NMC Revalidation Requirements: CPD, Reflection and Practice Hours

Prepared by: Faizan, BS Nursing

NMC revalidation brings together evidence of practice, continuing professional development, feedback and reflection. Begin collecting it during your registration cycle rather than waiting until renewal. This guide explains how to organise the evidence, write about what you learned, and protect confidentiality.

Connect each reflection to the NMC Code's four themes. Use the official revalidation requirements to check your evidence and the UK nursing hub for related study.

NMC revalidation requirements at a glance

During each three-year cycle, you need 450 practice hours for one registration, or 900 for two; 35 CPD hours, including 20 participatory hours; five pieces of practice-related feedback; and five written reflective accounts.

You also need a reflective discussion, health and character declaration, professional indemnity arrangement and confirmation. Check what counts as evidence in the NMC's full requirements, then use the examples below to organise your records.

MY NURSING HUB

- Registration and revalidation are different stages
- Learning from professional practice
- Feedback and constructive reflection
- Professional discussion and confirmation
- Scope of practice and supervision
- Reliable recordkeeping and change monitoring

1. Registration and revalidation are different stages

Joining the NMC register is an initial regulatory process; revalidation concerns ongoing registration. A person must follow the official revalidation cycle and evidence requirements that apply to their registration. Requirements may be amended, so this article deliberately links to the live NMC framework instead of reproducing a possibly stale tick-box calendar.

2. Learning from professional practice

Professional development can involve formal courses, supervised training, case discussions and evidence review. Its educational value depends on relevance to scope, impact on care and reliable documentation. Reflection asks what happened, what was learned and how practice may change, while preserving privacy.

3. Feedback and constructive reflection

Feedback may come from patients, families, colleagues and professional review, subject to confidentiality and local procedures. Rather than simply collecting praise, consider constructive concerns and evidence of improvement. Reflection can support communication, medication safety and ethical judgement.

4. Professional discussion and confirmation

The NMC revalidation process includes defined forms of reflection and professional discussion; applicants should review current official guidance on the person eligible to participate or confirm their submission. Prepare organised evidence rather than leaving compliance to the last week.

5. Scope of practice and supervision

New procedures and roles often require training and competency assessment. Revalidation confirms a regulatory process, but does not authorise a person to perform every skill described in a textbook. Seek supervision and document competence within the local employer framework.

6. Reliable recordkeeping and change monitoring

MY NURSING HUB

Maintain a secure personal portfolio of learning, reflection and relevant evidence. Check the NMC portal for renewal dates, fee schedules and declarations. Update personal and professional information through official channels when required.

Registration, CPD and revalidation compared

Concept	Meaning	Key distinction
Initial registration	Joining the professional register	Entry requirements
Revalidation	Maintaining registration	Current NMC cycle and evidence
CPD	Continuing professional development	Learning relevant to practice
Reflection	Learning from experience	Protect confidentiality
Professional discussion	Structured reflective dialogue	Follow current NMC criteria
Competence assessment	Employer or placement-specific approval	Not automatic from revalidation

How to organise your revalidation evidence

Sequence for safe reasoning and preparation

Applied case: A registrant completes an online wound-care course and assumes this authorises independent complex wound procedures.

The course may contribute to learning evidence, but hands-on competence, scope and employer authorisation remain necessary.

Regulatory caution: My Nursing Hub is an independent educational resource and is not affiliated with or endorsed by the UK Nursing and Midwifery Council. Requirements, fees and exam arrangements may change. The current NMC website is authoritative.

Revalidation hours, evidence and reflective accounts

The headline figures in one place

For a standard three-year revalidation period, NMC requirements include at least 450 hours of practice for one registration, or 900 hours if renewing two registrations such as nurse and midwife; 35 hours of continuing professional development (CPD), of which at least 20 must be participatory; five pieces of practice-related feedback; five written reflective accounts; reflective discussion; health and character declaration; professional indemnity arrangement; and confirmation. The registrant also needs to submit the application as directed through MyNMC. Requirements should be read in full because what counts as practice or participatory learning is defined by the NMC.

MY NURSING HUB

Practice hours: document role and dates

A useful practice log records date range, hours, setting, role and the way the activity relates to the registration. Practice is not necessarily confined to direct bedside contact, but registrants must evaluate their activities against the NMC definition. Do not invent missing hours or retrospectively recreate figures without evidence. If unusual circumstances make requirements difficult, consult the NMC’s published support guidance rather than assuming an exception applies.

CPD: distinguish learning from participation

CPD should be relevant to one’s scope of practice and maintain or improve professional capability. Participatory hours involve learning with one or more other professionals, such as a structured discussion, training session or supervised learning activity. Merely opening a webpage or watching a solitary lecture does not automatically qualify as participatory activity. Record topic, date, learning method, duration, relevance and learning outcome; the distinction matters because 20 of the 35 hours must be

participatory.

Reflection: from description to changed practice

A meaningful reflective account describes a relevant experience or feedback without identifying the patient, explores what the person learned, connects it to the Code and explains how practice will change. For example, after a poorly structured handover, a registrant could describe learning to report vital signs, escalation already completed and outstanding actions explicitly. Reflection is not a patient incident report and should not contain identifying clinical information that breaches confidentiality.

Feedback, discussion and confirmation

The five feedback items can come from different appropriate sources, including feedback from colleagues or people receiving care, subject to the NMC's rules. Reflective discussion takes place with an appropriately registered professional under NMC requirements, and confirmation is a distinct verification conversation concerning completion of revalidation requirements. A colleague's informal verbal compliment is not automatically a documented feedback and reflection record. Use the official templates and protect confidentiality.

A practical quarterly maintenance system

MY NURSING HUB

At least every three months, update a secure record of practice hours, CPD events and their supporting certificates, anonymised feedback and ideas for reflection. Review whether participatory learning is sufficient instead of discovering a shortfall near renewal. Book discussion and confirmation in good time. This educational checklist is not a substitute for the NMC's formal application process or its official retention requirements.

Reference table: verified details and exceptions

Revalidation component	Standard threshold	Record or evidence
Practice hours	450 one registration; 900 two	Dates, activity and hours
CPD	35 hours total	Learning log
Participatory CPD	20 of 35 hours	Learning with others
Feedback	5 items	Anonymised feedback log
Reflective accounts	5 written	Code-linked reflection
Reflective discussion	Required	Official documentation
Confirmation	Required	NMC confirmation record

Worked scenario: where students commonly go wrong

Thirty-five CPD hours but only ten participatory hours. The registrant has not met the NMC participatory requirement despite meeting the total hours. Plan appropriate professional learning before the renewal deadline, document it truthfully and use official guidance if support is needed.

Three questions answered

Is revalidation just paying a fee?

No. It requires evidence of ongoing professional practice and reflective learning.

Is every online course participatory?

No. Participation depends on the learning arrangement and the NMC definition.

What if I cannot meet a requirement?

Review the NMC's support and exceptional-circumstances guidance rather than submitting inaccurate evidence.

MY NURSING HUB

Key official sources for this expanded content

- NMC revalidation requirements (accessed and reviewed October 2026)
- NMC the Code (accessed and reviewed October 2026)

Study-note status: Editorial research verification completed 10 October 2026. This page is published as an educational study note. Clinical accuracy and suitability have not yet been independently reviewed. Faizan's editorial review is pending. This independent resource is not affiliated with the NMC.

References and verification

- NMC revalidation
- NMC Code
- NMC proficiency standards

Editorial review: Prepared 10 October 2026 for review by Faizan. Content has not been independently clinically peer-reviewed; review current standards before practical use. MCQs: Questions belong in the separate Nursing general Nursing Practice Mode (chapter-specific questions being developed), not within these lessons.

Source: https://mynursinghub.com/uk-nmc-preparation/nmc-revalidation-and-professional-development/