

# 5 Reflective Accounts

Practice hours

Continuing Professional Development (CPD)

5 pieces of practice related feedback

**Section 4 of your portfolio - 5 Reflective accounts**

Reflective Discussion

Confirmation

# The requirement

- You need to prepare five written reflective accounts on your CPD and/or practice-related feedback, and/or an event or experience in your practice, and explain how this relates to the Code
- These should be prepared over the three years since your registration was last renewed or you joined the register
- You must use the mandatory form provided by the NMC to record your reflective accounts.



# 5

## Reflections

# The purpose of this requirement

- To encourage nurses and midwives to reflect on their professional development and identify any changes or improvements they can make to their practice based on what they have learnt
- To raise awareness of the Code and encourage nurses and midwives to consider the role of the Code in their practice and professional development.

## Four themes brought together in one Code

Together they signify good nursing and midwifery practice.



# How to meet the requirement

Gather and reflect on feedback from a variety of sources, using it to improve your practice and performance.

1. You must have prepared five written reflective accounts **in total**, in the three year period since your registration was last renewed or you joined the register
2. They should be based on CPD/feedback/event or experience in practice (or combination of each) and how they relate to the code
3. Written reflective account:
  - What did you learn from the CPD activity, feedback or experience?
  - How have you changed or improved your practice as a result?
  - How is it relevant to the Code?

**You must use the NMC form provided for each reflective account**

# How to reflect on your practice

*“Reflection is part of learning and thinking. We reflect in order to learn something, or we learn as a result of reflecting, and the term ‘reflective learning’ emphasises the intention to learn from current or prior experience.” (Moon, 2004)*

Reflection is about ‘reviewing an experience of practice in order to describe, analyse and so inform learning about practice’ (Reid 1993)

Many of you would agree that ‘we are doing it already!’ but others find in busy clinical practice it is hard to produce written reflections.

# Reflection

- There are many models of reflection
- Learning and reflection must be proactive and self-directed
- Does not have to be academic
- Reflection can also be based on updating and maintaining practice
- Must link to the Code.

# How to record your reflective accounts

- The NMC has provided a form that you **must** use to record your reflective accounts
- You should explain what you have learned from the CPD activity, feedback or event/experience in your practice, how you changed or improved your work as a result, and how this is relevant to the Code
- Always ensure that patients or colleagues cannot be identified when writing a reflection or noting feedback.

## 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

# What a confirmer needs to see

- Five written reflective accounts on CPD and/or practice-related feedback and/or an event or experience in your practice and how this relates to the Code. You **must** record this on the NMC form
- In your online application you need to tick a box to declare that you have met the requirement
- You do **not** need to provide copies of your reflective accounts to the NMC but you should keep them to show to your reflective discussion partner.