

REFLECTIVE ACCOUNTS FORM

You must use this form to record 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. Please fill in a page for each of your reflective accounts, making sure you do not include any information that might identify a specific patient, service user, colleague or other individuals. Please refer to our guidance on preserving anonymity in the section on non-identifiable information in *How to revalidate with the NMC*.

Reflective account: Every update says 'we must do better'

What was the nature of the CPD activity and/or practice-related feedback and/or event or experience in your practice?

Delegate feedback travel health update Oct 2024.

"inspiring fun interesting. struggle with expectation as a GPN though as every update starts with 'should be better' but we do millions of things we need to be experts in"

What did you learn from the CPD activity and/or feedback and/or event or experience in your practice?

I regularly end up in awe of the role of the GPN. They have to be so many things to so many people and experts in everything. Jack of all trades and master of everything. This comment particularly resonated with me because what came across was representative of the vibe I sometimes get from nurses who are doing their best, rushed off their feet, trying to be everything to everyone and then there's a tutor there saying "we need to be doing this and this and this...". This comment therefore prompted a consideration of the aims of my courses, This particular one was a travel health update. What do I want people to come away with after this course? Perhaps a bit more educated, yes, of course. But I ultimately want them to feel more confident, more enthused and more inspired in this busy world of nursing – and to be able to recognise the value of what they do. I don't want people to leave feeling demoralised or like they are not good enough.

How did you change or improve your practice as a result?

From this comment on I have been particularly focussed on saying how awesome GPN's are and thanking them for their hard work in keeping the whole world safe (in travel health this is often the case). Particularly at the start and end. When I've presented statistics, I have done it in such a way that congratulates nurses, rather than focuses on what they haven't done. I'm now even more conscious that I am not here to 'tell anyone off'. I might know it – but do my delegates? Well, now I ensure they DO understand the intentions explicitly.

How is this relevant to the Code?

Select one or more themes:

Prioritise people – Making nurses feel empowered, leads to better engagement with the role

Practise effectively – As above, happier nurses are more effective nurses ...

Preserve safety – ... And safer ones

Promote professionalism and trust – To teach and learn effectively, one needs trust. To trust that my intentions are good, means better learning experiences all round.