
Why I Love the Revalidation Process of my Nursing Council



Sabine Torgler

*****@**englishfornurses.org

Staff Nurse - University Hospital
Bristol and Weston NHS
Foundation Trust (UHBW), UK
Director - English for Nurses Ltd
Board member - European Nurse
Directors Association

[LinkedIn](#)

My dear readers,

Time is flying, and here we are - in the eighth month of the year. Where have the months gone?

Anyway, I am here to say something, right? And guess what, I have to say something quite interesting this month.

This year is quite special because it is my revalidation with the Nursing and Midwifery Council (NMC). Every three years, we have to go through the process of revalidating our nursing practice, report our practice hours, and reflect on our skills, performances, emotions, our professionalism.

Some of you might think, but how? I know what you mean. But the answer is quite simple - by writing my evaluations on templates given by the NMC. It all sounds quite easy right now, but the journey was a roller coaster. When the NMC announced that from 2015 every RN and midwife needed to go through the revalidating process, the outcry was enormous.

We thought about what else we needed to do to prove we were professional nurses! We are registered nurses... what else do they want?

But these kind of emotions are all wasted energy, really. My first revalidating year was 2017. It took me days to fill in my templates! But as we know - the first time is the deepest.. sing the words?! Hang on, it was a song from the 1980s, right? Good old Rod Stewart gave his best!

Anyway, as Rod sang - it was quite deep and a bit frightening, too. Because I never had to do it before. 2017 was pretty official, and so was 2020, and so is 2023 for us nurses and midwives.

I have to fill in documents to present that I keep a record of my practice. I have to present patient cases/and or family cases which I need to reflect on. These cases should make me think about my skills and professionalism - about me, really. I have to write them down and then discuss them with a colleague, my counter signature on my final document for the NMC.

I also have to write down the areas of nursing where I have worked during the last three years, and on top, I have to document my educational CV, meaning what kind of workshops/classes I have attended and the hours which I spend learning. At the end of all this writing, thinking and evaluating, you end up with a big file.

Since 2017, I have kept a nursing diary, my nursing log-care book. After a challenging shift for me, I write it down. It's a good way of doing it.

© For personal and private use only. Reproduction must be permitted by the copyright holder. Email to copyright@mindbyte.eu.

Otherwise, I cannot remember what I have done in all these three years. Can you?

After my first revalidation in 2017, I felt good. I think the NMC implemented something worthy for us nurses and midwives. All healthcare professionals should really have this kind of process. Hmm, I might write to the GMC. It is very good and helpful to sit down and think about your nursing actions, go into your world of thinking, and evaluate yourself. Therefore, I find my revalidating years almost as my best years. It might sound a bit strange, but... understandable. We all take this time as our precious time to be professionals. I know every day counts as a nurse, but you know what I mean, right?

I did my revalidating with my colleague a few weeks ago. I passed it all, and she signed me off. Sixty days before the due date of my revalidating date, I can submit my form to the NMC. And then it is super official – I have been revalidated. My next year will be in 2026!

Wish me luck. At the end of September, I will submit my work.

But hey, all is good because I am on board now (well, since 2017 with this process), and I feel good and am very aware of my role as a Staff Nurse.

It's never a dull moment in nursing as you might see. Even an administration process like this can be exciting.

Till next time, stay safe and thank you for your time.

Published on : Tue, 22 Aug 2023