

# NURSING REVALIDATION PORTFOLIO EXAMPLE 2 CHELSEA AND

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**How do you write a reflective account for revalidation?** Five written reflective accounts You should explain what you learnt, how you changed or improved your practice as a result, and how these real-life experiences link to the four key themes of the Code (prioritise people, practise effectively, preserve safety, promote professionalism and trust).

**What is an example of reflection in nursing NMC?** Reflection can be informal, for example an opportunistic discussion with a colleague after an episode of care; or it can be more formalised, planned or structured, for example, following a critical incident or difficult situation, or when a complex care event is managed effectively.

**What to write for someone's revalidation?** What did you learn from the CPD activity and/or feedback and/or event or experience in your practice? How did you change or improve your practice as a result? How is this relevant to the Code? feedback and/or an event or experience in your practice and how this relates to the Code.

**What is the revalidation policy in nursing?** Your renewal date is your revalidation date. It is when you have to renew your registration with the NMC. You have to renew your registration every three years through revalidation. Your renewal date is your revalidation date and it is the 1st day of the month in which you will revalidate.

**What are some examples of reflective writing?** I learned that good teamwork is the key to success in design activities when time and resources are limited. As

everyone had their own point of view, many different ideas could be produced, and I found the energy of group participation made me feel more energetic about contributing something [2] .

**How to write a reflective account example?** A good example of a reflective account Describe briefly about your area of work (the setting of your practice and your main roles). Describe briefly who the typical users of your service(s) are. Describe how you meet the standards for pharmacy professionals we have selected.

**What is an example of a reflective statement in nursing?** As the student nurse caring for Mr Khan under my mentor's supervision, this also applies to my own practice as a student nurse. Looking back on this incident, I can see that I should have acted sooner, and that I should have ensured that the doctor washed her hands before examining Mr Khan.

**How to write a nursing reflection?**

**What is Gibbs' model of reflection in nursing?** One of the most famous cyclical models of reflection leading you through six stages exploring an experience: description, feelings, evaluation, analysis, conclusion and action plan.

**What is a sentence for revalidation?** the process or act of making something or someone officially acceptable or approved again : Doctors will be required to demonstrate their fitness to continue practising , a process known as revalidation. We have aircraft available for hire for re-validation of licences and pleasure flying.

**What are some examples of positive feedback for nurses?**

**How can a nurse gain feedback for revalidation?** through clinical supervision, one-to-ones or annual appraisals. If it is group or team feedback, it is important that you are clear about the specific impact that the feedback had on your own practice. Feedback can be given in a formal or informal way and may be written or verbal.

**What can I reflect on for nursing revalidation?** You must reflect on an event, CPD or feedback you received in the three years prior to your revalidation date. Avoid leaving it to the last minute and instead try to plan your learning across this period.

**What are examples of CPD hours for revalidation?** For example 15 hours could be independent research, attending conferences and reading. The other 20 hours could be workshops, online training, face to face coaching at you workplace. Keep an accurate record of the CPD you've completed over the past three years, totalling to at least 35 hours, using the NMC template.

**What is the difference between validation and revalidation?** What is the difference between validation and revalidation? Whilst both processes are designed to ensure the quality of provision for each course, courses that are subject to validation have not previously been taught at the College whereas courses that are subject to revalidation have.

**What are 5 examples of reflection?** Mirrors: Mirrors reflect light to form an image of an object. Glass surfaces: Windows, eyeglasses, and similar glass surfaces reflect light. Water: Light reflects off of still water, such as pools or lakes. Shiny objects: Shiny objects such as metal, silverware, and jewelry reflect light.

**How to write a reflective portfolio?**

**What are the good sentence starters for a reflective writing?**

**How to begin a reflective essay sample?** Start with an engaging hook that contains an anecdote, question, quotation, or statement that will grab the reader's attention. Provide a brief context overview of the experience or topic you'll reflect on.

**What is a simple reflection example?** Simple Reflections: Act like a regular mirror. You paraphrase, simply restating what you heard from the client. Client: We have already done a needs assessment and none of us have time to do another one. Simple reflection: I know you have done a needs assessment and there is not enough time to do another one.

**What is an example of a reflective account in nursing?** Reflecting on Professional Practice: "Reflecting on my professional practice, I realized that improving my communication skills could significantly enhance patient care. I have since taken steps to improve my body language and communication style during consultations."

**How do you write a good reflective statement?** You must think through the task, ideas, or learning you are reflecting on and use categories to provide structure to your thought. This then translates into structure and language choices in your writing, so your reader can see clearly how you have used analysis to provide sense and structure to your reflections.

**How to write a reflective account in health and social care?**

**What is the format for a reflective entry?** A reflective essay should follow the classic essay format of introduction, body, and conclusion. Some other common formats include journaling or using a reflective model for only part of an essay or assignment. A journal is a collection of entries made on a regular basis (e.g. daily or weekly).

**What is an example of a reflective statement in nursing?** As the student nurse caring for Mr Khan under my mentor's supervision, this also applies to my own practice as a student nurse. Looking back on this incident, I can see that I should have acted sooner, and that I should have ensured that the doctor washed her hands before examining Mr Khan.

**Start Your Own Corporation: Why the Rich Own Their Companies and Everyone Else Works for Them**

**Question:** Why do so many wealthy individuals own their own businesses instead of working for someone else?

**Answer:** Owning a corporation offers a multitude of benefits that entice the wealthy. First, corporations provide significant tax advantages. By structuring their income as corporate profits, wealthy individuals can minimize their tax burden. Second, corporations offer liability protection, shielding the owners from personal responsibility for business debts or legal claims. Third, corporations allow for flexible management and decision-making, enabling wealthy individuals to control their own destiny.

**Question:** What are the key steps involved in starting a corporation?

**Answer:** Starting a corporation requires careful planning and attention to detail. The process typically involves choosing a business name, filing articles of incorporation with the appropriate state agency, obtaining an Employer Identification Number (EIN) from the IRS, and issuing stock. Legal counsel is often recommended to ensure compliance with all applicable laws.

**Question:** What are the advantages of starting a corporation over other business structures?

**Answer:** Corporations offer several advantages over sole proprietorships and partnerships. As mentioned earlier, they provide tax advantages and liability protection. Additionally, corporations have unlimited lifespans, meaning they continue to exist regardless of changes in ownership or management. Corporations also offer greater flexibility in raising capital, as they can issue stocks and bonds to investors.

**Question:** Why do most people work for corporations instead of starting their own businesses?

**Answer:** Starting a business is a risky and demanding endeavor. Most people lack the necessary capital, expertise, and risk tolerance to succeed as entrepreneurs. Additionally, many individuals prefer the stability and predictability of a steady paycheck and benefits offered by employment.

**Question:** What advice would you give to someone considering starting their own corporation?

**Answer:** Before starting a corporation, carefully consider your goals, resources, and risk appetite. Develop a solid business plan that outlines your market strategy, financial projections, and management structure. Seek legal and financial advice to ensure compliance and maximize your potential for success.

## **The Power of Now by Eckhart Tolle: A Guide to Spiritual Enlightenment**

### **Summary and Key Takeaways**

"The Power of Now" by Eckhart Tolle is a profound spiritual guide that explores the transformative power of living in the present moment. The book offers practical insights and exercises to help readers overcome the limitations of the ego and connect with their true selves.

**Q: What is the central message of "The Power of Now"? A:** The central message is that by focusing on the present moment, we can break free from the perceived limitations of the past and future and experience a deep sense of peace and fulfillment.

**Q: How does Tolle define the ego? A:** Tolle defines the ego as a collection of mental and emotional patterns that create a false sense of self. It drives us to seek external validation and creates a sense of separation from others.

**Q: What is the significance of transcending the ego? A:** Transcending the ego allows us to access our true essence, which is characterized by love, compassion, and wisdom. It frees us from the illusion of self-importance and opens us up to a profound connection with the world around us.

**Q: How can we practice living in the present moment? A:** Tolle suggests several practical techniques, including mindful breathing, observing our thoughts and feelings without judgment, and focusing on the sensations of the body. By practicing these techniques, we can cultivate a heightened awareness of the present moment.

**Q: What are the benefits of living in the present moment? A:** Living in the present moment brings numerous benefits, including reduced stress and anxiety, increased creativity and productivity, and a deep sense of inner peace and fulfillment. It allows us to appreciate the beauty of life and let go of the limitations of the past and the uncertainties of the future.

### **The Portable Beat Reader by Ann Charters: An Essential Guide to the Beat Generation**

**Introduction** The Beat Generation, a literary counterculture that emerged in the 1950s, produced a wealth of influential writing that challenged societal norms and celebrated artistic freedom. "The Portable Beat Reader" by Ann Charters is a comprehensive anthology that provides an accessible introduction to this iconic

movement.

**Q: What is the Portable Beat Reader?** A: It is a compact, multi-volume collection of essential Beat literature, including excerpts from novels, poems, essays, and ??????.

**Q: What are some of the authors included?** A: The anthology features the core Beat writers, such as Jack Kerouac, Allen Ginsberg, William S. Burroughs, and Lawrence Ferlinghetti, as well as lesser-known but influential figures like Neal Cassady, Gary Snyder, and Diane di Prima.

**Q: What is the significance of Ann Charters' editorship?** A: Ann Charters is a renowned Beat scholar who meticulously compiled and contextualized this anthology. Her detailed introductions and annotations provide invaluable insights into the authors, their work, and the Beat movement.

**Q: What are the strengths of the Portable Beat Reader?** A: It offers a diverse and comprehensive representation of Beat literature, making it an indispensable resource for students, scholars, and anyone interested in this important period in American literature. The convenient size and comprehensive content make it a portable companion for exploring the Beat Generation.

**Conclusion** "The Portable Beat Reader" by Ann Charters is the definitive anthology of Beat literature. It provides a comprehensive overview of the movement, introduces its key figures, and offers a nuanced understanding of their groundbreaking work. This essential guide is a must-read for anyone seeking to delve into the world of the Beats and experience the transformative power of their writing.

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