

Reflective discussion

Practice hours

Continuing Professional Development (CPD)

5 pieces of practice related feedback

5 Reflective accounts

Section 5 of your portfolio – Reflective discussion

Confirmation

Reflective discussion

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



Reflective discussion

Purpose of the requirement

- Encourage a culture of sharing, reflection and improvement amongst nurses and midwives by:
 - Requiring nurses and midwives to discuss their professional development and improvement
 - Ensuring that nurses and midwives do not work in professional isolation by ensuring discussion with another NMC registered nurse or midwife
- To enable nurses and midwives to learn and enhance the quality of professional work by discussing changes and improvements, having reflected on their practice
- To ensure that nurses and midwives understand and apply the Code to their practice.

About the reflective discussion

- It should be face to face in an appropriate environment
- If this is not possible you may use video conferencing
- It can take place as part of your appraisal as long as it is with another NMC registered nurse or midwife
- You should share your reflective accounts with your reflective discussion partner ahead of the discussion.

Reflective discussion partner

- **Must** be an NMC registered nurse or midwife with an effective registration – they cannot be subject to suspension, removal or striking-off order at the time of the discussion
- It could be someone you work with frequently or someone from a professional network
- They do not need to be on the same part of the register as you
- If you work in a setting with few or no nurses or midwives you should reach out to your NMC registered peers via professional or specialist networks
- It is for you to decide the most appropriate person including whether they are at the same level, senior or junior.

Leading and taking part in a reflective discussion

Nurse or midwife sharing reflective accounts

- Prepare written reflective accounts in advance and consider sharing with discussion partner in advance
- Discussion focused on learning
- Discussion linked to the Code
- Directed to future action
- Explanation of reflections

Reflective discussion partner

- Prepare in advance (read reflective accounts and make notes)
- Discussion is focused on reflective accounts
- Discussion linked to the Code
- Ensure conversation is two way

How to record your reflective discussion

- You **must** use the form provided by the NMC to record your discussion
- This will also need to be signed by the nurse or midwife with whom you have your reflective discussions
- They will also need to record their name, NMC Pin, email and the date of the discussion.
- You should keep a paper copy of the form only

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:	

What will the confirmer need to see?

- The confirmer will need to see your completed NMC reflective discussion form
- In your online application to the NMC you will need to tick a box to declare that you have met the reflective discussion requirement
- You will also need to enter the name, NMC Pin and email of the nurse or midwife with whom you had the discussion, as well as the date of the discussion.