

Take some time out to reflect

Reflection and discussion <ul style="list-style-type: none"> You must record a minimum of five written reflections You must have a professional development discussion with another NMC registrant 	Reflective accounts must be about a CPD activity or feedback, or a combination of both.
	You must discuss your reflective accounts with an NMC registrant as part of a professional development discussion.
	If the person giving you third party confirmation is an NMC registrant, then the professional development discussion could be part of that process. Otherwise it should happen before your confirmation discussion.
	If you work in a setting with few or no NMC registrants you can reach out to peers from a wider professional or specialty network to have your professional development discussion.

‘Time spent reflecting was valuable to acknowledge the positive aspects of nursing practice and identify areas for improvement. It reinforced the significance of receiving feedback and I am determined to give constructive feedback to colleagues more often.’

A revalidation requirement is to write five reflective accounts based on CPD activity and practice-related feedback over the past three years. These need to link with the four themes of the NMC Code.

At first, it took time to link my reflections to the Code’s themes, but this became easier as I became familiar with the wording of the Code.

My portfolio includes reflective accounts that cover a variety of issues from my practice and professional development. For example, a poster presentation, my master’s dissertation on mindfulness in Parkinson’s, patient and carer feedback and feedback on delivering a talk. I enjoyed writing these reflections as they left me with a sense of achievement and pride.

Examples of evidence of practice-related feedback included emails, cards and letters received from patients and carers, and emails and evaluation forms sent to me after I had delivered presentations or organised meetings.

I did not have enough time to send an online questionnaire to colleagues and patients, but I intend to do this in future.

I had a discussion about my reflective accounts and CPD record with a senior nurse working in a different service. This was valuable: she provided objective

and useful advice and comments on my portfolio. My annual appraisal and revalidation confirmation discussion with my line manager followed soon after.

Linking the revalidation process to the annual appraisal worked well.
'My advice to others who are about to embark on revalidation is not to leave it to the last minute'

Stella Gay, Parkinson's specialist nurse, Guy's and St Thomas' NHS Foundation Trust, London, a revalidation pilot site

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