Practice hours

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Requirement

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You must have practised for a minimum number of hours over the three year period since your registration was last renewed or you joined the register.

Minimum practice hours required
Nurse
450 hours
Midwife
450 hours
Nursing associate
450 hours
Nurse and SCPHN
450 hours
Midwife and SCPHN
450 hours
Nurse and midwife (including nurse/SCPHN and midwife/SCPHN) or nursing associate and nurse
900 hours (to include 450 hours for nursing, 450 hours for midwifery, 450 hours for nursing associate)
Triple registration as a nurse, midwife and nursing associate
1,350 hours

If you haven't practised for the required number of hours, then you must successfully complete an approved return to practice programme or a Test of Competence before the date of your application for renewal of registration.

Meeting the requirement

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You should make sure that your practice hours reflect your current scope of practice, but they do not have to be related to what you were originally doing when you first joined the register.

The hours that count towards this requirement are those in which you rely on your skills, knowledge and experience as a registered nurse, midwife or nursing associate. This may include providing direct care to patients but can also include managing teams, teaching others and helping to shape or run a care service.

Resources and templates

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We recommend that you use our practice hours log template to help you record your practice hours. This will make it easier to demonstrate to your confirmer how you have met the requirement.

- Practice hours log template (recommended)

You can use this template to help you record your hours.

- Multiple registrations and additional qualifications guidance sheet

This guidance sheet has information for people with more than one registration.

- Examples of completed forms and templates

See pages 18-22 in our 'How to revalidate with the NMC' guidance for more details.