Reflective discussion

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In this guide

- Requirement
- Meeting the requirement
- Resources and templates

Requirement

Back to top

You must have had a reflective discussion with another NMC registrant, covering your 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.
You must ensure that the NMC registrant with whom you had your reflective discussion signs the approved form recording their name, NMC Pin, email, professional address and postcode, as well as the date you had the discussion.

Meeting the requirement

Back to top

Many people on our register have told us the reflective discussion is one of the most rewarding elements of revalidation.

You should hold your discussion with another registered nurse, midwife or nursing associate. This could be someone who works with you on a regular basis, but you can decide who they will be.

The discussion should take place face to face and you should be careful not to discuss other individuals in a way that can identify them.

If your confirmer is a nurse, midwife or nursing associate your reflective discussion can form part of the confirmation discussion. If your confirmer is not registered with the NMC, you must have your reflective discussion before your confirmation discussion takes place.

Recording your reflective discussion

You must use the reflective discussion form to record your reflective discussion.

Although you are not required to submit this form to the NMC at any point, you should keep it safe as part of your records. You may choose to store the completed reflective discussion form in either paper or electronic format.

Please make sure you respect the fact that this form contains personal data about your reflective discussion partner, and that you uphold your obligations in relation to confidentiality and data protection. You may find the section on non-identifiable information in How to revalidate with the NMC useful.

When you come to complete your revalidation application via MyNMC, we'll ask you to enter your reflective discussion partner's NMC Pin. If you enter your Pin by mistake you will not be able to proceed with your application.

Resources and templates

Back to top

Reflective discussion form (mandatory)

You must use this form to record your reflective discussion.

Reflective practice guidance sheet

Guidance for nurses, midwives and nursing associates on having a reflective discussion.

Examples of completed forms and templates

See pages 29-30 in our 'How to revalidate with the NMC' guidance for more details.