

**Nursing and Midwifery Council
Investigating Committee**

Interim Order Review Meeting

Monday, 13 April 2026

Virtual Meeting

Name of Registrant:	Miss Helen Elizabeth Ralston
NMC PIN:	87Y0131S
Part(s) of the register:	RN3: Registered Nurse - Mental Health Nursing – 24 July 1990
Relevant Location:	Orpington
Panel members:	Michael Lupson (Chair, Lay member) Marianne Scott (Registrant member) Dee Rogers (Lay member)
Hearings Coordinator:	Anya Sharma
Interim order to be reviewed:	Interim suspension order (18 months)
Outcome of review:	Interim suspension order confirmed

Decision and reasons on interim order

The panel decided to confirm the current interim suspension order.

Unless Miss Ralston's case has already been concluded or there has been a material change of circumstances, a panel will review the interim suspension order at a review meeting within the next six months and every six months thereafter. A panel will be invited by the Nursing and Midwifery Council (NMC) to confirm the interim suspension order at this meeting and Miss Ralston will be notified of the panel's decision in writing following that meeting.

Where there has been a material change of circumstances that might mean that the order should be revoked or replaced, or there has been a request for an early review, a panel will review the interim order at a hearing which Miss Ralston will be invited to attend in person, send a representative on Miss Ralston's behalf or submit written representations for the panel to consider. At any such review hearing the panel may revoke the interim order, it may confirm the interim suspension order or it may replace it with an interim conditions of practice order.