REVALIDATION

Continuing Professional Development
The requirement

You must have undertaken 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 you joined the register. You must also keep a record of this.

35 Hours
Of these 35 hours of CPD, 20 must include participatory learning.
The purpose of this requirement

- To keep nurses and midwives’ professional skills and knowledge up to date
- To help nurses and midwives maintain safe and effective practice
- To help nurses and midwives develop new skills and respond to changes and advances in nursing and midwifery
- To challenge professional isolation by requiring learning through engagement and communication with others.
How to meet the requirement

The NMC does not specify any particular type of CPD which you should follow.

You are best placed to decide what is most suitable and beneficial for you.

Any CPD must be relevant to your scope of practice.

CPD does not have to be in a classroom environment.

20 hours of CPD must include participatory learning.
What counts as CPD

- Structured learning
- Accredited higher education
- Mandatory training relevant to scope of practice
- Workshops and conferences
- Reading and reviewing publications
- Coaching and mentoring
- Research.

Participatory learning includes any activity where you personally interact with other people. This can be face to face or in a virtual environment.
How to evidence your CPD

You should keep a record of all CPD you undertake including:

- The method
- A description of the topic and how it relates to your practice
- Dates undertaken
- Number of hours (including participatory)
- Which part of the Code is most relevant to the activity
- Evidence that you undertook the activity, which may include:
  - Certificates of completed courses
  - Notes
  - Learning outcomes
  - Notes and practice outcomes

- You must not record any information that may identify any individual, whether that individual is alive or deceased.
CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

LOG TEMPLATE

Please provide the following information for each learning activity, until you reach 35 hours of CPD (of which 20 hours must be participatory). For examples of the types of CPD activities you could undertake, and the types of evidence you could retain, please refer to Guidance sheet 3 in How to revalidate with the NMC.

Guide to completing CPD record log

<table>
<thead>
<tr>
<th>Examples of learning method</th>
<th>What was the topic?</th>
<th>Link to Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online learning</td>
<td>Please give a brief outline of the key points of the learning activity, how it is linked to your scope of practice, what you learnt, and how you have applied what you learnt to your practice.</td>
<td>Please identify the part or parts of the Code relevant to the CPD.</td>
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<td>Course attendance</td>
<td></td>
<td>• Prioritise people</td>
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<tr>
<td>Independent learning</td>
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<td>• Practise effectively</td>
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<td></td>
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<td>• Preserve safety</td>
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<td></td>
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<td>• Promote professionalism and trust</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Dates:</th>
<th>Method</th>
<th>Topic(s):</th>
<th>Link to Code</th>
<th>Number of hours</th>
<th>Number of participatory hours</th>
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<tbody>
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(Please add rows as necessary)
What the confirmner needs to see

Evidence that 35 hours CPD (including 20 hours participatory learning) has taken place

In your online application to the NMC you need to tick a box to declare that you have met the CPD requirement.

You do not need to upload evidence of CPD to the NMC.
You should now understand

- The requirement for CPD
- The requirement for participatory CPD
- How to evidence your CPD