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 or colleague. Please refer to our guidance on preserving anonymity in Guidance sheet 1 in *How to revalidate with the NMC*.

Reflective account:

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

The CPD article explored ways to help patients learn about self-management. It stated that patients are expected to learn about their condition and its management, and that nurses have a central role in helping them with this process.

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

After reading the CPD article, I have learnt that self-management is important for patients to remain well. Learning to self-manage health is essential to self-esteem and dignity, and may help patients to perform daily activities and continue in their social roles.

I have learnt that patients are usually motivated intrinsically, for example by their desire to avoid or reduce health problems or live independently. Learning is typically guided by the problems or needs that patients encounter, and should be coordinated with patient support. I was interested to read that assessment of patient learning is usually informal and centred primarily on their behaviour, rather than their insight and confidence.

I have learnt about the importance of patient self-efficacy, which is the belief that the individual can improve matters for themselves – that they have the means to bring about desirable change.

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

In my work as a bariatric nurse, I often encounter patients who want to change to their lifestyles. For many patients, learning how to make healthy choices and undertake exercise can be empowering, but also challenging.

Reading the CPD article has increased my openness to provide patient education, especially in informal settings. I approach patients in an open and friendly manner, and work with what interests and concerns them, which is effective in changing behaviour. An informal exchange of ideas helps patients choose healthier activities.

I have also improved my knowledge of educational techniques, such as motivational interviewing, which I will research further and use in my nursing practice.

I plan to attend educational meetings and lectures to further develop my skills. I will improve my knowledge of treatments for obesity, and why some are more successful than others. I also intend to study the field of bariatrics further, and attend training clinics with other healthcare professionals. By remaining open to learning, I hope to improve my effectiveness as an educator, and to provide the patients in my care with the best opportunity to achieve healthy lifestyles.

How is this relevant to the Code?

Select one or more themes: Prioritise people – Practise effectively – Preserve safety – Promote professionalism and trust

Prioritising people is central to nursing. This involves treating patients with respect and compassion, and providing individualised care. It is important to work collaboratively with patients and to respect their choices.

The Code emphasises the value of listening to people in a non-judgemental manner, and responding to their concerns.

In my practice, I have often seen emotional responses from patients associated with changes in their thinking. It is rewarding to observe the positive effects when patients are able to change unhealthy behaviours and improve their health status.

The article has demonstrated that it is possible for all patients to make changes to their lifestyle, and that modifying their behaviour can provide them with a sense of self-efficacy and empowerment.