



Essity Information & Educational Update

Continuing Professional Development Reflection & Planning Record

Thank you for your engagement in a Essity Information & Educational Update. Your participation can be recognised as contributing to your Continued Professional Development (CPD) hours, required for revalidation with the Nursing & Midwifery Council (NMC). In order to meet the criteria for CPD you must complete the following information and retain this as evidence to show your confirmer. Full details of the requirements for revalidation involving CPD can be found on the reverse of this form.

Name: _____

Date: _____

Venue: _____

Topic of Information / Education: _____

Duration: _____ minutes

Signed: _____

On behalf of Essity, as validation of your attendance

Identified learning outcomes:
Implications for current practice:
Strategy to implement findings:
Date implemented:
Outcome:

The Requirements¹

You must have undertaken 35 hours of Continuing Professional Development (CPD) relevant to your scope of practice as a nurse or midwife in the three year period since your registration was last renewed, or when you joined the register. Of those 35 hours of CPD, at least 20 must have included participatory learning.

You must maintain accurate records of CPD you have undertaken. These records must contain:

- The CPD method
- A description of the topic and how it related to your practice
- The dates on which the activity was undertaken
- The number of hours (including the number of participatory hours)
- The identification of the part of the Code most relevant to the activity
- Evidence that you undertook the CPD activity

It is important to remember that the NMC does not prescribe any particular type of CPD; it is left up to you to decide what activity is most useful for your development as a professional.

To meet the participatory learning requirement, you simply have to undertake activity that involves interaction with one or more other professionals. This can be in a physical environment or a virtual one – you do not have to be in the same room as the people you undertake the activity with.

Examples of participatory learning can include attending a conference, taking part in a workshop or attending a relevant training course. Remember to keep evidence of your CPD to show your confirmer.

¹ www.revalidation.nmc.org.uk