

Expanding

NMC Nursing & Midwifery Council

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 the section on non-identifiable information 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

Promoting Critical Reflection

Encouraging all learners to question their decision making and critically reflect on their experiences is essential to ongoing development.

- What would be the benefits of asking your learners to complete a reflective account during their experience to encourage learning from their practice.
- How could you use this reflection template to further enhance their learning?