

# What is revalidation?

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## Overview

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Revalidation is the process that all nurses and midwives in the UK and nursing associates in England need to follow to maintain their registration with the NMC.

To help you continually develop and reflect on your practice, we ask you to revalidate every three years.

This process encourages you to reflect on the role of [the Code](#) in your practice and demonstrate that you are 'living' the standards set out within it.

We have lots of [resources](#) to help you get the best from revalidation.

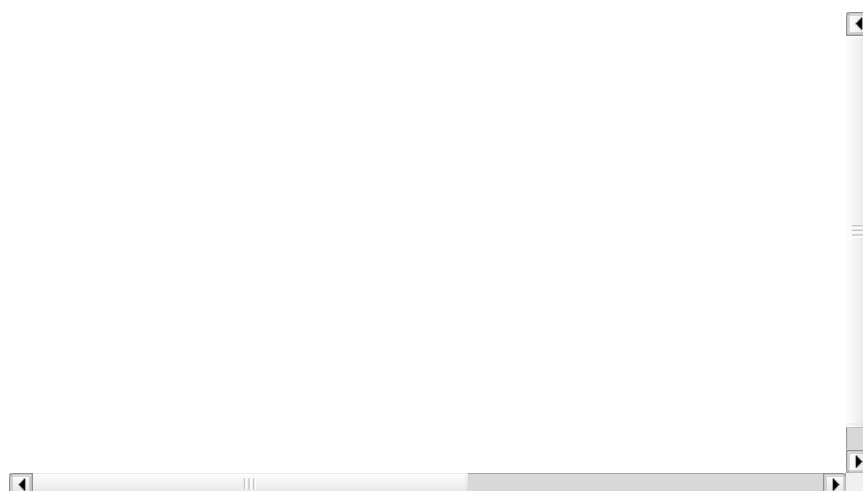
## What revalidation means for you

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Revalidation is about promoting good practice, as well as strengthening public confidence in the nursing and midwifery professions. It's important to know that it's not about making an assessment of your fitness to practise.

Revalidation helps to encourage a culture of sharing, reflection and improvement. It will provide benefits for you as a nurse, midwife or nursing associate as well as the people you care for.

Read [case studies](#) from other professionals about their revalidation experiences.



## Requirements

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You need to meet a range of [revalidation requirements](#) to show that you are keeping your skills and knowledge up to date and maintaining safe and effective practice.

- 450 practice hours, or 900 hours if renewing two registrations (for example, as both a nurse and midwife)

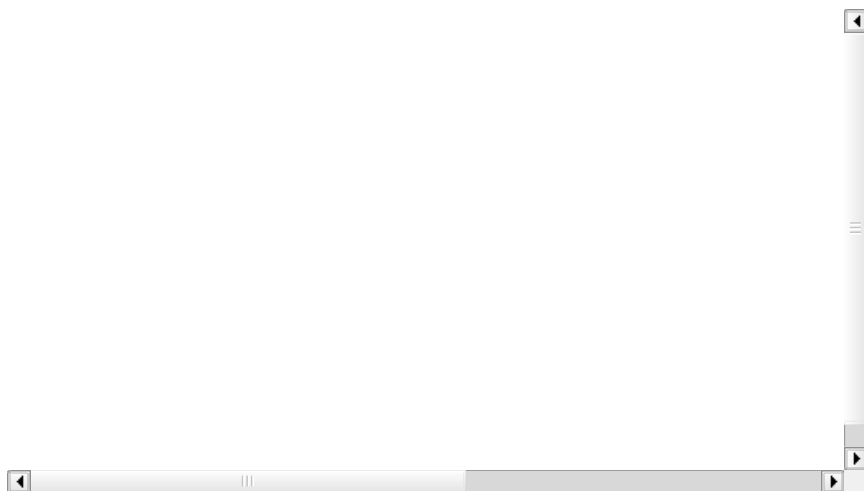
- 35 hours of CPD including 20 hours of participatory learning
- Five pieces of practice-related feedback
- Five written reflective accounts
- Reflective discussion
- Health and character declaration
- Professional indemnity arrangement
- Confirmation

## Submitting your application

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You will need to submit your application for revalidation online, so it's very important that you have an NMC Online account.

[Learn more about your online application.](#)



## Support to help you revalidate

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We understand that there may be circumstances that make it more difficult for you to meet the revalidation requirements.

This may be as a result of a disability, an illness, pregnancy, a maternity period or any other life event that impacts your ability to meet the revalidation requirements.

We can help support you to meet the revalidation requirements by:

- helping you to use NMC Online, or
- providing a short extension to your application date.

For further information on the support we can offer and how to apply for this support please see our [Support to help you revalidate guidance sheet](#).