Remember to keep it Professional-Remember your NMC code of conduct when stating your views.

Tweeting & Revalidation

Tweeting can be a great way for nurses to gain participatory CPD hours

Twitter is a free & easy to use resource that allows you to join in conversations about nursing practice

Tweetchats usually take place in the evenings and subject matter is as wide & diverse as nursing itself. All you have to do is log on to Twitter at the right time & search for the relevant hashtag to find the conversation

And if you miss the Tweetchat there is always a summary posted afterwards that you can read and add to your CPD too

After the Tweetchat if you go to wecommunities.org/mytwe & sign in using your Twitter details you can reflect on the Tweetchat you took part in and download that reflection as a PDF to add to your Revalidation Portfolio

For a calendar of all upcoming Tweetchats go to wecommunities.org/tweet-chats/chat-calendar

www.wecommunities.org

Follow @WeNurses on Twitter & Tweet us for more details

The NMC (@nmcuk) Following
@lockley_jeanne @WeNurses @wride_amy
Yes this Twitter chat can count as participatory CPD #revalidation #wenurses

Nursing - #WeNurses
LD Nursing - #WeLDNs
MH Nursing - #WeLDNs
CYP Nursing - #WeCYPNs
School Nursing - #WeSCNs
District Nursing - #WeDnS
General Practice Nursing - #WeGPNs
Health Visiting - #WeHVs
End of Life Care - #WeEOLC

#Nurses #LDNs #Midwives #PMDs #PH #MHNs #SCNs #Coners #Oods #AMPs #MedSts #GPNs #CYPNs

SECONDMENT OR SHADOWING



- Evidence of participation including signed letters, notes, observations and outcomes
- Able to use Revalidation to learn new skills and potentially further your career.

HOW TO SUBMIT CPD

You must maintain accurate records of CPD you have undertaken. These records must contain:

- ✓ the CPD method
- ✓ a description of the topic and how it related to your practice
- ✓ the dates on which the activity was undertaken
- ✓ the number of hours
- ✓ the identification of the part of the Code most relevant to the activity
- ✓ evidence that you undertook the CPD activity

WRITTEN REFLECTIVE ACCOUNTS.

A quick guide to reflection



WHAT DO WE NEED TO DO?

- 5 Reflective Accounts over 3yrs.
- The accounts can be on any subject that is relatable to your practice.
- The Account has to be relatable to the NMC Code of Conduct.
- It can be a reflection on CPD, Feedback or and Event

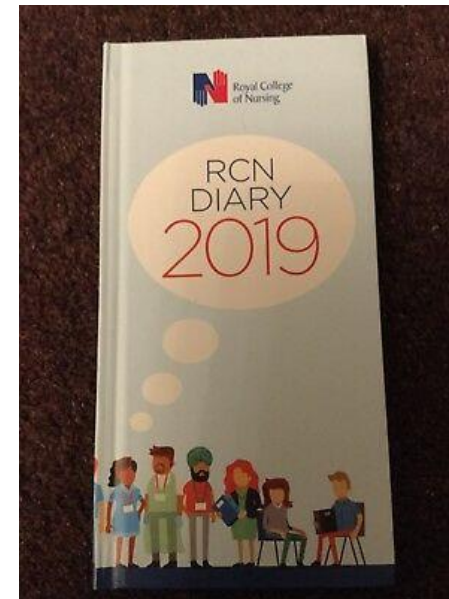


HOW DO I REFLECT?

Good chance you are already doing it!

- On the bus.
- Before bed.
- In a diary.

We are often reflecting informally without realising it.



HOW DO I REFLECT?

Subjects for reflection

An instance of CPD:

This could be any of the things we talked about in the last section.

It can be a reflective review of a lecture or talk from a visiting specialist.

It could be a reflection of a departmental meeting.

It could be a reflective piece on an article about your area or care.

A Piece of practice related feedback:

This can be a piece about how you feel that you have improved your practice after some feedback.


This could be a reflective piece on how what you feel are your strengths in a piece of feedback and how you think you can expand on that.

An event or experience in your own practice.

This can be an event that impacted you positively or negatively.

It may be an example of outstanding care that you have given.

Or it could be something that you felt you could have done better.



LEARNING
IS A GIFT
EVEN WHEN
PAIN
IS YOUR TEACHER



NRSNG

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REFLECTIVE ACCOUNTS FORM

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 Guidance sheet 1 in *How to revalidate with the NMC*.

Reflective account:

What was the nature of the CPD activity and/or practice-related feedback and/or event or experience in your practice?

What did you learn from the CPD activity and/or feedback and/or event or experience in your practice?

How did you change or improve your practice as a result?

How is this relevant to the Code?

Select one or more themes: Prioritise people – Practise effectively – Preserve safety – Promote professionalism and trust

HOW DO I REFLECT?

We must use the NMC's reflective accounts form.

But this makes it really easy as you know exactly what information is needed!

REFLECTIVE DISCUSSION

- 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.

REFLECTIVE DISCUSSION

Who can do my reflective discussion?

- It usually is your manager and can be the same person who is doing your confirmation.

If you don't have someone like this or if your manager isn't an NMC registrant, it could be:

- a colleague you work with regularly, or with someone you are less familiar with.
- you might find it more helpful to discuss your reflective accounts with someone who has had similar experiences to you, or someone with different experiences.
- they could be senior or junior to you, or at the same level: would you find it valuable to have insight from someone who has been working at a different level to you?

HOW TO GET THE MOST OUT OF YOU REFLECTIVE DISCUSSION?

Think of it as an opportunity to:

- to share ideas, information and experiences
- to debrief after an incident
- to get another person's perspective on a situation
- to think about professional development objectives.
- Can you identify any areas in the reflective accounts that you haven't considered?
- Have you focused exclusively on the positive feedback, events or experiences in practice with no evidence of constructive criticism or learning?

REFLECTIVE DISCUSSION FORM

You **must** use this form to record your reflective discussion with another NMC-registered nurse or midwife about your five written reflective accounts. During your discussion you should not discuss patients, service users or colleagues in a way that could identify them unless they expressly agree, and in the discussion summary section below make sure you do not include any information that might identify a specific patient or service user. Please refer to Guidance sheet 1 in How to revalidate with the NMC for further information. This form should be completed, stored and shared in manual paper form, as opposed to electronically. This is important because creating, storing or sharing these data electronically may trigger an obligation to register with the Information Commissioner. For this reason this form is not editable.

To be completed by the nurse or midwife:


Name:	
NMC Pin:	

To be completed by the nurse or midwife with whom you had the discussion:

Name:	
NMC Pin:	
Email address:	
Date of discussion:	
Number of reflections discussed:	
Short summary of discussion:	

REFLECTIVE DISCUSSION

- You must use the NMC's Reflective discussion form that they have produced.
- 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 confirmation form in either paper or electronic format.



HEALTH AND CHARACTER

- You must provide a health and character declaration.
- You must declare if you have been charged, convicted of any criminal offence (including a conditional discharge) or issued with a formal caution.
- You will be asked to declare if you have been subject to any adverse determination that your fitness to practise is impaired by a professional or regulatory body (including those responsible for regulating or licensing a health and social care profession)



PROFESSIONAL INDEMNITY ARRANGEMENT

- This is usually covered by your Employer in the form of Vicarious Liability.
- If you are not employed but the NHS please check this out.
- If you are not covered by your employer you are covered by your RCN membership. Search Professional indemnity on the RCN Website for more details.

CONFIRMATION

- The NMC will ask you for information for the purpose of verifying the declarations you have made in your application.
- This will be a declaration in which you have demonstrated to an appropriate confirmer that you have met the revalidation requirements. The NMC have provided a form for you to use to obtain this confirmation.
- They will ask you to provide the name, NMC Pin or other professional identification number (where relevant), email, professional address and postcode of the confirmer.

CONFIRMATION

Who can be my Confirmer?

- This is the person who looks at the evidence you have collected and 'confirms' that you have met the revalidation requirements.
- Where possible, your confirmer should be your line manager.
- Your confirmer does not need to be a registered nurse, midwife or nursing associate.
- Does not need to be the same person you had your reflective discussion with, although this can often be a sensible choice as it makes the process a little easier.

CONFIRMATION FORM

You **must** use this form to record your confirmation. This form should be completed, stored and shared in manual paper form, as opposed to electronically. This is important because creating, storing or sharing this data electronically may trigger an obligation to register with the Information Commissioner. Please refer to Guidance sheet 1 in *How to revalidate with the NMC* for further information. For this reason this form is not editable.

To be completed by the nurse or midwife:

Name:	
NMC Pin:	
Date of last renewal of registration or joined the register:	

I have received confirmation from (select applicable):

- A line manager who is also an NMC-registered nurse or midwife
- A line manager who is not an NMC-registered nurse or midwife
- Another NMC-registered nurse or midwife
- A regulated healthcare professional
- An overseas regulated healthcare professional
- Other professional in accordance with the NMC's online confirmation tool

To be completed by the confirmer:

Name:	
Job title:	
Email address:	
Professional address including postcode:	
Date of confirmation discussion:	

CONFIRMATION

- You must use the NMC's confirmation form that they have produced.
- 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 confirmation form in either paper or electronic format.

READY TO SUBMIT?

<https://youtu.be/bY8gWIOhh0Y>



HOW DO WE FEEL ABOUT
REVALIDATION NOW?



ANY QUESTIONS?

And Thank you!

