

Nursing and Midwifery CPD Requirements

OFFICIAL MONTHLY NEWSLETTER FOR THE CPD STANDARDS OFFICE



Who is the main regulator?

The Nursing and Midwifery Council (NMC) is the regulator for nurses and midwives in England, Wales, Scotland and Northern Ireland. It assumed its statutory responsibilities from the UKCC as the regulatory body on 1st April 2002. The NMC inherited the standards set by the UKCC and revised their code in March 2015.

The NMC makes sure that nurses and midwives keep their skills and knowledge up to date whilst setting the standards of education, training, conduct and performance to ensure members uphold professional standards and deliver high quality healthcare throughout their career.

Overseen by The Professional Standards Authority for Health & Social Care (PSA), the NMC is a registered charity employing over 400 staff with an annual income in excess of £52 million and have (as of March 2017) over 690,000 nurses and midwives on their register.

They have clear and transparent processes to investigate nurses and midwives who fall short of their standards and also maintain a register of nurses and midwives allowed to practice in the UK.

As a condition of registration, nurses and midwives must undertake at least 35 hours of learning relevant to their practice every 3 years. This should be documented by each learning activity undertaken in the three years prior to renewing registration. The NMC audits compliance with the Prep (CPD) standard.

What are the required CPD records?

All nurses and midwives are required to maintain accurate records of CPD 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



Here is a guidance sheet provided by the NMC on CPD:

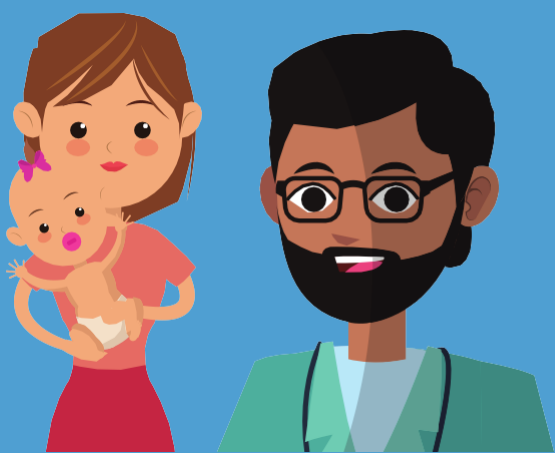
<http://revalidation.nmc.org.uk/download-resources/guidance-and-information>

Other Professional Bodies

Royal College of Nursing (RNC)

As healthcare professionals, nurses have a duty to keep their professional knowledge and skills up to date through a continuous process of learning and reflection. The requirements are 35 hours of CPD every 3 years.

The Royal College of Midwives (RCM) provides courses and events to support CPD.



Training Providers and Nurses/Midwives CPD

- It's so important for training providers to be able to provide nurses and midwives with CPD accredited courses, simply because CPD is a compulsory part of their profession.
- Nurses and Midwives are a great profession to train. CPD is not topic specific and have annual/regular reviews, so there is a big demand.
- Every Nursing and Midwifery Practice is a mini business with sales, operational and financial needs. How can your training help out?



CPD Events for Health Care Clinicians



Mobile Team Challenge Ltd

Unleash the Potential of Your People

As Commissioned by 25 NHS Foundation Trusts **NHS**

Four Inspirational Workshops from MTC:

1

The Patient Journey of Experience Excellence

Or



The 10 Things you would do differently,

... IF Disney ran YOUR Hospital!

"Doing it like Disney!"

- Seeing your Hospital through the eyes of a Patient
- Applying the Disney Service Principles of Excellence
- Creating motivated inspired Teams delivering Patient Experience Excellence

**1 Day for up to 15 People
£875 + VAT**

2

Developing Compassionate Leadership within Health Care

- What is the role of Daniel Goleman's Emotional Intelligence within Health Care Leadership
- Delegates receive a personalised 15 page Emotional Intelligence Profile Report as approved by BPS
- Equipping your Leaders for the NHS 5 Year Forward View
- Getting from "Vision" to "Delivery"
- Creating the Emotionally Intelligent Leader within the NHS

**1 Day for up to 15 People
£875 + VAT**

3

Key Note Speeches at Health Care Leadership Summits

Or

Away Days for Senior Managers / Teams

- Compassionate Leadership within the NHS
- "Hard Wiring" Compassion and Empathy
- The role of Emotional Intelligence within the NHS
- Applying the Disney Service Principles of Excellence to our Patients' Journey
- Creating a culture where Innovation thrives

From £375 + VAT

4

Improving Patient Outcomes by introducing Lean Thinking Principles

- Equipping for greater efficiency
- "System Thinking" and reducing silos
- Create an innovative and transformational leadership culture
- Equipping for fast-paced, lasting change
- Mapping your patients value stream
- Identifying the 7 areas of waste, to improve efficiency and reduce costs

**1 day intro to LEAN for up to 15 people
£875 + VAT**

**or 2 day leading through and beyond change with LEAN
£1,495 + VAT**

Earn 8 CPD Learning Points per 1-Day Workshop

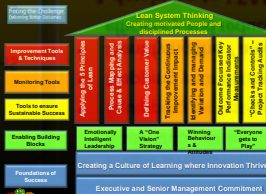


Creating Cultural and Transformational Change

Utilising

LEAN Health Care

Facing the Challenge: Delivering Better Outcomes



Lean Health Care Value Stream Mapping...with...

Birmingham Women's **NHS**
NHS Foundation Trust

25% of Identified Savings!!

Earn 8 CPD Learning Points per 1-Day Workshop



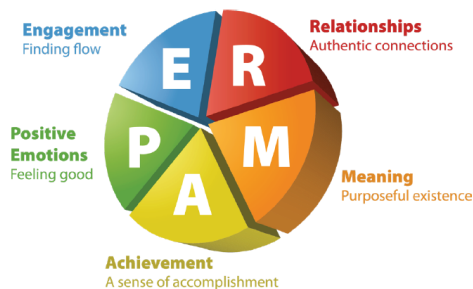
Emotional Well-Being that Works!

**Earn 8 CPD
Learning
Points per
1-Day
Workshop**

Pressure, Performance and Purpose:

An accredited workshop that will help you...

Put the discoveries of 'Positive Psychology' & 'Emotional Intelligence' into practice.
To become more healthily productive and naturally achieving.



Over the last 20 years, new technologies and approaches have allowed Psychologists unprecedented insights into the biochemistry, behaviours and mental processes of happiness and fulfilment. Out of this research, Prof Martin Seligman (the 'father' of 'Positive Psychology') developed the PERMA framework to assess, measure and nurture the five core elements of human well-being and happiness. Seligman believes that growth in these five elements increases life of fulfilment, happiness, stress resilience and mental health.

The PERMA Model of Well-Being

from Martin Seligman's "Flourish"

Tools, Habits and Behaviours proven to promote personal, team and corporate resilience and well-being

This practical workshop has been designed to address the elements of the PERMA model as we build towards a healthy work / life balance. We will look at how stress can be managed positively (to produce achievement, meaning and relational quality) as well as how to avoid unnecessary dis-stress. There will be space for participants to intelligently assess and reflect on their current well-being. And there will be exercises and habits shared that can facilitate deliberate self-leadership towards **"Performance under Pressure"**.



"Performance under Pressure"

Thrive in an environment of pressing deadlines and target achievements.

Lifestyle awareness, increased emotional intelligence and stress management techniques are the keys to healthy well-being and motivated individuals.

This highly interactive workshop makes use of activity based learning, games and emWave technology (used in sport and military training to practice staying 'in the zone' of best performance).



Attendees will:

- Learn how to assess themselves in the 5 core elements of well-being.
- Learn simple practices and exercises to nurture each of the PERMA elements.
- Identify how to sustain Peak Performance Under Pressure
- Self-Analyse their Peak Performance Zone, Stress and Distress thresholds via personal biomedical demonstration utilising HeartMath and emWave bio-rhythm assessments.
- Learn how to apply and develop their Emotional Intelligence.
- Explore the benefits of choosing Positive Behaviours and Attitudes.
- Learn how to lead themselves emotionally towards their best mental and functional self, using simple Positive Psychology and Mindfulness techniques.
- Do personal assessments of behavioural and communication styles and their effect in themselves and on others.



This is a CPD Accredited and Certificated Course



Magazines for Nurses and Midwives



Midwives magazine RCM - <https://www.rcm.org.uk/tags/midwives-magazine>

The Midwifery Journal - <https://www.midwiferyjournal.com/>

The Nursing Times - <https://www.nursingtimes.net/>

CPD Launchpad – <https://www.cpd-launchpad.co.uk/>

CPD Launchpad is a free revalidation portfolio and CPD resource for nurses and midwives. CPD

Launchpad is by MA Healthcare, publishers of the British Journal of Nursing, British Journal of Midwifery and many other journals written by health professionals for healthcare professionals.

CPD Launchpad draws on MA Healthcare's peer-reviewed journals to provide nurses and midwives with interesting and relevant content that will stimulate thought and reflection, and help you fulfil revalidation requirements.

CPD Launchpad offers all users a free online portfolio, so all can easily save evidence of their progress towards the NMC requirements.



Learning Outcomes and Benefits of CPD Workshops:

- Increased Patient Experience scores
- Increased professionalism and morale within NHS Staff
- Increased Team – Working and Shared Visions to achieve Patient Experience of Excellence – the workshop will include interactive group work, videos and experiential learning activities
- Personal, Department and Foundation Trust Development
- Being inspired and motivated to shift their personal paradigm for Patient Service Excellence
- Considering your Medical Centre through the eyes of a Patient or Partner or Customer – A “Moments of Truth” Assessment
- Learning the 3 vital ingredients to create a culture of innovation within your Hospital
- Exploring Disney’s Principles of Service Excellence and Continuous Improvement (kai-zen) and Lean Thinking
- Creating the “perfect service” utilising Appreciative Inquiry Strategic Planning tools – delegates will create a “dream of the future Patient Experience of Excellence” within your hospital, complete with a SMART Action Plan of the tasks required in order to turn their “dream” of “excellence” into a reality.
- Considering the relevance of breaking down silos in order to achieve patient experience excellence through the efficiency of Functional Teamwork
- Considering how to apply the 6C’s within Community Healthcare **Commitment, Competence, Communication, Courage, Compassion and Care**
- Completing a Self-Audit of their own perceived Service competencies
- Exploring Professional Communication Tools to enhance Service levels
- Considering the Service Principles of FISH!
- “What if Disney ran your Hospital?” – ***Doing it like Disney!***
- Leading Change and Adding Value through compassionate and transformational leadership
- Increasing their personal CPD by Attendees receiving a CPD Certificate in Patient Experience worth 8 hours / points
- Increasing Stress Resilience and ‘BEYOND’ Mindfulness – “Performing under Pressure” – Martin Seligman’s PERMA Well-Being techniques – with Positive Psychology
- Applying and understanding the role of Emotional Intelligence within the NHS
- Practicing and applying Lean Thinking in the NHS – increasing available beds, achieving A&E Targets etc.
- Emotionally Intelligent Leadership within the NHS
- Developing high-performance, patient-centric, Teams

For further information on our CPD Courses for Health Care Professionals please click below.

Learn more 



Testimonials from Health Care Professionals

- *"Thank you for the inspiring 2 day's training you did for us recently, we have noticed a difference already!"* (Jackie Skeel – Assistant Director for Organisational Development NHS Trust S. Region.)
- *"Received great feedback again – you are REALLY making an impact and it is fab"* (Jan Furniss Team Leader: Professional Education & Corporate Learning, Education and Learning Team, Birmingham Children's Hospital)
- *"Excellent course will recommend to others!!"* (Superintendent NHS Leicester)
- *"Best Training EVER!"* (Senior Pharmacist, Birmingham Children's Hospital)
- *"...the day was "inspirational" and "brilliant..."* – Chief Executive. W. Sussex NHS Hospitals Foundation Trust – following a keynote speech at the W. Sussex NHS Conference
- *"We had an amazing day! – this has changed the thinking of our Management Team – VERY professional and thought provoking"* (Debbie Fryer Director of HR & OD, Aintree University NHS Foundation Trust Hospital, Liverpool)
- *"I AM SO MOTIVATED!! ... I hope my colleagues are too! ☺"* (E-Learning Supervisor, Birmingham Children's Hospital)
- *"A VERY motivational and inspirational day..."* (Divisional Director of Operations for Clinical Support Services at Chelsea and Westminster NHS)
- *"Fantastic – very motivational..."* (Lead for Patient and Staff Experience. Chelsea and Westminster NHS)
- *"Absolutely amazing experience/training..."* (Service Improvement Lead, Chelsea and Westminster NHS)
- *"Good insights and made relevant to the NHS – inspiring and excellent as ever"* (Debbie Fryer, Director of HR & Organisational Development, Aintree University Hospital NHS Foundation Trust and Chair of the Foundation Trust HR Directors Network following a key note speech at the FTN Conference at Church House, Westminster)
- *"Challenging, inspirational and motivational – excellent feedback from all delegates for your presentation..."* (Deputy Director of Human Resources, NHS / HPMA Luton & Dunstable NHS Hospitals Foundation Trust – following a keynote speech at the E, Midlands HPMA / NHS Conference at Newmarket Race Course)
- *"Amazing day, the best training session I have attended in a long time. Look forward to putting my learning into practice. I feel much more focused"* – (Clinical Lead, Birmingham Children's Hospital NHS Trust)
- *"It was brilliant! – thank you – LOADS of food for thought for me!"* (Emma Bull Lead Nurse Birmingham Children's Hospital)
- *"An excellent day – thank you"* (Superintendent Radiographer Derbyshire NHS)
- *Dear Barry,
I probably ought to be lodging a protest! Since the training course, I have had a steady stream of staff at my door.
Each and every participant spontaneously felt that they ought to come individually and tell me how fantastic your course was!
They felt really motivated, learnt a lot and really enjoyed the day.
I can see that you may become a regular feature of the training of the pharmacy department!
Thank you
(Professor Anthony Sinclair, Chief Pharmacist and Head of Medicines, Birmingham Children's Hospital NHS)*

www.mtceurope.co.uk



mobile team challenge